



Coming to study in UCC this September?

# ROW FOR UNIVERSITY COLLEGE CORK



And here's why...





# ABOUT US

UCC Rowing Club is one of the oldest and most successful student-run sports clubs in Ireland. Founded in 1868, we've built a proud tradition of excellence on and off the water — with 50 National Championships, 67 international race appearances, and a vibrant community of student athletes at all levels.

We row out of the Marina in Cork, where our crews train against the backdrop of the Port of Cork. Whether you're a complete beginner or a seasoned athlete, we offer structured training, coaching, and a competitive but supportive environment.





# WHY JOIN?

## SUCCEED

Whether you're here to try something new or chase championship medals, UCC Rowing Club gives you the support and structure to achieve your goals.

With 50 National Championship titles and 67 international appearances, our record speaks for itself — but 2024 and 2025 has raised the bar even higher.

In 2024's National Championships, we saw record-breaking wins across multiple squads, and in 2025 our women's senior eight not only topped the varsity championship rankings but also proved themselves the fastest overseas crew at the Women's Head of the River Race in London.

At UCC, success is built on pride, belief and passion — and we take winning seriously.



# COMPETE ABROAD

UCCRC compete in multiple international events yearly. Joining UCCRC means you get to race at events like:

- **London Metropolitan Regatta**
- **Henley Women's Regatta**
- **Women's Head of the River Race (London)**
- **Heineken Roevierkamp (Amsterdam)**

And of course, racing across Ireland.

Rowing with UCC gives you the chance to wear the skull and crossbones on some of the biggest stages in student rowing.





## MAKE FRIENDS FOR LIFE

### Be part of something bigger.

Joining a club in university is one of the best decisions you'll make — and at UCC Rowing, the friendships are just as lasting as the buzz from winning.

We work hard, and that hard work creates unbreakable bonds. Early mornings on the water, late nights in the gym, away trips, racing with your team, big wins, club events, and study sessions — your teammates will be with you through it all.

Ask our alumni: some of the best friends they've ever made came from the boathouse.

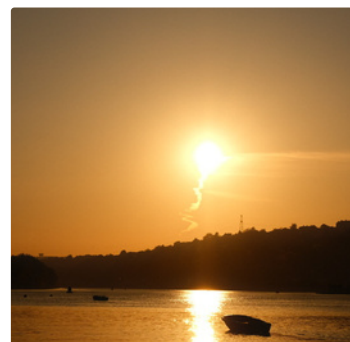
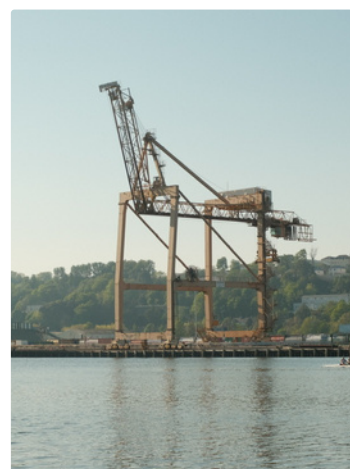
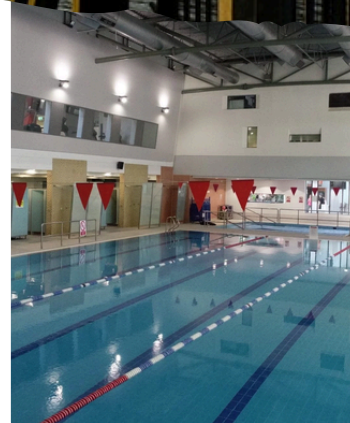




# TRAIN IN TOP CLASS FACILITIES

UCCRC trains in some of the best facilities available to student athletes in Ireland. **Our brand-new boathouse** sits on the water at the Marina in Cork – just a short cycle, drive or bus ride from UCC’s main campus (or hop on a TFI Cork City bike). With plenty of parking, easy access, and a wide selection of boats, it’s the perfect home base for training.

**The Marina** itself is a bustling hub of Cork rowing, shared by several local clubs, cafés and scenic river views. It’s a vibrant, motivating environment – one that makes even early the rainy Irish weather feel special. We also train at the **Mardyke Arena**, UCC’s state-of-the-art sports facility, which includes a 25m swimming pool, Weights and cardio gyms, Physio services and a Human Performance Lab. Whether you’re pushing for peak performance or just learning the ropes, you’ll have everything you need to succeed.



# ACHIEVEMENTS

UCC Rowing Club is proud to celebrate one of its most successful seasons in recent history, with achievements across all levels – from first-time novices to Olympians.

