
Irish Dragon Boat Association NEWSLETTER



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IRISH DRAGON BOAT ASSOCIATION LIMITED

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MESSAGE FROM THE EDITOR



Julie Doyle
Editor / IDBA Chairman

Time flies when you are having fun! 2017 was one of our busiest years since our inauguration in 2010. Lots of helm and coaching courses were run around the country, which is very pleasing as two of our aims are to improve the overall standard of our sport and ensure that it is run to the highest standards with regards to safety. We also took on a new event in 2017, Dragons At The Docks which saw 10 dragon boats and a staff of 25 run an afternoon corporate event for 60 teams. This was followed very shortly by the Dublin Hong Kong Dragon Boat Regatta run in Grand Canal Dock, Dublin.

Bring on 2018! 4 new clubs should be coming on the scene, a host of Irish BCS teams will be visiting Florence to attend the IBCPC Participatory Festival and the Irish Senior Women's Team will be competing at the European Nations Championships in Germany.

CROAGH PATRICK PINK LINK MOUNTAIN CHALLENGE



Cork Dragons



Waterford Dragon Warriors

Never deterred by a challenge, Louise Killeen, one of the founding members of the Graine Mhaol Dragon Boat Club came up with the idea of forming a single link of people, dressed in pink, from the top to the bottom of Croagh Patrick. Croagh Patrick, nicknamed the Reek, is a 764m mountain and an important site of pilgrimage in County Mayo, Ireland some 8km from Westport above the villages of Murrish and Lecanvey.

The idea of the Croagh Patrick Pink Link Mountain Challenge was to challenge participants that may never have taken part in something like this and at the same time help lots of local charities to raise funds for good causes. The challenge was also designed to raise awareness for those individuals that had been affected by Cancer to help many get back a bit of confidence after having been on their own journeys.



So on 9th April 2017, over 2000+ people, many from the numerous Breast Cancer Survivors Dragon Boat Clubs in Ireland descended on County Mayo. Blessed by a glorious spring day the challenge took place. Unfortunately falling a few people short the planned human chain from top to bottom of Croagh Patrick was not quite achieved. However, the challenge was still a huge success and got everyone out in the fresh air doing some exercise. Opposite members of the Graine Mhaol Dragon Boat Club manning the check in desks.

LONDON HONG KONG DRAGON BOAT FESTIVAL 2017

Dublin Vikings first overseas trip of the year was to the London Hong Kong Dragon Boat Festival, which took place on the 25th of June 2017. This was Vikings second trip to London after taking part in a regatta in Surrey Docks in July 2016. This year's event was organised by the London Chinatown Lions Club with support from the Hong Kong Economic & Trade Office. The festival included live music, a variety of food stalls and demonstrations of Hong Kong and Chinese culture to celebrate the 20th anniversary of the handover of Hong Kong to China. Among all these distractions the main event was dragon boat racing. 43 teams took part across three different categories; Charity, Corporate and Professional.



Dublin Vikings – Photo courtesy of Dublin Vikings

The mixed Dublin Vikings team was made up of regular Viking members, including some of our newest members at their first regatta, as well Shirley and Mairead from Waterford Dragons and London locals Paul Coster of Windy Pandas and original Vikings founder Paul Clermont who now paddles with Typhoon in London. Most of the team arrived in London on Saturday morning allowing them time to spend the day sightseeing, shopping and dining around east London.

Crew registration began at 9am on Sunday at the London Regatta Centre and kicked off a tight schedule of racing. The competition had a similar format to the IDBA regattas; 3 heats over 200m with the fastest teams progressing to the final. Vikings were competing in the Professional category against some of the UK's top teams.

A warm sunny day added to the enjoyment for the paddlers, but a breeze blowing across the course made things difficult for the helms at times aligning the start. The crew had recorded a good time in the first heat, but a collision mid race in heat 2 meant a place in the final depended on the third heat. Showing resolve to put the heat 2 mishap behind them the crew put in another good time in heat 3, enough to make it to the final. With their fastest time of the day Vikings finished in fourth place marginally behind Thames Dragons in third while GB Warriors and Sneaky Dragons took first and second respectively.

The team greatly enjoyed the event and the convenience of having the airport and hotel within a five minute walk of the race venue. Dublin Vikings hope to extend the same friendly welcome they received to the London teams they encouraged to come to the Dublin Hong Kong Dragon Boat Regatta in September.



Dublin Vikings in Action



Dublin Vikings Battling it out for the Win!



The Team! – Photos courtesy of Dublin Vikings

RECRUITING NOW FOR INTERNATIONAL TEAM 2018

The 13th EDBF European Nations Championships will held in Brandenburg de Havel, Germany at the end of August 2018 and we are now recruiting for new squad members to the Irish Senior Women's Dragon Boat Squad. If you are interested, then please email info@dragonboat.ie.

To be eligible:

- 1) You must be female.
- 2) You must be Irish or fulfil the residency criteria.
- 3) You must be 40 years old in the year 2018.

