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More2Life

ROW YOUR BOAT: The Lagan Dragons paddling on the river in Belfast. Below right: Jo Myles



LAGAN SLAYERS

By Joanne Sweeney

IT'S an eye-catching vessel paddled by an inspirational crew.

On board are the members of Northern Ireland's only dragon boat club dedicated to breast cancer survivors.

The women have made a real splash in one of the world's fastest-growing sports since they formed two years ago. And now, the Lagan Dragons are to hold their first fundraising regatta at the Waterfront, Belfast, next month.

The women, most of whom have battled breast cancer, are joined by friends and supporters and meet at Bryson LaganSports on the Ravenhill Road in Belfast.

Inspirational dragon boat crew take on the tide as they help raise money for breast cancer survivors

Every Saturday morning between February and November, they put in an hour's practice, followed by a cup of tea and a bit of craic.

Crew member Rosie Griffin said: "I absolutely love it. Our members come in every size, age and from all over the place and we wouldn't miss it."

"Part of the appeal is just having that exhilarating hour on the water where you concentrate on nothing else but that," said Rosie, 41, who was diagnosed with breast cancer at the age of 34.

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