



39th Annual

NEPTUNE REGATTA 2023

Saturday 1st April

Best Wishes to Neptune Rowing Club on the occasion of its Annual Regatta

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Neptune Regatta



ISLANDBRIDGE

Saturday 1st April 2023

President:	Pat Feerick
Regatta Chairman:	Gerry Murphy
Regatta Secretary:	Desmond O'Hara
Umpires Co-Ordinator:	Jim Cassidy
Marshals Co-Ordinator:	Barry Currivan
Race Committee:	Jim Cassidy Gerry Murphy Des O'Hara
Safety Officer:	John Wilson
Umpires:	Alan Ludlow, John Gillick, Eunan Dolan, Jim O'Neill, John Holland, John Byrne, Fiona McDonnell, James Clark, Liam Perdisatt, John Wilson, Frank Moore, Gerry Murphy, Aoife Byrne, Con Cronin, Brendan O'Dea, Martin Stevens, Jim Cassidy, William Doyle, Ronan Molumby, Dermot Keogh, Bill O'Gorman, Catherine Petheridge, Jeanne O'Gorman, Matthew Malone, Louise Ruben, Michael O'Dwyer, Neville Maxwell, Barry Clarke.



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President's Letter



I am delighted to welcome you all to **Neptune Regatta 2023**. I extend a particular welcome to all our visiting athletes, coaches and supporters.

For those of you competing at Neptune Regatta for the first time I hope you enjoy the thrill and excitement of side by side racing.

I wish to extend my thanks to the Regatta Chairman Gerry Murphy and his team who will no doubt run a benchmark regatta as they have in previous years.

I wish to thank all volunteers who make this regatta a special event particularly umpires, stewards, starters and safety personnel. A special thanks to those who run our amazing café/restaurant from dawn till dusk.

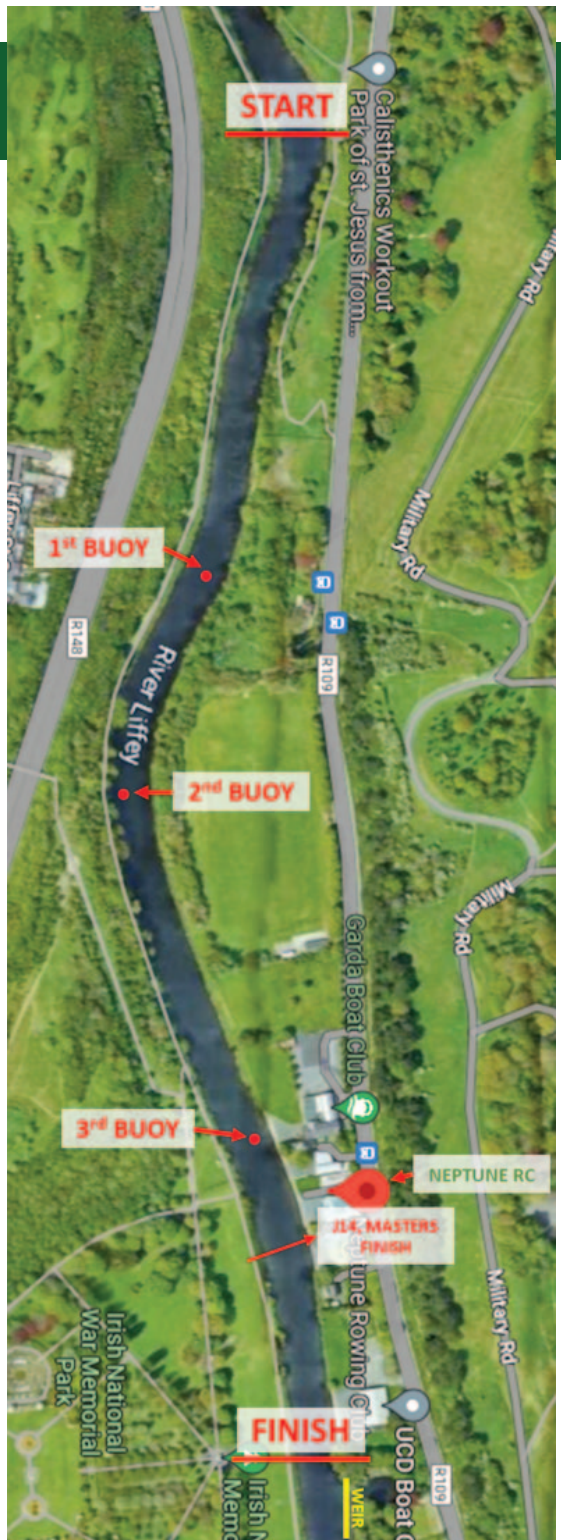
The Regatta and indeed the Club itself could not function without the generosity of our sponsors and advertisers and to those people I extend a big thank you.

