



# CRONULLA SUTHERLAND KAYAK CLUB

## CSKC PADDLE PULSE JANUARY 2024

We've kicked off another year with a ripper of an event, the 20 Groynes, organised by Sutherland Shire Canoe Club and Dolls Point Paddlers. A bunch of CSKC paddlers entered and took out the event like the champions they are.

The "20 Groynes" is a fun Community Paddling event, run over 4 hours, offering a paddling challenge on the ever-changing waters of Botany Bay, where competitors will paddle a 4-kilometre lap course, completing as many (or as few) laps as possible within the 4 hours. The event starts and ends at the [Georges River 16ft Sailing Club](#), Sandringham.

There were a number of options for entering the race: either paddle the full distance on your own OR enter as a relay.

The overall winners were all CSKC club paddlers. An phenomenal achievement and representation by our club paddlers, we should be very proud

First place – Team CSKC2 with Michael McKeogh, Chris Murty and Johnny Lee @ 3 hours 45 minutes.

Second Place – Team CSKC4 with Daniel Hilly, Max Brooks and Matthew Sheather @ 4 hours 50 minutes

Third place was Team CSKC1 with Paul Moses, Steve Sey and David Pollack @ 3 hours 56 minutes.

The first place Male Solo paddler was Robb Ingliss @ 3 hours 43 minutes

Second Place Female Solo Paddler was Helen Lee completed 8 laps in 3 hours 48 minutes



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## Intestate News

While visiting family up the Sunny Coast, I called into the Maroochydoore Paddle Club and joined them for a couple of paddle sessions on the Maroochy River. They were a great bunch of people and very accommodating, although they made me do some sprints, LOL.

They have an AMAZING, dedicated clubhouse, with dedicated racks for storing boats, shower facilities, kitchen facilities and hoses out the front for washing the boats. I sincerely wish we had the same.





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In recent interstate news, our very own President Michael McKeogh travelled across to Perth for a series of races. He undertook an EPIC drive across loaded with 12 skis and managed 8 races in four weeks, some at 40 degrees Celsius, with varying wind challenges.

Australia hosted the World Championships of Ocean Ski Paddling in Perth during November/December 2023. This saw record numbers of Aussies and International competition converging in Western Australia for the series of races. Mike and his doubles partner Teresa won silver in the world championships in their age group. Cade and Trudi Barnes won Gold in the double ski in their category. Ben Constable, Cade, Trudi and Mike all did well in their singles races finishing at the pointy end of the race in a world class field.







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## RACE SCHEDULES

### 2024 CRONULLA SUTHERLAND KAYAK CLUB RACE CALENDAR

#### Race Safety

All competitors must be a member of Paddle NSW or a Life Saving Club. All competitors' crafts must be self-buoyant. Canoes and kayaks must have fixed buoyancy front and back to keep craft afloat in case of capsizing. All paddlers are to determine if the conditions are within their capabilities. If you are unsure, you must wear a 50S or above life jacket or not paddle. You must offer assistance if a paddler is in difficulty. A 50S or above life jacket must be worn if the paddler is under 14 years of age or is not a strong and confident swimmer. The race committee can also deem it necessary for all paddlers to wear a 50S or above life jacket. All craft must have a clearly visible CSKC race number and finish between the black/white chequered buoys or a time will not be recorded. Please be aware there are other river users including powered craft which need to be avoided. Move to the right of oncoming craft to avoid collision. Follow all channel markers. Stay in the middle of the channel as there are submerged rocks and logs in the river. See course map for details. All turns are anti-clockwise unless advised otherwise. Pink buoys are for separating oncoming craft and turn buoys are yellow. Race briefing 30 minutes before race start.

