



# CRONULLA SUTHERLAND KAYAK CLUB

## CSKC PADDLE PULSE MARCH 2024

Hey there fellow paddlers and enthusiasts!

Last month, I said that February was a whirlwind, but March is proving to be equally dynamic, if not more so. It's remarkable how the pace has been sustained. As always, let's extend a hearty round of applause to all those courageous individuals who venture out and bravely represent CSKC despite the challenging conditions. It feels akin to the fervour of the "Paddle" of Waterloo out there.

Now that you have stopped laughing at my terrible pun about the Battle of Waterloo, this is just a reminder that I've left the Marathon Series Schedule in. It's only the beginning of the season, and there's still plenty of opportunity to pick up a paddle and wade in.

Our first non-timed pre-race for the season is on Saturday, 30<sup>th</sup> November, with both a 5km and 10km race. It will be a warm day with about a 1-metre tide. Remember, it's a public holiday so parking might be a stretch.

It's the Easter Weekend, please be safe, eat as many easter eggs as you can find and watch out for those rascally rabbits





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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 505 or above life jacket or not paddle. You must offer assistance if a paddler is in difficulty. A 505 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 505 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 .1/	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	Gunnamatia 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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**Paddle  
NSW**



## 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](#)



[marathon@paddlensw.org.au](mailto:marathon@paddlensw.org.au)



[Marathon Series Rules](#)



# CRONULLA SUTHERLAND KAYAK CLUB

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.

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

## **8th March Marathon Series, Canberra Friday night session – short course with Portage 3km**

K1 Male / <b>18.5km</b> // 55-64	Third Place	Michael McKeogh	15:31
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## **8th March Marathon Series, Canberra Friday night session – short course no Portage 3Km**

K1 Male / <b>18.5km</b> // 55-64	First Place	Michael McKeogh	14:34
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## **9th March Marathon Series, Canberra Singles**

K/S Male / 18.5km // 55-59	First Place	Michael McKeogh	1:31:33
K/S Male / 18.5km // 60-64	First Place	Neil Wiblin.	1:41:46
K/S Woman / 14.8km // 60-64	second place	Helen Lee	1:29:20

## **16th March Tingira Series Rose Bay**

short course 8km

Helen Lee 46:05 10<sup>th</sup> place overall // 3<sup>rd</sup> Female // 2<sup>nd</sup> Open Female

Long Course 15km

Cade Barnes 1:07:45 4<sup>th</sup> overall // 4<sup>th</sup> male // 1<sup>st</sup> 50-55 category

Ben Constable. 1:09:43. 6<sup>th</sup> Overall // 6<sup>th</sup> male // 1<sup>st</sup> place 40-49 category

Chris Murty 1:11:17. 8<sup>th</sup> Overall // 8<sup>th</sup> male // 2<sup>nd</sup> place 40-49 category

John Lee 1:11:48. 10<sup>th</sup> Overall // 10<sup>th</sup> male // 1<sup>st</sup> 60+ category

Montanah Murray 1:15:12. 18<sup>th</sup> Overall // first female // 1<sup>st</sup> 20-29 category

## **23rd March 2024 State Championships Bassendean Western Australia**

Michael McKeogh, 1 <sup>st</sup> Place of the 55-59 Ski Category 18.5kms	1:36:43
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# CRONULLA SUTHERLAND KAYAK CLUB

## International News

Lorraine has been selected as an Official at the Junior & Under 23 World Sprint Championships in Bulgaria. She will be the only Australian Official.

To be selected for this auspicious role, Lorraine successfully completed the official course for the 2000 Olympics, and worked as an official for that event, and subsequently has officiated at many events since then. This upcoming opportunity marks her first venture has officiating overseas, so it's a massive honour.

*Congratulations!*





# CRONULLA SUTHERLAND KAYAK CLUB

## A little bit of History. – A story by Geoff Hine

Previous club member Rob Lee resides in Bathurst. In 1980, he competed in the Moscow Olympics, racing in the K2 category alongside Barry Kelly, where they achieved a notable 5th place in the final. During the late 1970s, Rob frequently participated in Saturday afternoon races with the club.