The Regatta requires the assistance of our neighbours to ensure we can accommodate the big entry and I thank UCD and Garda Boat Clubs for their generosity in allowing the use of their car parks and slips.

In conclusion I wish everyone success in the various events and safe travels to and from the Regatta.

Pat Feerick


Course Map



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Regatta Safety Statement

Policy:

It is the policy of **Neptune Rowing Club** to implement the water safety and awareness guidelines of Rowing Ireland Water Safety Code.

Aims:

It is the intent of **Neptune Rowing Club** and the Regatta Committee to ensure that:

1. All rowing in the Regatta is conducted in accordance with the current safety rules and guidelines of Rowing Ireland.
2. All crews, boats and equipment are compliant with Rowing Ireland safety requirements prior to embarkation.
3. All participating clubs and competitors are made aware of the safety rules and instructions specific to the event.
4. Safety rules and instructions, both general and specific to the event, are adhered to at all times by all of the participants and officials at the event.

Method:

1. **Neptune Rowing Club** will ensure that, as far as it is reasonably practical, hazards are identified, eliminated or controlled.
2. Rescue launches will be equipped in accordance with Rowing Ireland guidelines, and manned by experienced operators only.
3. Experienced race marshals will be in attendance, and may prevent crews or individuals from taking part in the Regatta if they consider that they are a risk to themselves, other competitors or equipment (The marshals will be wearing 'hi-visibility' jackets).

Responsibilities:

1. It is the responsibility of each participating club to ensure that all of their crews and scullers are competent and adequately prepared to compete in the boat type and grade for which they are entered.
2. It is the responsibility of each participating club to ensure that all of the boats and equipment used by their members comply with Rowing Ireland safety regulations and that:
 - a. Hulls are sound and water tight.
 - b. All water tight compartments in boats are sealed in accordance with the manufacturer's specifications.

- c. Bow-balls are of the correct type and securely fitted.
- d. Heel restraints are properly set (max 7 cm).
- e. Steering mechanisms and coxboxes are in working order.
- f. Coxes wear suitable buoyancy aids that will not impede escape from a submerged boat.
- g. All participants comply with the Rowing Ireland criteria regarding their swimming ability.

Safety Rules specific to the event for the attention of all competitors:

- Follow the instructions of the marshals and race officials at all times.
- Training is not permitted on the river from 30min before racing begins.
- Keep well over to the South (Trinity) Station going up the river to the start.
- Cross the river to the south bank from club slips **ONLY WHEN THE RIVER IS CLEAR.**
- Crews and scullers should wait for the start of their race in the area up river from the stake boats.
- In the event of a row-over, crews and scullers should paddle down the river on the North (Neptune) station.
- At the end of a race, keep rowing beyond the finish and turn at the weir.
- Do not delay at the finish area.
- Proceed from the finish area to the club slips along the south bank of **the river.**

Other Information:

Competing Clubs will be assigned appropriate parking space in a Dublin Club.

The Civil Defence will be in attendance with an ambulance and personnel trained in First Aid located beside the regatta Secretary's caravan.

Nearest Hospital

St. James's Hospital, **Phone:** 01-410 3000.

Nearest Garda Station

Kilmainham, **Phone:** 01-666 9700.

Regatta Secretary

C/o Neptune Rowing Club, Longmeadows, Islandbridge, Dublin 8.

