

Week 40

Monday 28th September	5:45am to 7:15am	Squad 3+5	Ross McGuinness
	4:30pm to 6pm	Squad 1	Kate McEoin
	6pm to 8pm (Renmore)	Squad 4+5	Paula Crisan
Tuesday 29th September	6pm to 8pm (Renmore)	Squad 4+5	Kieran Watterson
Wednesday 30th September	5:45am to 7:15am	Squad 3+5	Brogan Cloonan
	5:30pm to 7pm	Squad 2	Ania Szenk
Thursday 1st October	5:45am to 7:15am	Squad 4+5	Thomas Davey
	8pm to 9:30pm	Squad 3	Lauren Kilduff
Friday 2nd October	5:45am to 7:15am	Squad 4+5	Caolin Kearney
Saturday 3rd October	5:45am to 7:45am	Squad 4+5	Jake Van De Beek
	11:30am to 1pm	Squad 1	Harrison Finn
Sunday 4th October	7am to 9am	Squad 3+5	Luke Burke
	9:15am to 10:45am	Squad 2	Milly Costello
	7pm to 9pm	Squad 4+5	Rory Collins

Week 41

Monday 5th October	5:45am to 7:15am	Squad 3+5	Mathys Bocquet
	4:30pm to 6pm	Squad 1	Ellie Flanagan
	6pm to 8pm (Renmore)	Squad 4+5	John Shortt
Tuesday 6th October	6pm to 8pm (Renmore)	Squad 4+5	Robin Pfeiffer
Wednesday 7th October	5:45am to 7:15am	Squad 3+5	Anthony Boyle
	5:30pm to 7pm	Squad 2	Lily Tyler
Thursday 8th October	5:45am to 7:15am	Squad 4+5	Paula Crisan
	8pm to 9:30pm	Squad 3	Mark Cormican
Friday 9th October	5:45am to 7:15am	Squad 4+5	Pola Gizinska
Saturday 10th October	5:45am to 7:45am	Squad 4+5	Sarah Gunning
	9:20am to 10:50am	Squad 1	Aisling Walsh
Sunday 11th October	7am to 9am	Squad 3+5	Eoin McDermott
	9:15am to 10:45am	Squad 2	Ruairi Owens
	7pm to 9pm	Squad 4+5	Jake Van De Beek

Week 42

Monday 12th October	5:45am to 7:15am	Squad 3+5	Oisin McGlue
	4:30pm to 6pm	Squad 1	Grace McInerney
	6pm to 8pm (Renmore)	Squad 4+5	Thomas Davey
Tuesday 13th October	6pm to 8pm (Renmore)	Squad 4+5	Isolde Hannon
Wednesday 14th October	5:45am to 7:15am	Squad 3+5	Nessa Mangan
	5:30pm to 7pm	Squad 2	Daniel Robinson
Thursday 15th October	5:45am to 7:15am	Squad 4+5	Caolin Kearney
	8pm to 9:30pm	Squad 3	Nessa Mangan
Friday 16th October	5:45am to 7:15am	Squad 4+5	Miriam Roland
Saturday 17th October	5:45am to 7:45am	Squad 4+5	Rory Collins
	9:20am to 10:50am	Squad 1	Emma Maguire
Sunday 18th October	7am to 9am	Squad 3+5	Luke Burke
	9:15am to 10:45am	Squad 2	Emma Paskauskiene
	7pm to 9pm	Squad 4+5	Diarmuid Callanan

Week 43

Monday 19th October	5:45am to 7:15am	Squad 3+5	Luke Burke
	4:30pm to 6pm	Squad 1	Léa Guiller
	6pm to 8pm (Renmore)	Squad 4+5	Robin Pfeiffer
Tuesday 20th October	6pm to 8pm (Renmore)	Squad 4+5	John Shortt
Wednesday 21st October	5:45am to 7:15am	Squad 3+5	Brogan Cloonan
	5:30pm to 7pm	Squad 2	Siofra Hannon
Thursday 22nd October	5:45am to 7:15am	Squad 4+5	Rory Collins
	8pm to 9:30pm	Squad 3	Ross McGuinness
Friday 23rd October	5:45am to 7:15am	Squad 4+5	Kieran Watterson
Saturday 24th October	5:45am to 7:45am	Squad 4+5	Jake Van De Beek
	9:20am to 10:50am	Squad 1	Aeven Kelly
Sunday 25th October	7am to 9am	Squad 3+5	Mathys Bocquet
	9:15am to 10:45am	Squad 2	Clodagh McDonagh
	7pm to 9pm	Squad 4+5	Caolin Kearney

Week 44

Monday 26th October	5:45am to 7:15am	Squad 3+5	Lauren Kilduff
	4:30pm to 6pm	Squad 1	Killian Burke
	6pm to 8pm (Renmore)	Squad 4+5	Diarmuid Callanan
Tuesday 27th October	6pm to 8pm (Renmore)	Squad 4+5	Paula Crisan
Wednesday 28th October	5:45am to 7:15am	Squad 3+5	Oisin McGlue
	5:30pm to 7pm	Squad 2	Rian Carty
Thursday 29th October	5:45am to 7:15am	Squad 4+5	Isolde Hannon
	8pm to 9:30pm	Squad 3	Sandra Bedynek
Friday 30th October	5:45am to 7:15am	Squad 4+5	Thomas Davey
Saturday 31st October	5:45am to 7:45am	Squad 4+5	Sarah Gunning
	9:20am to 10:50am	Squad 1	Harrison Finn
Sunday 1st November	7am to 9am	Squad 3+5	Anthony Boyle
	9:15am to 10:45am	Squad 2	Isabelle Mangan
	7pm to 9pm	Squad 4+5	Robin Pfeiffer