This year, 44 years later, Rob learned of a timber Makka-designed K2 for sale. The seller happened to be Dennis Driscoll, a previous and current club member, who, at the time of the Moscow games, was too young to compete but had been a close training partner of Rob's. During their discussion about the boat, Dennis revealed that it



was the very K2 that Rob and Barry had raced in Moscow. Astonished, Rob immediately seized the opportunity and purchased the boat, still bearing the stamp of the Moscow Olympics.

I caught up with Rob in Bathurst earlier this year, where he shared the story with me. Observing that Rob faced a challenge in collecting the boat, I volunteered to drive to Camden and retrieve it for him. The following week, we met at Gray's Point and embarked on a 5km cruise to Audley and back, marking the first time the boat had touched water since 1988.

The paddle excursion proceeded smoothly, with occasional breaks for rest and to savour the experience. For Rob, it was a particularly poignant moment, as it was his first time paddling that specific boat since Moscow, making it a profoundly special occasion for both of us. I felt honoured to accompany him on this journey.

Now contemplating re-joining the club, Rob expressed interest in participating in Saturday races once again, perhaps even with the timber Makka K2.



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The season is changing. Woo hoo





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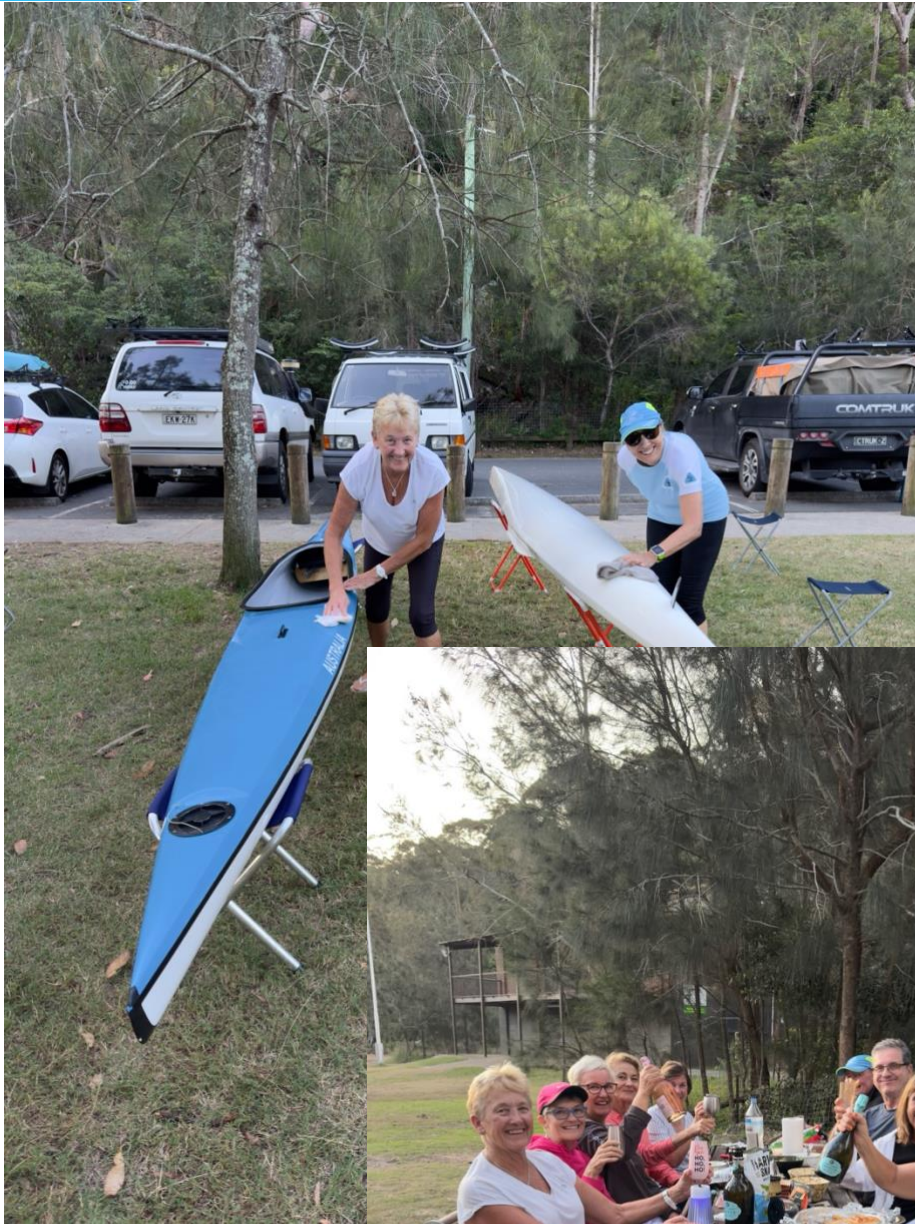
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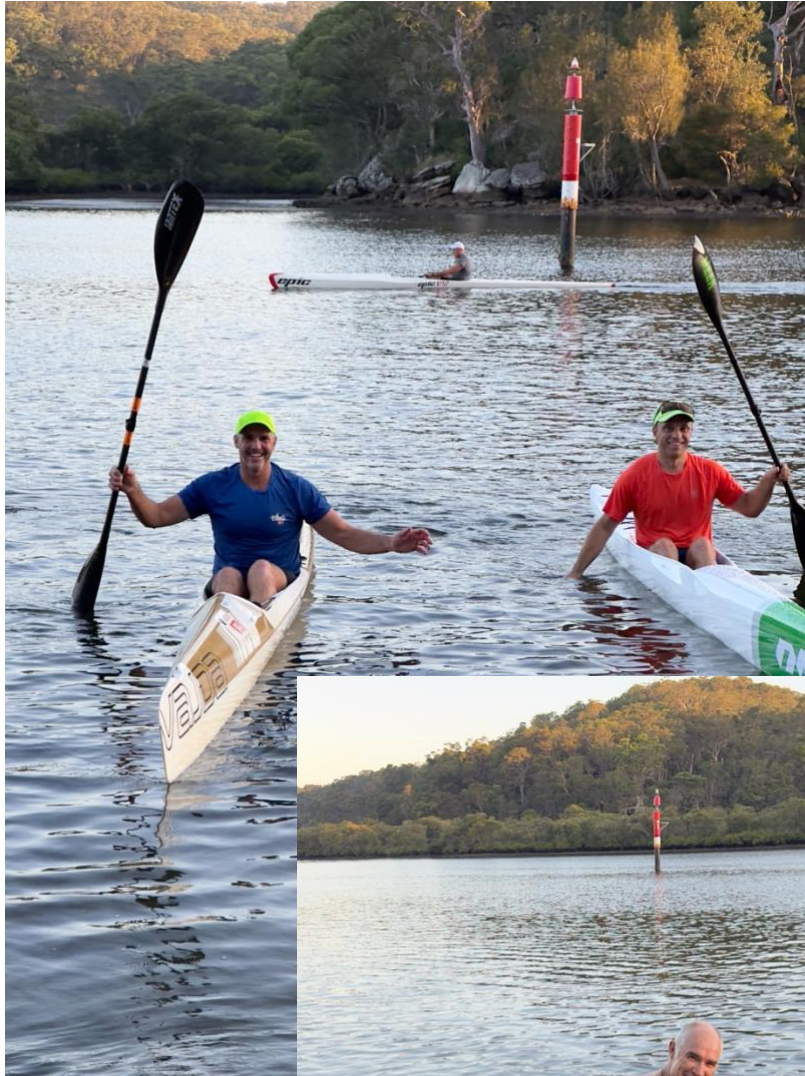
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