PLURABELLE PADDLERS STEP IT UP AT THE EUROPEAN CLUB CREW CHAMPIONSHIPS 2017

For those who don't know us, Plurabelle Paddlers are a breast cancer crew who are based in Dublin. Since our start in 2010, we have been to quite a few competitions from local to international. We have always raced under the breast cancer section, but this year we decided to step up our game and compete at the European Club Crew Championships in France in the Women's Senior A category.

This was quite a big decision as we have some members who are full on and train to a high level and then we have other members who are there for the enjoyment, the support and a bit of moderate exercise. Well, let me tell you that everyone upped their game. We worked hard both on and off the water to get ready, especially as we were going to compete in our first 2000m. That was such a daunting prospect, but with expert coaching from Julie and Mick Doyle we got ourselves ready.



Marking the Territory

Photos courtesy of Plurabelle Paddlers



Plurabelle Paddlers in Action

For some crew members this was their first competition outside of Ireland, so the buzz was great from meeting up at Dublin Airport to arriving at our hotel in Divonne-les-Bains.

We had our training sessions booked and day 1 was all about our helm getting to know the course and for everyone to settle and get to grips with the different boats and the different surroundings. Day 2 training was putting race plans in place. Training over, it was time to get stuck in!

I can honestly say NOTHING can prepare you for 2000m. Off we went and we paddled our own race plan, paying no attention to what was going on around us, heads in our boat. What surprised me was, even though lungs are burning, shoulders feel like they are going to fall off, every time our helm called for an attack, a power surge, whatever she needed, we pulled it from somewhere and gave it our all pulling off a silver medal.

After the 2000m I guess we thought the remaining distances of 200m and 500m would be easier, but they weren't because we still pushed and pushed ourselves to give every ounce of power we could muster. We may not have been the fastest or strongest team out there, but I think I can safely say that everyone got out of the boat after each race proud of themselves for giving it all. At the end of the day that is all anyone can ask for.

It wasn't all work and no play, the surrounding area was beautiful to go sightseeing, Divonne-les-Bains itself was a perfect location. Beautiful lake, lovely town and great cafés. All in all it was a great trip for our club, we bonded, we worked hard together, we partied together and we have some great memories to take us onto our next competition.

Laura Hennessey – Plurabelle Paddlers

HENLEY WINTER SERIES



Two Minutes Silence at the Henley Winter Series

For a second year in a row, Suir Dragon Paddlers attended the Henley Winter Series this time splitting the boat with their neighbours Nore Dragon Paddlers. Sunday morning, 12th of November saw a bright, but bitterly cold day on the Thames for the first of the four long distance time trial race dates held between October and February. There was a positive air of anticipation as Henley held its biggest winter event to date. Teams scurried around getting their dragon boats and outriggers onto the water. We had 30 minutes on the water before the

regatta was due to start so we paddled to keep warm. The river was choppy as a crosswind sprayed icy water over us, just in case there was any danger of us overheating!

All competitors came together in their boats at 11 a.m. as a 2 minutes silence was observed to mark Remembrance Day, once that time was up, boats disbanded and made their way to the start line. 19 dragon boats and 6 Hawaiian outriggers were set off at intervals to cover the 7km circular distance. This pursuit race brought us through Henley, down around Temple Island and back down around an island at the opposite end of the course. As we neared the turn at the second island, towards the finish line excitement and tensions were high as several dragon boats made the tight turn together. Dragons' heads and tails may have been lost in the turn but we made it back to land extremely wet, but still in the boat thanks to our skilled helm Joe. Due to an issue with official's watches, seven teams finished with only an estimated time, our team being one, but for Nore/Suir it wasn't about the finishing time but rather the excitement of taken part in the Henley Winter Series that counted.

Mary Treacy – Nore Dragon Paddlers



Suir Dragon Paddlers & Nore Dragon Paddlers – Photo courtesy Suir Dragon Paddlers

DRAGONS AT THE DOCKS

Six of the biggest property companies in Ireland joined forces on 31st August 2017 for the inaugural Dragons at the Docks, which saw them raise a staggering €200,000+ for the Dublin Simon Community and local charities. The races comprised over 60 companies from Ireland's leading Property, Financial, & Legal sectors, all battling it out to become the 2017 winners of Dragons at the Docks.

In one of the biggest events organised in the history of the Irish Dragon Boat Association, Grand Canal Dock, Dublin was ablaze with 6 dragon boats racing head to head every 10 minutes. Due to the event's success it is now planned to be an annual event on the dragon boat calendar.



A 10 Person Chinese Dragon at the Eye Dotting Ceremony

Winners of each of the categories:

Dragons At The Docks Challenge – Overall Winner – Sisk
 Property Companies Challenge – Green REIT
 Property Agents Challenge – Hooke & McDonald
 Building Contractors Challenge – Sisk
 Built Environment Challenge – RKD Architects
 Legal Challenge – Leman Solicitors
 Financial/Advisors Challenge – Goodbody
 Fastest Time – Goodbody





Lots of Spectators!



