



CRONULLA SUTHERLAND KAYAK CLUB

CSKC PADDLE PULSE JUNE 2024

Hey there, fellow paddlers and enthusiasts! Welcome to the June wrap up

Somebody has time-shifted and stolen the first half of the year because I don't know where it's gone. I'm not



even sure I can quote Game of Thrones and say, "Winter is coming," because paddling in 7 degrees Celsius sure feels like winter is already here. The upside is that there are no pleasure boats out, and the water is glassy, perfect paddling conditions apart from not feeling your fingers and toes. A few exciting things have happened this month: 2 marathon series races, 1 harbour series race a President's Cup race and somebody turned 60, but we are not saying who.

Both Marathon races, Davistown and Woronora, were well attended despite the not-so-favourable conditions. When I say not-so-favourable, I mean rain, wind and swell on the water. YIKES. Looking through the Harbour series pictures posted on Flickr, there was multiple pictures of people in the drink. At Davistown, we even had to give way to the ferry and all its wake. Now that I've talked up the marathon races, don't forget there are only 3 to go, Penrith, Swallow Rock and Narrabeen, check the dates in the Calendar below,



If anybody needs some extra tie-down straps, Chris Murty has some left over from their last shipment and is selling them for \$15 per pair. Special Deal for our club. Don't wait too long; that's a super bargain, and who doesn't need a spare pair of these? Chris will have stock with him @ Saturday's races, so don't hesitate to hunt him down. If you need his phone number, let me know. Also, Cash is king.

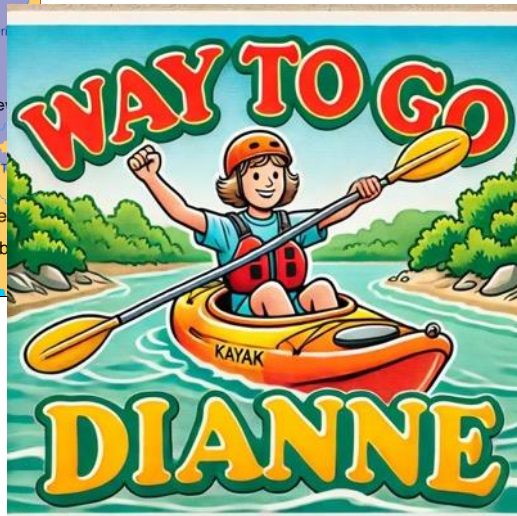




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International News

One of our long-time members, Dianne Chellew, raced in the recent South Australia National Marathon Championships, representing CSKC very well winning two gold and two silver medals. Dianne has also been selected for the Australian Marathon Canoe team to go to the World Championships in Croatia in September of this year. All of CSKC wish Dianne luck in Croatia and her training leading up to the international event.





CRONULLA SUTHERLAND KAYAK CLUB

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 incase of capsiz. 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/Doubles/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 12.25pm 1.49mt high 8.26pm .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 1.44mt 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. 1.69mt 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 12.5km, 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.

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



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CSKC 1 st June 2024 5KM	
Angus Jarolimek	23:18
Chris Murty	23:19
Rory Jarolimek	24:46
Matt Sheather	24:51
Geoff Hine	25:20
Michael Roy	25:21
Montannah Murray	25:27
LewChochrane	26:15
Andrew Garvie	27:17
Troy Ryan	29:48

CSKC 8 st June 2024	5km	10km
Johne Lee	24:14	37:36
Steve Sey	24:19	
Paul Sommers	24:45	
Rory Jarolimek	24:50	
Charlie Morris	25:14	
Geoff Hine	25:17	
Montannah Murray	26:06	
Mitchell Green	26:08	
Lew Chochrane	27:01	
Andrew Garvie	27:02	
Andy Chumbley	27:57	
Bruce Sherlock / Brett Flower	28:22	
Brian Berry	29:00	
Dean Morris	30:01	
Helen Lee	30:58	
Troy Ryan	31:53	
Tahlie Oxman	31:55	
Eliza Dalgeish	34:17	
Ben Oxman	34:20	
Lis O'Farrell	35:46	
Penny Tralau	37:36	



