
Irish Dragon Boat Association

NEWSLETTER



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Irish Dragon Boat Association Limited

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**Irish Dragon Boat
Association**



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MESSAGE FROM THE EDITOR



Julie Doyle
Editor / IDBA Chairman

Back to normal in 2022? Well, not quite! Unfortunately, COVID-19 did impact a number of our clubs and their membership numbers. However, the IDBA ploughed on as normal running regattas in Athy and Carlow and at our new venue in Mohill, Co. Leitrim. The annual Dragons At The Docks event in Dublin was the biggest ever, reaching full capacity with 84 teams! Six helm courses and two Foundation and Participation Coach courses were run in the year, proving that the demand for upskilling in the sport in Ireland continues to get stronger.

We also welcomed Devenish Dragons, who will formally be joining the IDBA in 2023. Based on Lough Erne in Enniskillen, boats were purchased by Cancer Connect NI for the use by those directly impacted by a cancer diagnosis.

Wishing you all a Merry Christmas and a Happy New Year.

PARADRAGONS

DON'T LET ANYBODY TELL YOU, YOU CAN'T!

The International Dragon Boat Federation (IDBF) has always ensured that the sport is as inclusive as possible, but the Paradrakon programme has taken this to the next level. A Para athlete or Paradrakon as they are better known within dragon boating is someone living with any physical, psychological, neurological, sensory, intellectual, or developmental impairment. These six main types of impairment cover a huge range of different conditions that can affect an individual's ability to paddle.



Photo Courtesy of PADS Dragon Boat Team, Philippines

Led by Nigel Bedford, the Para Athletes Commission was formed from a small team of people who were passionate about both dragon boating and inclusion and were given free rein to develop some innovative race rules to ensure almost anyone could compete. Throw in age and gender and you can understand the complexity of the problem. What they did was to develop a scoring mechanism to take into account all of the possible variables.

First of all, a 'score' is given to an affected athlete on his or her degree of impairment and then adjustments are made to that score for age and gender. The scores for each paddler are then added together to give an overall crew score. Provided the crew score is within a specified limit, the crew is 'conforming' and can race. It means a young blind paddler can be in the same crew as an older person who is missing a limb or living with multiple sclerosis or some mental health issue. The result is a remarkable approach that is probably unique in international sport.

More and more traditional dragon boat clubs are embracing Paradrasons into their community, who recognise the richness that diversity brings to their clubs. Although some may not have the right facilities for all impairments, for example, the existing layout may not be suitable for wheelchair users, but they could look after other impairments. Globally we are now finding specific Paradrason clubs. For the individual Paradrason, this means they can access a sport that offers them physical activity that can promote their recovery and wellbeing, and a team environment that promotes companionship and social skills. Dragon boating is proud to be one of those sports where 'inclusion' is integral to all we do.

If you want to know more about the world of Paradrasons, a good starting place is the IDBF website, which you can access by visiting www.dragonboat.sport/paradrasons.

Nigel Bedford

We would love to get a couple of Paradrason teams going in Ireland. If you would like to get involved or know anyone who would be interested in being part of a team, please contact: Julie Doyle – info@dragonboat.ie.



When in a boat, it is impossible to identify those paddlers living with impairments.

IT'S MY TIME

Sport Ireland, in partnership with Healthy Ireland, have launched "*It's My Time*", a new campaign that aims to encourage women over 40 to increase activity levels through exercise and sport.

Did you know?

- **Nearly half of all Irish women (49%) over the age of 40 do not prioritise physical exercise**
- **Only 28% of women over 40 believe they meet the World Health Organisation's recommended exercise guidelines of 30 minutes of exercise 5 days a week**
- **The leading barriers to exercise are being too tired (64%), a lack of time (41%), a preference to do other things (36%) and injury or disability (31%)**

Repeated studies, including Sport Ireland's Irish Sport Monitor, have shown that women over 40, particularly those from disadvantaged communities, are amongst the least likely to be physically active or play sport.

Despite regular exercise having been found to prevent and lessen menopause related symptoms, less than one in three Irish women over 40 believe they are meeting World Health Organisation physical activity guidelines of 30 minutes of exercise five times a week.

Nationally representative research conducted by Sport Ireland highlighted the significant and varied time pressures women in their 40, 50s and 60s experience including work, commuting, childcare, family commitments and managing the household. As a result, 41% don't have time and almost two thirds are often too tired to exercise. The campaign, *'It's My Time'*, hopes to encourage women to prioritise their wellbeing by getting more physically active on their own terms. Let's get these women dragon boating!

EVENTS ROUND UP 2022

Athy Dragon Boat Regatta 2022

This was our first event back after 2.5 years of limited activity due to COVID-19. Thirteen teams took to the water in Athy on not such a favourable weather day. However all teams were in such high spirits and glad to be back doing the sport they all love!