On The Start Line

NEW KIDS ON THE BLOCK!



Julie Doyle & Peter Jarosi

We are delighted to advise that at the IDBF Congress held in Kunming, China our very own Julie Doyle and Peter Jarosi from Hungary were voted in as new International Dragon Boat Federation (IDBF) Vice Presidents. Both Julie and Peter bring a wealth of dragon boat experience having been involved with the sport for over 25 and 20 years respectively.

Currently Peter is the President of the Hungarian Dragon Boat Federation and Julie is the Chairman of the Irish Dragon Boat Association. Both also serve on the EDBF Executive Committee as Vice President and Secretary General. We wish them the best of luck with their new roles.

Both the IDBF and EDBF are working hard to achieve gender equality on their Boards with the EDBF currently exceeding IOC expectations.

GRANTS ALL ROUND

Excellent news for our dragon boat community in Ireland. The following clubs have all been awarded funding in the 2017 Sports Capital Programme run by the Department of Transport, Tourism and Sports.

- Athy Dragon Boat Club - €13,500
- Carlow Dragon Boat Club - €11,500
- Graine Mhaol Dragon Boat Club - €9,000
- Shannon Dragons - €5,500

The Sports Capital Programme aims to foster an integrated and planned approach to developing sports and physical recreation facilities throughout the country. In particular, its objectives are to:

- Assist voluntary and community organisations, national governing bodies (NGBs) of sport, local authorities and in some cases VECs and schools to develop high quality, safe, well-designed, sustainable facilities in appropriate locations and to provide appropriate equipment to help maximise participation in sport and physical recreation.
- Prioritise the needs of disadvantaged areas in the provision of sports facilities.
- Encourage the multi-purpose use of local, regional and national sports facilities by clubs, community organisations and national governing bodies of sport.

LAGAN DRAGONS WIN 'CHARITY OF THE YEAR' AT THE TATLER AWARDS

A BIG congratulations goes out to Lagan Dragons, currently our only dragon boat club in Northern Ireland who won 'Charity of the Year 2017' at the Tatler Awards in Belfast City Hall on the 14th September 2017. The club were represented on the night by Joanne Rock, Clodagh Loughrey and Jo Myles.



Barra Best, Joanne Rock, Clodagh Loughrey, Jo Myles and compere for the night Pamela Ballantine.

MEMBERSHIP TIME

2018 is now upon us and it is time to renew your annual membership to the Association.

What is the membership used for?

- General running of the Irish Dragon Boat Association Limited.
- Providing information and advice on dragon boating.
- Providing and managing a development programme for the sport, including provision of equipment.
- Assisting with individual and club development.
- Organisation of dragon boat regattas.
- Promotion of the sport through various forms of media.
- Providing a comprehensive website - www.dragonboat.ie.
- Development and publication of a range of literature.
- Development and management of the Coaching and Officiating Awards Scheme to encourage safe practise in the sport.
- Development of the international race team.
- Representation of the IDBA with national, government and international organisations.

Membership Classes

Individual Membership	€30/year	Junior Individual Membership	€20/year
Club Membership	€250/year	Junior Club Membership	€170/year
Associate Membership	€250/year		

DATES FOR THE DIARY

6th May 2018
Athy Dragon Boat Regatta
Athy, Co. Kildare

10th June 2018
Barrow Dragon Boat Regatta
Graiguecullen, Co. Carlow

6th – 8th July 2018
5th IBCPC Participatory Festival 2018
Florence, Italy

17th – 22nd July 2018
11th IDBF Club Crew World Championships
Szeged, Hungary

22nd – 26th August 2018
13th EDBF European Nations Championships
Brandenburg an der Havel, Germany

30th August 2018
Dragons at the Docks
Grand Canal Dock, Ringsend, Dublin

15th & 16th September 2018
Dublin Hong Kong Dragon Boat Regatta
Grand Canal Dock, Ringsend, Dublin

Late July/Early August 2019 (Exact dates TBC)
14th IDBF World Nations Championships
Pataya, Thailand

September 2019 (Exact dates TBC)
18th EDBF European Club Crew Championships
Spain (Location TBC)

August 2020 (Exact date TBC)
12th IDBF Club Crew World Championships
Aix-les-Bains, France

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# 39.655 Seconds!

Yes that is now the World Record for 200m in a Standard Dragon Boat. A big well done to the Chinese Premier Open Team who put in this amazing performance at the 13<sup>th</sup> IDBF World Nations Championships in Kunming, Yunnan Province, China in October 2017.

We would like to issue our Newsletter 3 times a year, so if you have any news, articles or dragon boat photos you would like to contribute to the next edition, please email the Editor – Julie Doyle at [info@dragonboat.ie](mailto:info@dragonboat.ie).



*Eye Dotting Ceremony – Dragons At The Docks*



*Petals Signifying Life*

