Trá Cheathrú an Uisce

Carrownisky Strand

“traw **KA**-roo nish-ka”

Rásaíocht ar an trá

Is raonta rásaíochta foirfe an gaineamh crua atá le fáil in iarthar na hÉireann.

Tá an-tóir ar rásaíocht chapall ar an trá le breis is leathchéad bliain anuas. Is deis atá ann d'fheirmeoirí áitiúla cumas na gcapaillíní Chonamara agus na gcapall oibre a thástáil. Tá idir 10–12 imeacht luaite ar an gclár rásaí reatha, imeachtaí atá dírithe ar chapaill folaíochta agus capaillíní atá á gcoinneáil san áit.

Bhíodh rásaí á reáchtáil ar roinnt tránna éagsúla i ndeisceart Mhaigh Eo sna blianta sular cinneadh na rásaí a reáchtáil ag Ceathrú an Uisce uaidh sin amach. Thug na sluaite aghaidh ar na rásaí iad réidh le geallta a chur ar na capaill ab ansa leo, agus taitneamh a bhaint as an dearbaí asail agus an tarraingt téide.

Cailín Chluain Cearbán

Nuair nach raibh sí ach 13 bliana déag d'aois, ba í Tamasin Day-Lewis, iníon leis an bhfile Cecil agus deirfiúr leis an aisteoir Daniel, an chéad chailín a ghlac páirt i rásaí Cheathrú an Uisce. Tháinig sí sa dara háit agus í ag marcaíocht Chailín Chluain Cearbán.

Racing on the beach

The west of Ireland's firm strands make perfect race tracks.

Beach horse racing has been a popular sport for over a century. It was a chance for local farmers to put their Connemara ponies and working horses through their paces. The current race programme includes 10–12 events for both thoroughbreds and local ponies.

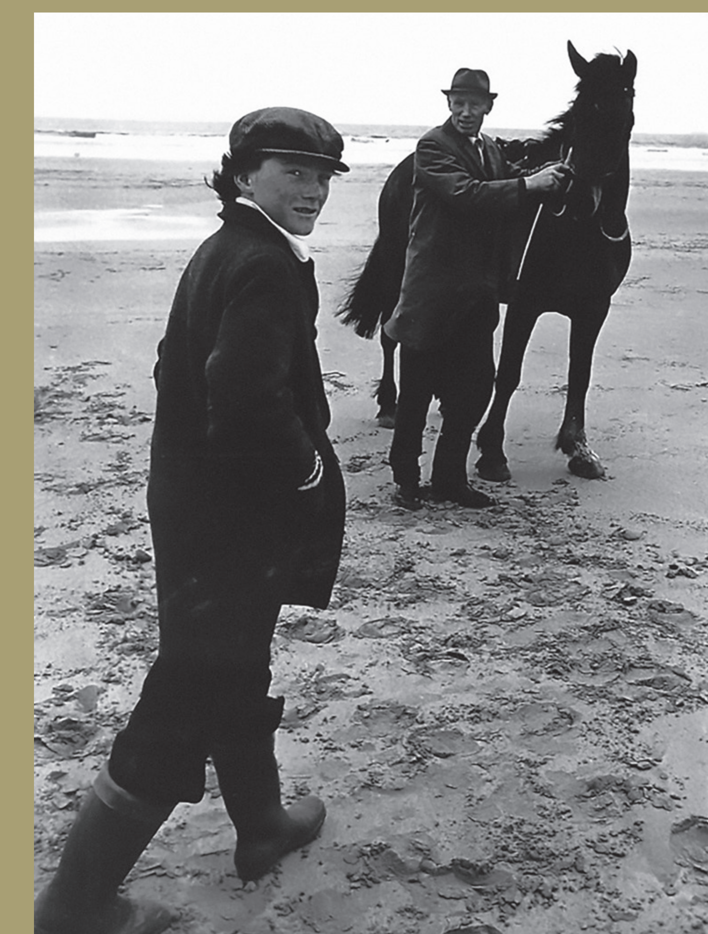
Races were held on several south Mayo beaches over the years before finding a home at Carrownisky. They attracted crowds ready to place bets on their favourite horses and to join in the fun of the donkey derby and the tug of war.

Louisburgh Lass

Aged only 13, Tamasin Day-Lewis, daughter of the poet Cecil and sister of the actor Daniel, became the first girl to enter the Carrownisky races. Riding Louisburgh Lass, she came second.

Ar dheis:
Ullmhú don rás. Traidisiún i Maigh Eo Theas le breis agus céad bliain anuas is ea an rásaíocht trá
Le caoinchead ó carrowinskeyraces.ie

Right:
Getting ready for the race. Beach racing has been a tradition in South Mayo for over a century
Courtesy of carrowinskeyraces.ie



© James Horan Photography

1. Caith tamall ag tonnmharcaíocht i measc thonnta an Atlantaigh fhiáin.

   Try your hand at surfing the wild Atlantic waves.

2. Léim ar bhád farantóireachta ag Cé Ruanada agus téigh chomh fada le hInis Toirc nó Cliara.

   Hop on a ferry to Inishturk or Clare Island from Roonagh Pier.

3. Bain lán do shúl as radharc tíre ar leith Chuan Mó, cuan breac le hoileáin, ar do bhealach go Cathair na Mart.

   Experience the very different scenery of island-strewn Clew Bay on your way to Westport.