In 2024, we secured **six National Championship titles:**

- Men's Club Coxed Four
- Men's Intermediate Pair
- Men's Senior Double
- Men's Senior Scull
- Women's Lightweight Scull
- Women's Novice Coxed Quad



MEN'S SENIOR 2X



MEN'S INTER 2-



WOMEN'S NOVICE 4X+



MEN'S CLUB 4+

# ACHIEVEMENTS

The success continued into 2025, where we were crowned Overseas Winners at the Women's Head of the River Race (WEHARR), placed Top 50 at the Men's Head of the River Race (HARR), and dominated the University Championships, winning:

- Women's Senior 8+
- Women's Senior 4-
- Women's Senior 1x
- Men's Senior 1x
- Men's Club 1x

At the Skibbereen Grand League Regatta, our women's squad added wins in the Senior 8+, Senior 4x-, and Lightweight 1x.

We also brought home four national titles at the Irish Indoor Rowing Championships, demonstrating our strength across both land and water.



**WEHARR: FASTEST OVERSEAS**



**WOMEN'S SENIOR 4-**



**WOMEN'S SENIOR 8+**



**MEN'S SENIOR 1X**



**WOMEN'S SENIOR 1X**



**MEN'S CLUB 1X**



**WOMEN'S LIGHTWEIGHT 1X**

# INTERNATIONAL ACHIEVEMENTS

Internationally, Clodhna Nolan represented UCC at Henley Women's Regatta in the 1x.

Rory Buckley, a UCC Sports Scholar, raced for Ireland at the U23 World Rowing Championships in 2024.

And in a milestone for the club, Mags Cremen competed at the Paris 2024 Olympic Games in the Women's Lightweight Double Sculls.

So far in 2025, three UCC athletes (Mags Cremen, Andrew Sheehan, and Adam Murphy) have been selected for the European Rowing Championships, with four more athletes currently in final trials for the Irish team.

From our boathouse on the Marina to international podiums, UCCRC continues to lead the way in Irish university rowing.



# SCHOLARSHIPS

UCC offers outstanding support for student-athletes through two major scholarship programmes that help balance academic success with sporting excellence.

## UCC Sport Scholarships

Open to students competing at national or international level.

Benefits include:

- Financial bursaries
- Access to the Mardyke Arena's elite training facilities
- Strength & conditioning, physio, and sports science support
- Academic mentoring and performance workshops

## Quercus Talented Students' Programme

This prestigious award recognises exceptional sporting talent and provides:

- Financial support and potential fee waivers
- Academic flexibility and mentorship
- Career development and personal growth opportunities

**Learn more at [ucc.ie/sport/scholarships](https://ucc.ie/sport/scholarships) and [ucc.ie/quercus](https://ucc.ie/quercus)**



# A MESSAGE FROM ONE OF OUR SPORTS SCHOLARS...

A sports scholarship with UCC has enabled me to achieve many of my goals in both my rowing career as well as across my academics. The support offered through the scholarship framework is the best in the country. If you are having issues balancing your time with the level of commitment needed to be both a high level rower, as well as a full time student, there are solutions in place to help you navigate these challenges and keep your goals in sight.

As a scholarship recipient, it has given me access to great facilities such as the High Performance Gym as well as the Human Performance Lab. These facilities along with the top level coaching in UCC Sport's S&C program have allowed me to highlight the areas in which I have the most speed to gain. Most importantly, the scholarship for me has given me the space as a person to be a high achiever in both my academics and my performance. The scholarship programme has allowed me to meet new people and surround myself with like minded individuals. If you are interested in finding your true potential in both rowing and academics as well as making life-long friends and connections, rowing for UCC on scholarship might be for you.



# SUPPORTING WOMEN IN SPORT



# WOMEN'S STUDENT COACHING ACADEMY



*Cliodhna Nolan and Zoe Burke at the Sport Ireland Campus with WSCA*



The **Women's Student Coaching Academy** is an initiative by Student Sport Ireland and the governing bodies of more than X sports, in an effort to encourage young women in leadership roles to pursue coaching. The academy aims to develop these young women's skills in coaching to advance their personal development and the development of their respective sports in having better representation for women.



*WOMEN'S HENLEY 2024*

In 2024/25, Cliodhna Nolan and Zoe Burke represented UCCRC and Rowing Ireland as WSCA members and graduates. This yearly initiative gave them the tools and qualifications they need to progress as coaches and function as excellent representatives of women in sport. Being part of UCCRC means you can apply to the WSCA and with the backing of UCC Sport, UCCRC, Sport Ireland and Rowing Ireland, develop as a coach and leader.

# COMMITTEE

**UCC Rowing Club is proudly student-led**, run by a dedicated committee who keep the club moving forward — organising training, racing, events, logistics, communications, and creating a supportive, inclusive environment on and off the water.

Joining the committee is a brilliant way to:

- ✓ Build leadership and teamwork skills
- ✓ Shape the club's future direction
- ✓ Boost your CV with real experience
- ✓ Make friends and be part of something bigger
- ✓ Have your voice heard in how the club runs

We're always encouraging new members to get involved — and this year, we'll be looking for a **Fresher Rep** to join the team. If you're passionate about rowing, community, and getting stuck in at UCC, this could be you!