Date	Event Name	Tide (Fort Denison)	Venue
Saturday, 30th March 2024	2pm CSKC Pre-season Race 1. Short Course 5km. Long Course 10km		Swallow Rock
Saturday, 6th April 2024	2pm CSKC Pre-season Race 2. Short Course 5km. Long Course 10km		Swallow Rock
Saturday, 13th April 2024	2pm CSKC Series Race 1 (Singles/Dbles/K4's) Short Course 5km. Long Course 10km	1.29mt high 12.02pm 0.71mt low 5.27pm .11	Swallow Rock
Saturday, 20th April 2024	2pm CSKC Series Race 2. Short Course 5km. Long Course 10km	0.55mt low 12.21pm 1.49mt high 6.36pm .15	Swallow Rock
Saturday, 27th April 2024	2pm President's Cup Handicap Race 1. 5km. 3pm 200mt & 500mt sprints. BBQ	1.36mt high 10.25am 0.66mt low 3.54pm .11	Swallow Rock
Saturday, 4th May 2024	PNSW Harbour Series Race 1. Port Hacking Classic	1.74mt high 4.35am 0.40mt low 11.10am .22	Gunnamatta Bay
Saturday, 11th May 2024	2pm CSKC Series Race 3 (Singles/Dbles/K4's) Short Course 5km. Long Course 10km	1.34mt high 10.51am 0.68mt low 4.14pm .11	Swallow Rock
Saturday, 18th May 2024	2pm CSKC Series Race 4. Short Course 5km. Long Course 10km	0.62mt low 10.46am 1.46mt high 5.13pm .14	Swallow Rock
Saturday, 25th May 2024	2pm President's Cup Handicap Race 2. 5km. 3pm 200mt & 500mt sprints. BBQ	1.37mt high 9.26am 0.64mt low 2.53pm .12	Swallow Rock
Saturday, 1st June 2024	2pm CSKC Series Race 5. Short Course 5km. Long Course 10km		Swallow Rock
Saturday, 8th June 2024	2pm CSKC Series Race 6 (Singles/Dbles/K4's) Short Course 5km. Long Course 10km		Swallow Rock
Saturday, 15th June 2024	2pm CSKC Series Race 7. Short Course 5km. Long Course 10km		Swallow Rock
Saturday, 22nd June 2024	2pm CSKC Series Race 8. Short Course 5km. Long Course 10km		Swallow Rock
Saturday, 29th June 2024	2pm President's Cup Handicap Race 3. 5km. 3pm. 200mt & 500mt sprints. BBQ		Swallow Rock
Saturday, 6th July 2024	2pm CSKC Series Race 9. Short Course 5km. Long Course 10km		Swallow Rock
Saturday, 13th July 2024	2pm CSKC Series Race 10 (Singles/Dbles/K4's) Short Course 5km. Long Course 10km		Swallow Rock
Saturday, 20th July 2024	2pm CSKC Series Race 11. Short Course 5km. Long Course 10km		Swallow Rock
Saturday, 27th July 2024	2pm President's Cup Handicap Race 4. 5km. 3pm. 200mt & 500mt sprints. BBQ		Swallow Rock
Saturday, 3rd August 2024	2pm CSKC Series Race 12. Short Course 5km. Long Course 10km		Swallow Rock
Saturday, 10th August 2024	2pm CSKC Series Race 13 (Singles/Dbles/K4's) Short Course 5km. Long Course 10km		Swallow Rock
Saturday, 17th August 2024	2pm CSKC Series Race 14. Short Course 5km. Long Course 10km		Swallow Rock
Saturday, 24th August 2024	10am Paddle NSW Marathon Series Race 7	0.31mt Low 5.23am. 1.69mt High 11.42am .23	Swallow Rock
Saturday, 31st August 2024	2pm President's Cup Handicap Race 5. 5km. 3pm. 200mt & 500mt Sprints. BBQ		Swallow Rock
Saturday, 7th September 2024	2pm CSKC Series Race 15. Short Course 5km. Long Course 13.5km. LP-Net-Danger		Swallow Rock
Saturday, 14th September 2024	2pm CSKC Series Race 16 (Singles/Dbles/K4's) Short Course 5km. Long Course 10km		Swallow Rock
Saturday, 21st September 2024	2pm CSKC Port Hacking Marathon. (The Rock) 18km. South West Arm-Audley-Grays Point. Short Course 5km		Swallow Rock
Saturday, 28th September 2024	2pm President's Cup Handicap Race 6. 5km. 3pm. 200mt & 500mt sprints. BBQ		Swallow Rock



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## 2024 Marathon Series



<b>Saturday</b> 3 Feb	Race 1, <i>Oura to Wagga</i>
<b>Sunday</b> 25 Feb	Race 2, <i>Windsor</i>
<b>Saturday</b> 9 Mar	NSW Canoe Marathon Championships (Singles), <i>Canberra</i>
<b>Sunday</b> 10 Mar	NSW Canoe Marathon Championships (Doubles), <i>Canberra</i>
<b>Thur-Sun</b> 5-7 Apr	PA Canoe Marathon & SUP Championships, <i>Encounter Lake, SA</i>
<b>Sunday</b> 28 Apr	Race 3, <i>Lane Cove</i>
<b>Saturday</b> 1 Jun	Race 4, <i>Davistown</i>
<b>Saturday</b> 22 Jun	Race 5, <i>Woronora</i>
<b>Sunday</b> 21 Jul	Race 6, <i>Penrith</i>
<b>Saturday</b> 24 Aug	Race 7, <i>Swallow Rock</i>
<b>Sunday</b> 8 Sep	Race 8, <i>Narrabeen - Finale and Presentations</i>

Updated: 15/12/2023dl



<https://nsw.paddle.org.au/upcoming-events>



[PaddleNSW - Marathon](#)



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