



CRONULLA SUTHERLAND KAYAK CLUB

CSKC PADDLE PULSE APRIL 2024

Hey there, fellow paddlers and enthusiasts!

We are well and truly into the CSKC race season on Saturday afternoons, as well as the Paddle NSW Marathon Series. At the beginning of the month, we had the K4s out for a run, and at the end of the month, we even had our very first 200m sprint race, which was a lot of fun.



We've had varying conditions so far, but the momentum and excitement are building. We had a massive storm at the end of March, which saw a tonne of debris in the river. It was super scary. A few of us paddled down to Audley and back, which I'm not sure was a clever thing to do. There were turbulent eddy's that we had to avoid, as well as all the flotsam

and jetsam, and right at the end, the wind blew up, which just added to the challenging conditions.

We had a good turnout this past weekend at the Lane Cove Marathon Race, CSKC took out the first 3 spots in Division 2 with Mike Mckeogh, John Lee and Moso getting first, second and third. Helen Lee did us proud getting third in Division 11, and last but certainly not least, Myself and Kevin Knettle did will division 13.





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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 S05 or above life jacket or not paddle. You must offer assistance if a paddler is in difficulty. A S05 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 S05 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/Doubles/K4's) Short Course 5km. Long Course 10km	1.28mt high 12.02pm 0.71mt low 5.37pm	.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 8.38pm	.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 Gurnamatta Bay
Saturday, 11th May 2024	2pm CSKC Series Race 3 (Singles/Doubles/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/Doubles/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/Doubles/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/Doubles/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 1.68mt 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/Doubles/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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Paddle NSW  **2024 Marathon Series**



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

Updated: 15/12/2023dl

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

 [PaddleNSW - Marathon](#)

 marathon@paddlensw.org.au



Marathon Series Rules

Hey guys, Paddle NSW has updated its race rules. Unfortunately, it's nine pages long, so I can't include it in the newsletter. However, below is a link, and I've attached it separately in the email.



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<https://nsw.paddle.org.au/wp-content/uploads/sites/36/2024/02/marathon-rules-2024-240206.pdf>

CSKC Race Season Results

13 th April 5km	
Vuki Vuljanic	22.55
Dean Blanche	22.56
Chris Murty	23.29
John Lee	23.48
Paul Moses	23.49
Micheal Mckeogh	24.12
Daniel Hilly	25.03
Geoff Bedford	25.34
Geoff Hine	26.15
Lew Chochrane	26.17
Andy Chumbly	26.52
Andrew Garvie	27.09
Pauline Findlay	28.17
Brett Flower	28.52
Helen lee	29.22
Russell Stevens	33.45
Bruce Sherlock	33.58
Kevin Knettle	40.18



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20 th April 5km		10km
Windy and rainy		
Chris Murty	24.38	49.39
Dean Blanche	24.40	49.40
Micheal Mckeogh	25.08	52.40
Daniel Hilly	25.50	53.27
Paul Moses	25.53	54.01
Geoff Bedford	26.41	58.21
Geoff Hine	26.46	
Lew Chochrane	26.59	
Andy Chumbly	28.37	
Mike Harris	28.45	58.25
Brett Flower	29.11	
Mark Lloyd	29.12	
John Wilde	30.20	
Bruce Sherlock	36.10	



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	27 th April Presidents Cup	5km	
ELAPSED TIME		HANDICAP	ACTUAL TIME
29.32	Ian Brown	0 (first race)	29.32
39.21	Bruce Sherlock	6	33.12
39.51	Pauline Findlay	12	27.51
39.57	Lis O'farrell	5	34.57
40.11	Paul Moses	15	25.11
40.14	Matthew Fogarty	10	30.14
40.15	Michael McKeogh	14.5	24.65
40.29	Dean Blanche	17	23.29
40.30	Chris Murty	17	23.30
40.42	Andrew Garvie	13	26.42
40.44	Geoff Bedford	14.5	25.94
40.46	Mark Hopkins	13	27.46
40.48	Lew Chochrane	14	26.48
40.53	Chris Matthews	13	27.53
40.57	Geoff Hine	14	26.57
41.02	Penny Tralau	5	36.02
41.12	Kevin Kettle	5	36.12
41.14	Steve Sey	15	26.14
41.20	Neil Wiblin	15	27.20
42.18	Matt Spies	14	28.18

27 th April	200m Sprint Race
Paul Moses	47 seconds
Geoff Hine	50 seconds
Micheal Mckeogh	53 seconds
Andrew Garvie	57 Seconds
Matthew Fogarty	58 seconds
Penny Tralau	Still paddling



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28th April // Race 3 Marathon Series.



Division 2 – 20km

Overall 1 st	Michael Mckeogh	1:41:22:00.	First Male
Overall 2 nd	John Lee	1:41.22:06	Second Male
Overall 3 rd	Paul Moses	1:41:30.30	Third Male

Division 10 – 10km

Overall 6 th	John Lucas	1:17:02	
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Division 11 – 10km

Overall 3 rd	Helen Lee	1:01.21.9.	First Female
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Division 13 – 5

Overall 4 th	Penny Tralau	35:19.	
Overall 6 th	Kevin Knettle	36:24.	



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BIG SHOUT OUT TO THE EVER PRESENT SUPPORT CREW – THE CLUB WOULDN'T
BE THE SAME WITHOUT YOU



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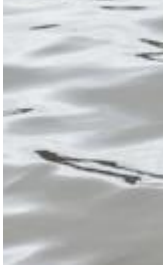


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CHECK OUT OUR CKSC BOYS. - first second third @ Lane Cove



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