Tel: 083-459 0500. **Email:** regattasecretary.neptunerc@gmail.com

Race Schedule

Saturday 1st April, 2023.

Sponsorship

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Sponsored by **Bob Boxwell**

Womens' Masters 1X

Sponsored by **Bob Boxwell**

Womens' J15 2X

Sponsored by **Lisa, Barry Clarke & Family**

Womens' J16 4X+

Sponsored by **Lisa, Barry Clarke & Family**

Womens' J14 4X+

Sponsored by **HerSport**

Womens' J15 8X+

Sponsored by **The Mateer Family**

Men's J15 8X+

Sponsored by **The Mateer Family**

Womens' J18A 4X

Sponsored by **Tim Crooks**

Womens' J16 1X

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Womens' Club 1 1X

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RACE SCHEDULE SATURDAY 1ST APRIL

Time	Race	Event	North Station	South Station	Next
08:30	1	M Jnr 18 1X	Neptune, Crooks, L	Enniskillen, Halliday, J	25
08:34	2	W Jnr 15 4X+	Methodist Col. Belfast B.C.	Fermoy R.C.	40
08:37	3	M Masters 1X	Neptune, Dunne, S (b)	Offaly, Gilsenan, C (c)	33
08:40	4	M Masters 1X	Commercial, Gleeson, L (d)	Athlone, Cronin, E (d)	33
08:43	5	M Masters 1X	Neptune, Kenna, R (e)	Offaly, Ward, J (e)	34
08:46	6	W Jnr 18 1X	Garda, Donoghue, A	C of Derry, McKinney, C	56
08:49	7	W Jnr 18 1X	Garda, Ryan, K	Commercial, McFeat, R	56
08:52	8	W Jnr 18 1X	Offaly, McAuliffe, I	Graiguenam, O'Brien, K	57
08:55	9	M Club 1 1X	Commercial, Fowler, P	Commercial, Flynn, L	67
08:58	10	M Club 1 1X	Athlone, Hannon, L	Commercial, Crowley, D	67
09:01	11	M Club 1 1X	Commercial, Phelan, P	New Ross, Dempsey, J	68
09:05	12	M Jnr 15 4X+	Offaly R.C.	Commercial R.C.	75
09:09	13	M Jnr 15 4X+	Castleconnel B.C.	Shandon B.C.	75
09:12	14	M Jnr 16 1X	Tralee, Morris, D	Methodist, Joseph, R	61
09:15	15	M Jnr 16 1X	Offaly, Bagnall Condron, F	Fermoy, Condon, R	61
09:18	16	M Jnr 16 1X	Commercial, Foudy, A	Carlow, Duke, M	62
09:22	17	M Jnr 15 2X	Commercial R.C. (A)	Neptune R.C.	136
09:26	18	W Jnr 15 2X	Athlone B.C. (B)	Neptune R.C.	52
09:30	19	W Jnr 15 2X	Shandon B.C. (A)	Athlone B.C. (A)	52
09:34	20	W Jnr 15 2X	Graiguenamagh R.C.	Commercial R.C.	53
09:37	21	W Club 1 1X	Neptune, Farrell, J	Neptune, Kilgallon, N	83
09:40	22	W Club 1 1X	Neptune, Clark, A	Fermoy, Burke, B	83
09:43	23	W Club 1 1X	Sligo, McEnroe, K	Neptune, Power, E	84
09:46	24	W Club 1 1X	Carlow, Townsend, E	Fermoy, O'Mahony, A	84
09:49	25	M Jnr 18 1X	<i>Winner of Race 1</i>	Blackrock, Pierce, H	63
09:52	26	M Jnr 18 1X	Garda, Clerkin, D	Blackrock, Connolly, I	63
09:55	27	M Jnr 18 1X	Commercial, Grahamsmythe, A	Tralee, Morris, S	64
09:58	28	M Jnr 18 1X	Athlone, Meegan, Z	Carlow, Mead, C	64
10:01	29	M Jnr 18 1X	Neptune, Darmody, J	Graiguenam, Grace, P	65
10:04	30	M Jnr 18 1X	Graiguenam, Lawlor, J	Commercial, Curran, J	65
10:07	31	M Jnr 18 1X	Neptune, Gillick, A	Graiguenam, Scanlon, D	66
10:10	32	M Jnr 18 1X	Carlow, Feeney, H	New Ross, Brophy, C	66
10:13	33	M Masters 1X	<i>Winner of Race 3</i>	<i>Winner of Race 4</i>	73
10:16	34	M Masters 1X	<i>Winner of Race 5</i>	Commercial, O'Toole, F (f)	73
10:19	35	M Masters 1X	C of Derry, D'Urso, G (g)	Athlone, Gallen, P (h)	74
10:22	36	M Masters 1X	Belfast BC, Lockwood, S (h)	Lee Valley, Corcoran, T (i)	74

