



Invitation to submit 2k Erg as part of HP Selection Process 2021

The following athletes are invited to submit a 2k erg test.

Junior Women

1. Holly Davis (Lee Valley)
2. Rachael Bradley (CGS)
3. Aoife Moloney (Commercial)
4. Giselle Coulter (Belfast Boat Club)
5. Evelina Zackuarite (Galway Rowing Club)
6. Sinead Coakley (Skibbereen)
7. Lauren McCarthy (Skibbereen)
8. Patti Mullin (Belfast Boat Club)
9. Caoimhe O' Sullivan (Muckross)
10. Ana Keating (Shannon)

Junior Men

1. Martin O' Grady (Athlone)
2. Oisin Boyle (Skibbereen)
3. Rory Buckley (Pres)
4. Fergus Bruce (CGS)
5. Eoin Gilmartin (Castleconnell)
6. David Foley (SMRC)

U23 Women

1. Alison Bergin (Fermoy)
2. Molly Curry (Queens)
3. Lucy McCoy (Edinburgh)

U23 Light Women

1. Clíodhna Nolan (NUIG)

U23 Men

1. Colum Brennan (Neptune)
2. Finn O' Reilly (Skibbereen)
3. Adam Murphy (Shandon)
4. Tom Kelly (Kenmare)
5. Andrew Sheehan (Lee)
6. Thomas Stevens (DUBC)
7. Sam Nugent (Skibbereen)

8. Brian Colsh (Sligo)

U23 Lightweight Men

1. Konan Pazzoia (Belfast)
2. Calum MacRae (MCB/Cambridge)
3. Michael Cronin (Cork)
4. Ciaran Purdy (Queens)
5. Michael Farrell (NUIG)
6. Eoin Gaffney (Shandon)
7. Ronan Brennan (DUBC)
8. Rory O' Neill (UL)
9. Luke Flynn (3 Castles)
10. Aaron Keogh (3 Castles)
11. Hugh Moore (Queens)
12. Will Ronayne (UCC)
13. Sam O' Neill (NUIG)

Notes

- Tests are to be carried out between 17- 20 March and submitted by 21 March
- Coaches will have the option to add a very limited number of athletes that they strongly believe have the potential to be selected for the World Championships at either U23 or Junior level. (This nomination must be supported by the coaches rationale for suggested inclusion). – Please review HP benchmarks.
- Once all scores are analysed, these results, along with all other accumulated data, will be used to make further decisions regarding invitation to future water trials. Please note that any trial that may be held will be limited in numbers to ensure both competitiveness of the groups but also to ensure that safety protocols can be maintained (once there is permission to hold this trial based on updated government, Sport Ireland and Rowing Ireland advice post April 5).
- All scores to be submitted on the attached excel sheet along with a screenshot of your screen post-test from the memory on the clock. Please ensure the date is set correctly and set to 500m splits.
- All scores and screenshots to be submitted in the same manner and by 5pm Sunday 21 March to fran.keane@rowingireland.ie
- No late scores will be accepted and only scores submitted in the correct format will be accepted.
- For athletes unable to complete this test for medical reasons a medical cert must be provided and the test completed (to a competitive nature) before re-joining the process. A decision on whether the athlete may re-join the process will depend on a number of factors such as the nature of the injury, predicted recovery time and all previously recorded data from this athlete.

Please note that scores will only be accepted from athletes registered with a Rowing Ireland affiliated club. If you are not registered/affiliated your scores will not be accepted, you will not be included in the official ranking and therefore not considered for future selection opportunities'.