

WORLD CUP IRELAND 2005
RIVER SHANNON, CASTLECONNELL, LIMERICK, MAY 20-22.

www.wildwater-Ireland 2005



RACE BULLETIN NO.1

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CEAD MILE FALTE - This Gaelic phrase means 'one hundred thousand welcomes' and expresses our wish to show you a wonderful time in our country. We hope you will discover some of our traditional festivities, sample our culture of music and song and above all take home with you, fond memories of your stay in Ireland.

THE LOCALITY: The races will be held on the longest river in Ireland, the river Shannon, near the villages of Castleconnell, Co.Limerick and Clonlara, Co.Clare. The river is the natural boundary between the counties of Clare and Limerick, with these two townlands situated on either side of the river. Many standing stones and ancient monuments occur near the race course and the backdrop to the village of Castleconnell, is a 13th Century castle originally home to the 'De Burca' clan.

THE RIVER: The Shannon has become more famous as an international angling centre since it was tamed by the construction of a hydroelectric scheme at Ardnacrusha in 1929. Historically, the Shannon possessed naturally occurring rapids below Castleconnell and at Doonass, the latter being the venue for the sprint race course accessible from Clonlara. The classic race starts in the shadow of the castle ruins, and finishes some three kilometers later at Clareville water works. With the cooperation of the Electricity Supply Board the water flow will be at least 50 cumecs.

THE CLIMATE: An average maximum of 18 °C and a mean minimum of 5 °C, the sun rises before 0600 and sets after 2100. Although the second driest month of the year, average precipitation in May is still 61mm.

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GETTING THERE

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DRIVING: A two hour drive from Dublin, Castleconnell is situated 10km from Limerick city. It is 190 km from Dublin Ferryport and drive time is about 2 hours off-peak. Follow signs for the N7/E20 route.



BY SEA: The Irish Canoe Union has preferential rates for Irish Ferries. If you wish to avail of these please email or phone Martin worldcupshannon@gmail.com +353-872522167.

BY AIR: Shannon International Airports is 30 km from Castleconnell. Ryan-Air now operate flights to Shannon Airport from nine European destinations, and many long-haul services also operate there.

ACCOMMODATION: Our race partners offer reduced rate accommodation - Castleoaks.ie and Anglers-rest.com, both of which are adjacent to the river. Preferential rates are also available from Castletroy-park.ie which is less than 5 km from Castleconnell. Please email worldcupshannon@gmail.com if you wish to avail of these options.

RACE INFORMATION

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DATE	PROGRAMME
Friday May 20th	Open Training (start at 0900) Opening Ceremony Team leaders meeting
Saturday May 21st	Sprint Race 1st Run (start at 1000hrs) Sprint Race 2nd Run (start at 1400hrs) Prize-giving (1830hrs approx.)
Sunday May 22nd	Classic Race (1000hrs start) International Team Race (start at 1400hrs) Prize-giving (1830hrs approx.) Competitors Party
Monday May 20th	Recreational activities at visit to Cliffs of Moher and Lahinch beach.

ENTRIES: Send to John Handyside, Event Director, World Cup 2005, British Canoe Union. John Dudderidge House, Adbolton Lane, West Bridgford, Nottingham NG12 5AX. Numerical Entry Deadline: March 1st & Nominal Entry Deadline: April 25th.

GAELIC MOTTOS This Gaelic phrase means as 'fast as the wind' and is the motto of Team Ireland, comprising 18 athletes across all four categories. Our team: MK1: Jim Morrissey, Gary Mawer, John Ringwood, Richard Hendron, Mick Morrissey, & Vincent Pierce, WK1: Caoimhe Ni Chúinn, Dympna Carville, Tina Kelly, Aisling Ni Chúinn, Ross Steer & Emer O'Leary. C1: Tadhg MacIntyre, Keith McGuirk, Fergus Cooper, Kevin Pierce, C2: Donal MacIntyre & Wesley Bourke (Team manager).

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CONTACTS & PARTNERS

RIVER SHANNON, CASTLECONNELL, LIMERICK, MAY 20-22.

ORGANISING COMMITTEE: World Cup Shannon, Irish Canoe Union, Sport HQ, Joyce Way, Park West, Dublin 12. Fax: +353-1-6251106 Phone: +353-1-6251105

COMMITTEE PERSONNEL: Wesley Bourke, Sean Cahill, Eamon Devoy, Annette Kent, Tadhg MacIntyre, Martin McCarthy, Keith McGuirk, Sean Martin.

Email: worldcupshannon@gmail.com

VOLUNTEER PROGRAMME: All volunteers will receive a free rain-jacket, t-shirt and certificate of endeavour. If you have skills that you think would be useful or want to become part of the Shannon experience please sign up by email.

PARTNERS:	WEBSITES:
ACM: The Ahane-Montpelier-Castleconnell community centre formed four years ago acts as a local community cooperative.	www.castleconnell.ie
THE ANGLERS REST: Situated beside the sprint course, this excellent pub-restaurant also offers B&B.	www.Anglers-Rest.com
CASTLE OAKS HOTEL: A charming country hotel offers superb food and accommodation.	www.Castleoaks.ie
Electricity Supply Board (E.S.B.) are providing water releases and access for the races.	www.ESB.ie
Our media partners: MICK FEENEY PHOTOGRAPY: An award winning sports photographer, MILL FILMS U.K. with director Matt Preece.	

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