RACE SCHEDULE SATURDAY 1ST APRIL

Time	Race	Event	North Station	South Station	Next
10:25	37	W Jnr 16 1X	Neptune, Creedon, S	Neptune, Keller, F	89
10:28	38	W Jnr 16 1X	Athlone, Cunningham, R	Garda, Costello, S	89
10:31	39	W Jnr 16 1X	Garda, Duggan, E	Neptune, Dooley, K	90
10:35					
10:39	40	W Jnr 15 4X+	<i>Winner of Race 2</i>	Neptune R.C.	71
10:43	41	W Jnr 15 4X+	Shandon B.C. (B)	Athlone B.C.	71
10:47	42	W Jnr 15 4X+	Castleconnel B.C. (B)	Castleconnel B.C. (A)	72
10:51	43	W Jnr 15 4X+	Commercial R.C.	Shandon B.C. (A)	72
10:55	44	M Jnr 16 4X+	Graiguenamagh R.C.	Carrick-on Shanon R.C. (B)	79
10:59	45	M Jnr 16 4X+	Neptune R.C. (A)	Fermoy R.C.	79
11:03	46	M Jnr 16 4X+	Commercial R.C. (A)	Neptune R.C. (B)	80
11:07	47	M Jnr 16 4X+	Offaly R.C.	Portadown B.C.	80
11:11	48	M Jnr 16 4X+	Carrick-on Shanon R.C. (C)	Blackrock College R.C.	81
11:15	49	M Jnr 16 4X+	Castleconnel B.C. (A)	Castleconnel B.C. (B)	81
11:19	50	M Jnr 16 4X+	Shandon B.C.	Commercial R.C. (B)	82
11:23	51	M Jnr 16 4X+	Enniskillen Royal B.C.	Carrick-on Shanon R.C. (A)	82
11:27	52	W Jnr 15 2X	<i>Winner of Race 18</i>	<i>Winner of Race 19</i>	87
11:31	53	W Jnr 15 2X	<i>Winner of Race 20</i>	Garda Siochana B.C	87
11:35	54	W Jnr 15 2X	Shandon B.C. (B)	Offaly R.C.	88
11:39	55	W Jnr 15 2X	Fermoy R.C.	Galway R.C.	88
11:42	56	W Jnr 18 1X	<i>Winner of Race 6</i>	<i>Winner of Race 7</i>	96
11:45	57	W Jnr 18 1X	<i>Winner of Race 8</i>	Graiguenamagh, Murphy, E	96
11:48	58	W Jnr 18 1X	Graiguenamagh, Roche, L	Fermoy, Mahon, E	97
11:51	59	W Jnr 18 1X	Graiguenamagh, Brennan, A	Commercial, Kenny, R	97
11:54	60	W Masters 1X	Portora, Flanagan, H (b)	Neptune, McDonnell, F (c)	105
11:57	61	M Jnr 16 1X	<i>Winner of Race 14</i>	<i>Winner of Race 15</i>	147
12:00	62	M Jnr 16 1X	<i>Winner of Race 16</i>	Carrick, McKiernan, C	147
12:03	63	M Jnr 18 1X	<i>Winner of Race 25</i>	<i>Winner of Race 26</i>	91
12:06	64	M Jnr 18 1X	<i>Winner of Race 27</i>	<i>Winner of Race 28</i>	91
12:09	65	M Jnr 18 1X	<i>Winner of Race 29</i>	<i>Winner of Race 30</i>	92
12:12	66	M Jnr 18 1X	<i>Winner of Race 31</i>	<i>Winner of Race 32</i>	92
12:15	67	M Club 1 1X	<i>Winner of Race 9</i>	<i>Winner of Race 10</i>	101
12:18	68	M Club 1 1X	<i>Winner of Race 11</i>	UCDBC, Blake, T	101
12:21	69	M Club 1 1X	New Ross, Moylan, J	Carlow, Feeney, C	102
12:24	70	M Club 1 1X	Commercial, Keaney, L	Enniskillen, Richardson, C	102
12:28					