RESULTS:

WOMENS COMPETITION

- 1st** Carlow Dragons
- 3rd** Athy Dragon Hearts
- 4th** Donegal Dragons
- 5th** Lagan Dragons
- 6th** Purebelles
- 7th** Queens of Connaught



*Paddlers from Medb's
Dragon Warriors*



Plurabelle Paddlers

OPEN COMPETITION

- 1st** Kendra Warriors
- 2nd** KACC Dragons
- 3rd** Dublin Vikings
- 4th** Liquorice Allsorts
- 5th** Gráine Mhaol Dragons



Leading the Charge – Kendra Warriors

U18'S COMPETITION

- 1st** Barrow Dragons

Barrow Dragon Boat Regatta 2022

Next up was the Barrow Dragon Boat Regatta in Carlow. Only 12 teams competed this year, which was down on normal levels, however we were delighted to have three U18's team racing and our friends from Ukraine who had joined the Carlow Dragon Boat Club got their first taste of dragon boat racing.

RESULTS:

U18's COMPETITION

- 1st** Barrow Dragons
- 2nd** Donegal Dolphins
- 3rd** St. Leo's College

WOMENS COMPETITION

- 1st** Carlow Dragons
- 2nd** KACC Dragons
- 3rd** Athy Dragon Hearts
- 4th** Plurabelle Paddlers
- 5th** Lagan Dragons
- 6th** Purebelles

OPEN COMPETITION

- 1st** Carlow Crusaders
- 2nd** Dublin Vikings
- 3rd** Liquorice Allsorts



St. Leo's College, Carlow – U18s School Team

Dragons At The Docks 2022

"Making a Life-Changing Impact on the Lives of Vulnerable People!"

Dragons At The Docks 2022 was bigger and better than ever. With a full house of 84 teams, the crews took to the water to raise much needed funds for the Dublin Simon Community, Aware, ALONE, ISPC and Women's Aid, plus other local charities. Over the last 5 years, the event has donated over €1.1 million to these charities and helped acquire 21 homes for 27 formerly homeless people.

Dragons At The Docks has to date been kindly supported by the property industry. This generous sponsorship by the cornerstone partners has been vital in getting this beast of an event up and running.

GRAND FINAL RESULTS

- 1st** O'Connor Sutton Cronin
- 2nd** CBRE
- 3rd** Kennedy Wilson
- 4th** Dragons GEM
- 5th** Enter the Dragons
- 6th** EY Law Ireland





Dragons At The Docks Eye Dotting Ceremony



Ready and Waiting!



Finished At Last!

Lough Rinn Dragon Boat Regatta 2022

Unable to hold our normal Dublin Dragon Boat Regatta due to reasons beyond our control, meant we had to go in search for a new venue. Located on Lough Rynn in Mohill, County Leitrim this six laned course gave a lot of crews their first opportunity to race on a proper regatta style course. Racing for the day was over 500m, which on this shallower water depth meant for some hard long racing. From the feedback we received from our crews they were impressed with the new venue, however it was wet! Wet! Wet!



Umbrella Please!



Cheers All Round!



Lough Rynn Regatta Course

RESULTS:**U18's COMPETITION**

1st Donegal Dolphins
2nd Barrow Dragons

WOMENS COMPETITION

1st Carlow Dragons
2nd Plurabelle Paddlers
3rd Lagan Dragons
4th Shannon Dragons
5th Purebelles
6th Suir Dragon Paddlers

OPEN COMPETITION

1st Dublin Vikings
2nd Donegal Dragons
3rd Liquorice Allsorts

INTERNATIONAL BREAST CANCER PADDLER'S COMMISSION

Marion Egan

After 6 years in the role as the National Breast Cancer Representative for Ireland, Deborah Bonner of Donegal Dragons has stepped down and has now been replaced by Marion Egan from Plurabelle Paddlers. We wish Marion good luck in her new role. We are also very lucky that the International Breast Cancer Paddler's Commission (IBCPC) created the role of Men's BCS Ambassador which is currently held by Mark O'Connor from Cork Dragons.

The IBCPC is an international organisation whose mandate is to encourage the establishment of breast cancer dragon boat teams, within the framework of participation and inclusiveness. They support the development of recreational dragon boat paddling as a contribution to a healthy lifestyle for those diagnosed with breast cancer.

DATES FOR THE DIARY

Sunday, 30th April 2023 (Provisional)
Athy Dragon Boat Regatta

River Barrow, Emily Square, Athy, Kildare

Saturday, 13th May 2023 – 12.00hrs
IDBA Ltd Annual General Meeting

Video Conference Meeting

Sunday, 11th June 2023 (Provisional)
Barrow Dragon Boat Regatta

River Barrow, Graiguecullen, Carlow

7th – 13th August 2023

16th IDBF World Dragon Boat Racing Championships

Royal Thai Navy Rowing & Canoeing Centre, Pattaya, Thailand

Thursday, 31st August 2023 (Provisional)

Dragons At The Docks

Grand Canal Dock, Dublin

7th – 10th September 2023

19th EDBF European Club Crew Championships

Standiana Bacin Regatta Course, Ravenna, Italy

(Event is open to any Irish club team who wishes to compete)

Lough Rinn Dragon Boat Regatta 2023 (Date TBC)

Lough Rynn, Mohill, Leitrim





I Can See You!



Carlow Dragon Boat Regatta

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.