



November Trial Invitation List and updated information.

Please find the invitation list to the November water trials (20-21 Nov). Invitations are based on a number of factors including recent erg testing, September water trials, recent international performances and engagement with the process this year so far. Please read the notes below carefully.

Junior Men

1. Ronan Gibbon (New Ross)
2. Fergus Bryce (CGS)
3. Ciaran O'Connell (Castleconnell)
4. Shane Rafferty (SMRC)
5. James Young (Cork)
6. Christopher O' Donovan (Skibbereen)
7. Ciaran O' Sullivan (Lee)
8. David Ross-Chu (Shandon)
9. Rohan O'Hara Nolan (Sligo)
10. Odhran McGrath (Shandon)
11. Fionn McDonnell (SMRC)
12. Sean Coleman (Lee)

Junior Women

1. Holly Davis (Lee Valley)
2. Ayla O' Neill (Kenmare)
3. Lauren McCarthy-Steele (Skibbereen)
4. Anna Keating (Shannon)
5. Kate Reidy (Lee)
6. Kelly Oforji (Skibbereen)
7. Amy Barrett (New Ross)
8. Moya Knowles (Skibbereen)
9. Alannah Donoghoe (Sligo)
10. Ranya Praxmar (Galway)
11. Eleanore Feeney (Carlow)
12. Laoise Molumby (Commercial)
13. Louise Philips (SMRC)

U23 Men

1. Alex Byrne (Shandon)
2. Brian Colsh (NUIG)
3. Andrew Sheehan (Lee)
4. John Kearney (UCC)
5. Nathan Timoney (Queens)
6. Martin O'Grady (NUIG)
7. Tom Kelly (NUIG)
8. Ryan Spelman (UL)

9. Finn O' Reilly (Skibbereen)
10. Adam Murphy (Shandon)
11. James O' Donovan (Castleconnell)
12. Ethan O' Neill (Muckross)
13. Colum Brennan (Neptune)
14. Konan Pazzoia (Queens)
15. Fintan Earley (UCD)

U23 Women

1. Alison Bergin (Fermoy)
2. Evelina Zakaruskaike (Galway)
3. Caoimhe O' Sullivan (Muckross)
4. Patti Mullin (Belfast)
5. Rhiannon O' Donoghue (Killorglin)

U23 Lightweight Men

1. Ronan Brennan (DUBC)
2. Daire Kavanagh (Skibbereen)
3. Rory O' Neill (UL)
4. Donnacha Keeley (Clonmel)
5. Luke Flynn (3Castles)
6. Hugh Moore (Queens)
7. Michael Farrell (NUIG)
8. Ciaran Purdy (Queens)

U23 Lightweight Women

1. Amy Curtin (NUIG)
2. Sam McCormack (QULBC)
3. Clodagh Hayes (Lee)
4. Aine O' Mahony (Fermoy)
5. Niamh Coffey (UL)

Senior A Women

1. Fiona Murtagh (NUIG)
2. Emily Hegarty (UCC)
3. Tara Hanlon (UCC)
4. Aifric Keogh (DULBC)
5. Eimear Lambe (OCBC)
6. Natalie Long (Lee Valley)
7. Claire Feerick (Neptune)
8. Zoe Hyde (Killorglin)

Senior A Men

1. Ronan Byrne (UCC)

2. Ross Corrigan (Queens)

Senior A Lightweight Men

1. Paul O' Donovan (UCC)
2. Fintan McCarthy (Skibbereen)
3. Jake McCarthy (Skibbereen)
4. Niall Beggan (Commercial)

Senior A Lightweight Women

1. Margaret Cremen (UCC)
2. Aoife Casey (UCC)
3. Lydia Heaphy (Skibbereen)
4. Cliodhna Nolan (NUIG)
5. Molly Sullivan (Killorglin)

Para (PR2)

1. Katie O' Brien (Galway)
2. Steven McGowan (Galway)

Notes:

1. This invitation list is subject to each athlete completing, competitively, the required erg monitoring tests (100m/500/6k/30min) 15-16 November and completing the Online Nomination Form as requested unless otherwise agreed with the HPD.
2. Day 1 will be in 1x or 2- and day 2 will be in small boats again unless decided otherwise based on day 1 results and other factors such as erg scores, past performance and current training groups.
3. Lightweights' bodyweight - Water trial: Agreed race bodyweight +6kg – **Weigh-in will be 2 hours before your scheduled race time on both days**
4. Please be aware that this will be a 'closed event' and spectators are advised not to attend to ensure as safe an environment as possible due to the recent surge in covid numbers.
5. No access will be permitted to the building (bathrooms will be available to invited athletes only in case of emergency)
6. No access will be permitted to the NRC grounds, except for athletes going on and off the water with the assistance of one coach who must then leave as soon as crews are launched.
7. Racking will be available inside the NRC compound for boats as required
8. Boats can be left at the NRC on Friday evening up to 7pm sharp if required but clubs must inform the office of their intention to arrive with boats on Friday by emailing Michael.orourke@rowingireland.ie
9. Crews wishing to arrive early for a paddle on the course on Friday afternoon may do so between 2pm and 4pm sharp and must email Michael.orourke@rowingireland.ie their intention to do so and must be off the water no later than 4pm
10. Facemasks must be worn at all times, other than when on the water



11. Please bring hand sanitiser and follow basic hygiene protocols. Wash boats and oar handles before and after use.
12. If any athlete is feeling unwell or displaying any covid related symptoms (or is deemed a close contact) they are asked to please stay away from this event in order to ensure the safety of all participants and staff.
13. Racing is due to start at 10 am Saturday and 9am Sunday but please note that this may change based on updated weather forecast tomorrow and will be communicated accordingly. Please be prepared for all eventualities including 2 races on Saturday if weather dictates.
14. If an athlete is **not** intending to race, please send an email confirming the withdrawal **by 12pm Friday** by emailing fran.keane@rowingireland.ie (No need to confirm entry if racing).
15. Final racing schedule and safety statement will be issued on Friday once any withdrawals have been notified by the scheduled time.