RACE SCHEDULE SATURDAY 1ST APRIL

Time	Race	Event	North Station	South Station	Next
12:32	71	W Jnr 15 4X+	Winner of Race 40	Winner of Race 41	103
12:36	72	W Jnr 15 4X+	Winner of Race 42	Winner of Race 43	103
12:39	73	M Masters 1X	Winner of Race 33	Winner of Race 34	104
12:42	74	M Masters 1X	Winner of Race 35	Winner of Race 36	104
12:46	75	M Jnr 15 4X+	Winner of Race 12	Winner of Race 13	110
12:50	76	M Jnr 15 4X+	Enniskillen Royal B.C.	Blackrock College R.C.	110
12:54	77	M Jnr 15 4X+	Methodist Col. Belfast B.C.	Neptune R.C.	111
12:58	78	M Jnr 15 4X+	Athlone B.C.	Graiguenamagh R.C.	111
13:02	79	M Jnr 16 4X+	Winner of Race 44	Winner of Race 45	114
13:06	80	M Jnr 16 4X+	Winner of Race 46	Winner of Race 47	114
13:10	81	M Jnr 16 4X+	Winner of Race 48	Winner of Race 49	115
13:14	82	M Jnr 16 4X+	Winner of Race 50	Winner of Race 51	115
13:17	83	W Club 1 1X	Winner of Race 21	Winner of Race 22	133
13:20	84	W Club 1 1X	Winner of Race 23	Winner of Race 24	133
13:24	85	W Jnr 18 4X-	Carlow R.C.	Castleconnel B.C.	112
13:28	86	W Jnr 18 4X-	Commercial R.C.	New Ross B.C.	112
13:32	87	W Jnr 15 2X	Winner of Race 52	Winner of Race 53	120
13:36	88	W Jnr 15 2X	Winner of Race 54	Winner of Race 55	120
13:39	89	W Jnr 16 1X	Winner of Race 37	Winner of Race 38	154
13:42	90	W Jnr 16 1X	Winner of Race 39	Athlone, O Grady, A	154
13:45	91	M Jnr 18 1X	Winner of Race 63	Winner of Race 64	127
13:48	92	M Jnr 18 1X	Winner of Race 65	Winner of Race 66	127
13:52	93	M Jnr 15 8	Enniskillen Royal B.C.	Neptune R.C.	F
13:56	94	W Club 2 4X+	Carlow R.C.	Neptune R.C.	123
14:00	95	W Club 2 4X+	Portadown B.C.	Portora B.C.	123
14:03	96	W Jnr 18 1X	Winner of Race 56	Winner of Race 57	132
14:06	97	W Jnr 18 1X	Winner of Race 58	Winner of Race 59	132
14:10	98	M Club 2 4X+	UCD B.C.	Graiguenamagh R.C.	125
14:14	99	M Club 2 4X+	D.U.B.C.	Carlow R.C.	125
14:18	100	M Club 2 4X+	Commercial R.C. (B)	Neptune R.C.	126
14:21	101	M Club 1 1X	Winner of Race 67	Winner of Race 68	150
14:24	102	M Club 1 1X	Winner of Race 69	Winner of Race 70	150
14:28	103	W Jnr 15 4X+	Winner of Race 71	Winner of Race 72	F
14:32					
14:35	104	M Masters 1X	Winner of Race 73	Winner of Race 74	F
14:38	105	W Masters 1X	Winner of Race 60	Neptune, Callaghan, S (d)	138