## 2025–2026 Committee

Captain: Conall Balfe

Secretary: Finnian Mannix

Treasurer: Conor Kelly

Men's Vice Captain: Rory Buckley

Women's Vice Captain: Ellie Mahon

Public Relations Officer: Zoe Burke

Events & Fundraising Officer: Anne Sheehan

Equipment Officer: Noah Giltinan

Safety Officer: Sophie Kelly

Ordinary Committee Member: Lynn McConville



# AND WE'RE FUN TOO



# HOW TO JOIN?

If you are interested in joining the UCC Rowing Club this September, you or your coach can contact us at [rowing@uccclubs.ie](mailto:rowing@uccclubs.ie) for further information. We will have a stand on Clubs Day, and we will also be conducting training sessions for those with prior rowing experience to welcome you to UCCRC and provide you with an insight into what we have to offer.

**Row with your university and prepare for the best years of your life!**

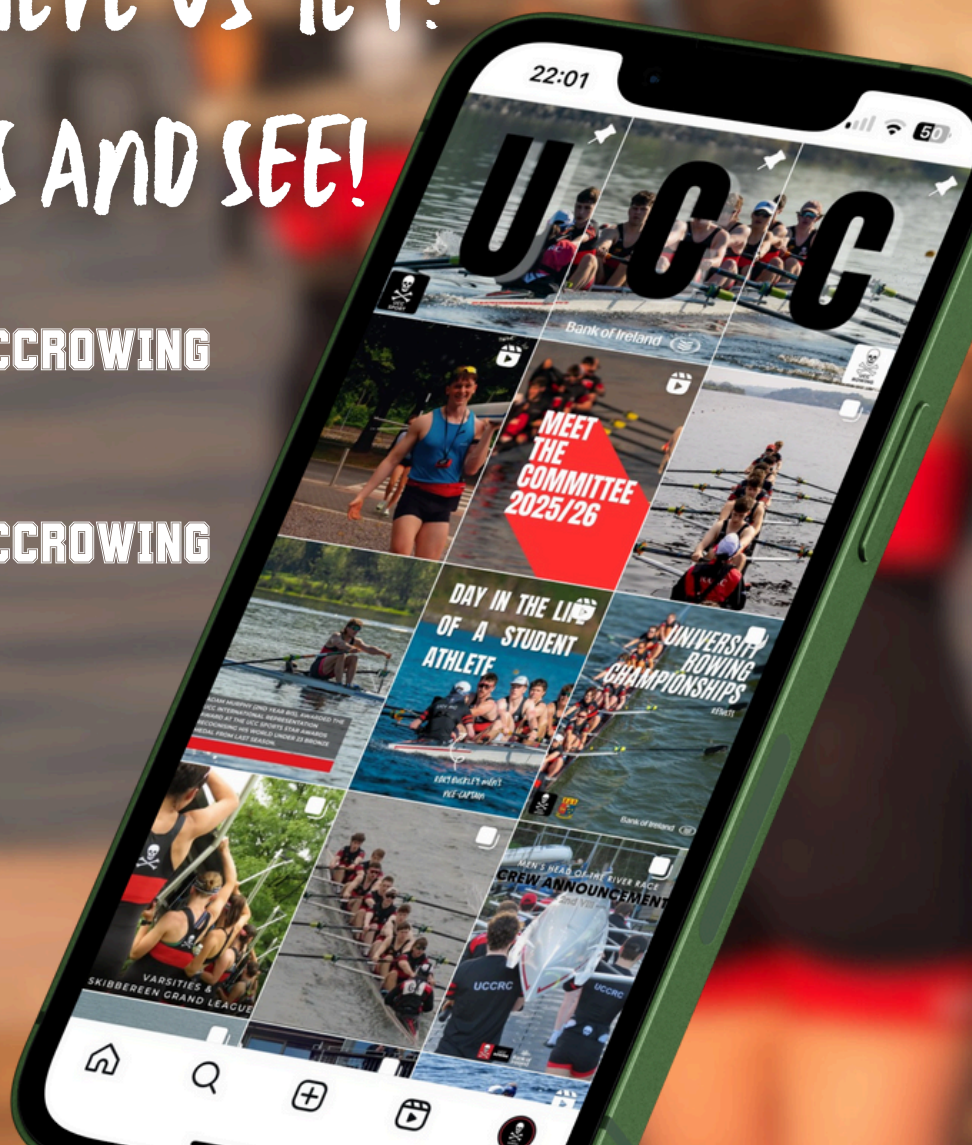
DON'T BELIEVE US YET?  
FOLLOW US AND SEE!



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**UCC  
ROWING**

