



November Trial Invitation List (Provisional) and Athlete Nomination Form 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 for further information as well as how to nominate for the senior team 2022).**

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. Olan Bradley (Shandon)
7. Christopher O' Donovan (Skibbereen)
8. Ciaran O' Sullivan (Lee)
9. David Ross-Chu (Shandon)
10. Rohan O'Hara Nolan (Sligo)
11. Odhran McGrath (Shandon)
12. Fionn McDonnell (SMRC)
13. Aidan Kearney (SMRC)
14. 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. Georgie McLenaghan (CGS)
6. Kate Reidy (Lee)
7. Kelly Oforji (Skibbereen)
8. Amy Barrett (New Ross)
9. Moya Knowles (Skibbereen)
10. Alannah Donoghoe (Sligo)
11. Ranya Praxmar (Galway)
12. Eleanore Feeney (Carlow)
13. Laoise Molumby (Commercial)
14. Louise Philips (SMRC)

U23 Men

1. Alex Byrne (Shandon)
2. Brian Colsh (NUIG)

3. Andrew Sheehan (Lee)
4. Oisin Boyle (Skibbereen)
5. Martin O'Grady (NUIG)
6. Tom Kelly (NUIG)
7. Ryan Spelman (UL)
8. Finn O' Reilly (Skibbereen)
9. Adam Murphy (Shandon)
10. Donagh Claffey (Athone)
11. David Foley (UCC)
12. James O' Donovan (Castleconnell)
13. Ethan O' Neill (Muckross)
14. Colum Brennan (Neptune)
15. Konan Pazzaia (Queens)
16. Fintan Earley (UCD)

U23 Women

1. Alison Bergin (Fermoy)
2. Evelina Zakarauskaik (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)
9. Colm Horan (UL)
10. Michael Cronin (Cork)

U23 Lightweight Women

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

Senior A

- Heavyweight and Lightweight based on nomination procedure explained below.

Notes:

1. This invitation list is provisional and subject to each athlete completing, competitively, the required erg monitoring tests (100m/500/6k/30min) 15-16 November.

Online Nomination Form

2. All invited U23 and Junior athletes **must nominate themselves using the online nomination form to be published later today. (Juniors to be completed by a parent)**
3. All senior athletes – heavyweight and lightweight (including the Tokyo Olympic team) **must nominate for these trials and the 2022 season using the online nomination form to be published later today.** Only those that complete this form will be considered interested and eligible to be part of both this trial and the team for the 2022 season. **(Nomination does not guarantee invitation to trials or being part of the 2022 team)**
4. Nomination will also be a requirement to indicate each athlete's interest in being put forward for **Sport Ireland carding 2022** (if eligible based on specific SI and RI requirements).
5. Deadline for completion of the online nomination form will be 5pm Wednesday 10th November

Erg Monitoring

6. All Olympic Team Athletes intending to nominate for 2022 must take part in both the erg monitoring and water trial unless otherwise agreed with the HPD
7. Erg monitoring (15-16 Nov) – 30min test will be rate 20 for Tokyo Olympic team and open rate for all others.
8. Erg scores must be submitted to fran.keane@rowingireland.ie by 5pm Wednesday 17 November using the excel doc attached. Please follow the correct format for inputting results. No late entries will be accepted.
9. While the water trial is invitation only, the erg testing remains open for now so any athlete may submit these scores and these can be taken into consideration for later camps or trial invitations if competitive versus the top percentages.

Water Trial

10. Day 1 will be in 1x or 2- and day 2 will be decided based on day 1 results and other factors such as erg scores, past performance and current training groups.
11. Any coach that strongly believes that they have an athlete that should be on this invitation list may nominate their athlete giving strong reasons to justify their inclusion considering their erg scores and water trial results versus the top prognostics. If relevant please email fran.keane@rowingireland.ie giving the reasons for this potential inclusion by Wednesday 10th November.
12. Please also consider that this list is quite open considering the cancellation of the previous trial and coaches are asked to compare their athletes results off the top prognostic scores and the gap involved between the top ranked and their athletes before nomination

Lightweights' bodyweight

13. 100m/500m/6k/30min erg monitoring no minimum bodyweight but recorded

14. Water trial: Agreed race bodyweight +6kg