RACE SCHEDULE SATURDAY 1ST APRIL

Time	Race	Event	North Station	South Station	Next
14:41	106	W Masters 1X	Offaly, O'Dwyer, A (f)	Neptune, O'Gorman, J (h)	138
14:45	107	M Masters 8	Portora (d 425)	Commercial (e 450)	140
14:49	108	M Masters 8	Neptune /Shandon/Lee Valley /Tralee (e456)	OCBC (f507)	140
14:53	109	W Jnr 14 4X+ A	Athlone B.C.	Graiguenamagh R.C.	F
14:57	110	M Jnr 15 4X+	Winner of Race 75	Winner of Race 76	142
15:01	111	M Jnr 15 4X+	Winner of Race 77	Winner of Race 78	142
15:05	112	W Jnr 18 4X-	Winner of Race 85	Winner of Race 86	139
15:09	113	W Jnr 18 4X-	Carrick-on Shanon R.C.	Offaly R.C.	139
15:13	114	M Jnr 16 4X+	Winner of Race 79	Winner of Race 80	145
15:17	115	M Jnr 16 4X+	Winner of Race 81	Winner of Race 82	145
15:21	116	W Jnr 16 4X+	Castleconnel B.C.	Sligo R.C.	152
15:25	117	W Jnr 16 4X+	Carrick-on Shanon R.C.	Neptune R.C.	152
15:29	118	W Masters 8	Carlow/New Ross/Shandon (c 387)	Neptune R.C. (c 395)	161
15:33	119	W Masters 8	Belfast RC / Portadown B.C. (d 420)	Portora B.C. (d 419)	161
15:37	120	W Jnr 15 2X	Winner of Race 87	Winner of Race 88	F
15:41	121	M Jnr 18 4X-	Athlone B.C. (A)	Enniskillen Royal B.C.	153
15:45	122	M Jnr 18 4X-	Galway R.C.	Athlone B.C. (B)	153
15:49	123	W Club 2 4X+	Winner of Race 94	Winner of Race 95	149



RACE SCHEDULE SATURDAY 1ST APRIL

Time	Race	Event	North Station	South Station	Next
15:53	124	W Club 2 4X+	Commercial R.C. (A)	Commercial R.C. (B)	149
15:57	125	M Club 2 4X+	Winner of Race 98	Winner of Race 99	156
16:01	126	M Club 2 4X+	Winner of Race 100	Commercial R.C. (A)	156
16:04	127	M Jnr 18 1X	Winner of Race 91	Winner of Race 92	F
16:08	128	W Novice 8	UCD B.C. (A)	D.U.L B.C. (B)	158
16:12	129	W Novice 8	UCD B.C. (B)	D.U.L B.C. (A)	158
16:16	130	M Club 1 4+	D.U.B.C.	Neptune R.C.	159
16:20	131	M Jnr 14 4X+ A	Blackrock College R.C. (B)	Methodist Col. Belfast B.C.	F
16:23	132	W Jnr 18 1X	Winner of Race 96	Winner of Race 97	F
16:26	133	W Club 1 1X	Winner of Race 83	Winner of Race 84	F
16:29	134	M Senior 1X	Commercial, Brennan, C	Sligo, Patterson, G	162
16:32	135	M Senior 1X	Commercial, Hurley, A	Commercial, Beggan, N	162
16:36	136	M Jnr 15 2X	Winner of Race 17	Commercial R.C. (B)	165
16:40	137	M Jnr 15 2X	Kings Hospital B.C.	Athlone B.C.	165
16:44					
16:47	138	W Masters 1X	Winner of Race 105	Winner of Race 106	F
16:51	139	W Jnr 18 4X-	Winner of Race 112	Winner of Race 113	F
16:55	140	M Masters 8	Winner of Race 107	Winner of Race 108	F
16:59	141	W Jnr 14 4X+ B	Shandon B.C. (C)	Shandon B.C. (B)	F
17:03	142	M Jnr 15 4X+	Winner of Race 110	Winner of Race 111	F
17:07	143	M Jnr 14 4X+ B	Athlone B.C.	Portadown B.C.	F
17:11	144	W Jnr 14 4X+ C	Offaly R.C.	Neptune R.C.	F
17:15	145	M Jnr 16 4X+	Winner of Race 114	Winner of Race 115	F
17:19	146	M Jnr 14 4X+ C	Neptune R.C.	Blackrock College R.C. (A)	F
17:22	147	M Jnr 16 1X	Winner of Race 61	Winner of Race 62	F
17:26	148	M Senior 8	Neptune R.C.	Commercial R.C.	F
17:30	149	W Club 2 4X+	Winner of Race 123	Winner of Race 124	F
17:33	150	M Club 1 1X	Winner of Race 101	Winner of Race 102	F
17:37	151	W Jnr 16 8	Commercial R.C.	Galway R.C.	F
17:41	152	W Jnr 16 4X+	Winner of Race 116	Winner of Race 117	F
17:45	153	M Jnr 18 4X-	Winner of Race 121	Winner of Race 122	F
17:48	154	W Jnr 16 1X	Winner of Race 89	Winner of Race 90	F
17:52	155	W Senior 4+	OCBC / Anna Liffey BC	UCD B.C.	F
17:56	156	M Club 2 4X+	Winner of Race 125	Winner of Race 126	F
18:00	157	W Club 1 4+	Commercial R.C.	UCD B.C.	F
18:04	158	W Novice 8	Winner of Race 128	Winner of Race 129	F

RACE SCHEDULE SATURDAY 1ST APRIL

Time	Race	Event	North Station	South Station	Next
18:08	159	M Club 1 4+	Winner of Race 130	Commercial R.C.	F
18:12	160	M Jnr 18 8	Enniskillen Royal B.C.	Blackrock College R.C.	F
18:16	161	W Masters 8	Winner of Race 118	Winner of Race 119	F
18:19	162	M Senior 1X	Winner of Race 134	Winner of Race 135	F
18:23	163	M Club 1 8	UCD B.C.	D.U.B.C.	F
18:27	164	W Club 1 8	Commercial R.C.	UCD B.C.	F
18:31	165	M Jnr 15 2X	Winner of Race 136	Winner of Race 137	F
18:35	166	W Jnr 14 4X+ D	Shandon B.C. (A)	Crew Name	F
18:39	167	M Jnr 14 4X+ D	Castleconnel B.C.	Crew Name	F
18:43	168	M Senior 4+	Commercial R.C.	Neptune R.C.	F

Neptune Rowing Club



Based on the River Liffey at Islandbridge in Dublin, **Neptune Rowing Club** is one of the foremost rowing clubs in Ireland. The Club was founded in 1908, so we are well into our second century.

The Club is dedicated to promoting the sport of rowing and achieving excellence in rowing competition. Over the years the Club has produced world champions, many national champions and we have been the backbone of the Irish International Rowing Squad. We provide a modern, spacious training facility and a friendly, inclusive and supportive environment for all our athletes.

We welcome all comers to the Club who wish to participate in the sport. The sole requirements are that oarsmen and women must be competent swimmers (it is after all a water-based sport) and have a reasonable level of physical fitness.

Rowing takes place on Saturdays and Sundays (mornings and afternoons) between September and June and on most evenings from April to June.



Current & Past Presidents

Front row (l-r): B.R. O'Donoghue (2009-2011); D.F. O'Hara (2007-2008); G. Farrell (2018-2020); M. Buckley (1989); P. Ferrick (current); P. Connell; Ms. D. Breden (2015-2018); P.A. Timmons (1986-1988).

Back row (l-r): G.T. Murphy (2012-2014); E.A. O'Connor (2005-2006); R.A. Boxwell (2001-2002); F.B. O'Dea (2003-2004); C.J. Cronin (1992-1993); J.A. Holland (1990-1991); L. Perdisatt (1994-1995); J.P. O'Neill (1998-2000).

Inset: J. Moroney (1996-1997).



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Neptune Rowing Club would like to acknowledge the generous contribution that **Colm Dowling Photography** makes to the Neptune Regatta Rowing Programme

Regatta Photos available from Tuesday



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Teamwork

noun:

The combined action of a group, especially when effective

Best of luck to all
the teams rowing
from our team

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Regatta Time

Welcome to *Regatta Time*
Which is *Relative* in its own way
It's a short time between races
But it's a long out day.

Last week your 'Time' was elastic
Your life "*Easy Come Easy Go*"
Today you will dance to Regatta Time's tune
Where **The Start** ain't so *Simpatico*.

You'll be dodging flying bungee cords
Lashin' and un-lashin'
Riggin and Re -Riggin
Like it's goin' out of fashion.

Doing what couldn't be done
In Formula One
By a top notch pit stop crew
Yet a handful of spanner's
And some rowing "Yes we can-ers"
Keep turning *Far-fetched* into *True*.

You will wrestle over trestles
As your coach's mental mettle
Melts before your eyes as they explode
After searching here and there
For some critical hardware
Wondering just WhatsApp *Failed To Load*.

Meanwhile
Regatta Time keeps ticking
On land and H₂O
And Speed, like Time, is relative
When you have a race to row.

With Coxes urging, bow balls surging,
Tillers at right angles,
Tempers snapping, Overlapping
Oars that won't untangle.

Advice on steering, in one ear-ing
And straight outta d'other
Coaching sessions to blank expressions
Bouncing one side to t'other.

Fighting battles for efficiency
Against some rival rowing faction
Where technical application
Has more of *Froth* than *Traction*.

Still
Regatta Time stays relative
To whether you're in or your out.
Shrinking - between races,
Stretched - if you're hangin' about.

And whether you're first one in the shower
Or, at the end of the day, last ashore
You won't be what you used to be,
You'll be somehow less and more.

A bit less unsure, a bit more mature
From enduring some strange kinda *craic*
Terrorised, traumatised
But, insanely, can't wait to come back.

Sore, unamused, confused and bemused
Yet can't wait to do "*This*" again.
This Sport that keeps Women Girlish
And brings the Bold Boy out in Men.

Where glimpsing Victory's Peak
From Defeats Abyss
Or vice-versa
All comes down to this.

Any day
Can be your day
You're the only thing
Standing in your way.

So
Through the Hell of high water
Or a, more doubtful, drought
It's Regatta Time at Neptune,
Time
To figure that out.



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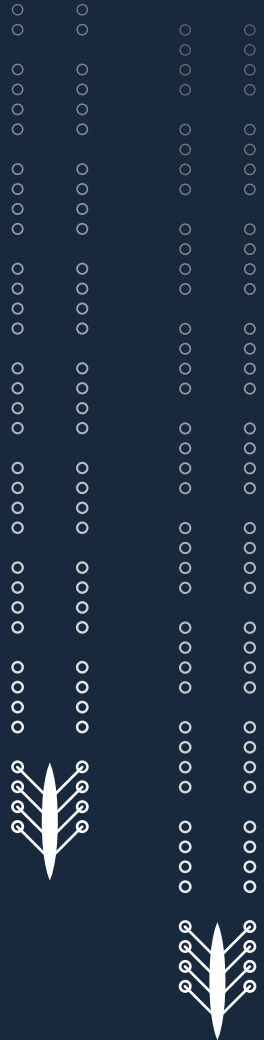
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Best wishes from RKD Neptune Regatta 2023



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We specialise in complete renovations, repair and maintenance of homes throughout Dublin. Discover how we can skillfully transform your ideas into reality. Our vast experience of home renovations, home extensions, maintenance and repairs makes us an ideal choice.

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Whether it's an entire internal overhaul with structural alterations, or just changing the layout of one room, we offer a professional and affordable service without compromising on quality. Our commitment comes from taking pride in the quality of the work, along with the satisfaction of helping people realise their ideal home.

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NEPTUNE REGATTA 2023

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