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CSKC 15 th June 2024	5km	10km
Hobie Smit	23:28	49:03
Vuki Vujanic	23:29	50:53
Angus Jarolimek	23:30	
Darren Lee	24:19	49:04
Paul Moses	24:30	50:01
Tim Robinson	24:31	50:01
Matt Sheather	24:35	50:55
Chris Murty	24:38	50:02
Steve Sey	24:40	
Daniel Hilly	24:47	51:08
Michael McKeogh	25:29	50:53
Will Bannister	25:41	
Mitchell Green	25:44	
Lew Chochrane	26:06	
David Came	26:44	
Andy Chumbly	27:07	
Andrew Garvie	27:10	
Troy Ryan	27:28	
Tarren Elliot	27:45	
Brett Flower	30:03	
Helen Lee	31:03	60:02
Henry Schneider	31:06	
Tahlie Oxman	32:34	
Bruce Sherlock	32:57	
Russell Stevens	33:58	
Ben Oxman	34:12	
Ben Schneider	34:21	
Kevin Nettle	35:01	



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CSKC 22nd June 2024 5KM	
Steve Sey	24:53
Chris Murty	24:54
Matt Sheather	25:02
Paul Sommers	25:41
Geoff Hine	25:42
Charlie Morris	26:07
Andy Chumbly	27:18
Andrew Garvie	27:44
Neil Wiblin	27:56
David Came	28:00
Tahlie Oxman	32:18
Troy Ryan	32:18
Sienna Mead	37:11
Kevin Nettle	37:13



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CSKC 29th June 2024. 5Km Presidents Cup	Handicap	Time	Actual time
Troy Ryan	10	37:40	27:40
Russell Stevens	6	38:10	32:10
Kevin Nettle	4	38:28	34:28
Frank Pancer	4	38:33	34:33
Taren Elliot	11	38:35	27:35
Nina Tetzlaff	10	38:46	28:46
Garry Knowles	10	39:11	29:11
Penny Tralau	4	39:19	35:19
Neil Wiblin	12	39:28	27:28
Geoff Bedford	12	39:29	27:29
Rory Jarolimek	15	39:31	24:31
Bruce Sherlock	7	39:47	32:47
Andrew Garvie	13	39:49	26:49
Hobie Smit	16:30	39:51	23:21
Chris Murty	16:30	39:52	23:22
Mitchell Green	14	39:53	25:53
Montannah Murray	14:30	39:59	25:29
Geoff Hine	15	40:02	25:02
Lew Chochrane	14	40:06	26:06
Brett Flower	11	40:08	29:08
Nick Hughes	14	40:09	26:09
Glenn Wright	14	40:13	26:13
Tim Robinson	15:30	40:42	25:12
Dallas Newman	4	41:00	37:00
Ian Brown	10	41:05	31:05
Angus Jarolimek	16:30	41:38	25:08
Steve Doran	13	43:16	30:16



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Marathon Series Race 4	1 st June 2024		
Division 2 20Km	Michael McKeogh	Overall winner	1:43:53
	John Lee	Second	1:45:54
	Paul Moses	Third	1:46:00
Division 3 – 20Km	Daniel Hilly	Second	1:45:10
Division 13 5km	Penny Tralau	Sixth	41:58

Marathon Series Race 5	22nd June 2024		
Division 1 – 20km	Vuki Vujanic	Fifth	1:39:40
Division 2 – 20km	Paul Moses	Second	1:44:16
	John Lee	Third	1:44:17
	Michael McKeogh	Fourth	1:46:44
	Montannah Murray	Sixth	1:51:48
Division 3 – 20km	Daniel Hilly	Second	1:49:30
Division 8 – 15km	Helen Lee	Thirteenth	1:35:08
Division 10 – 10km	Flower / Sherlock	Fourth	59:34
Division 11 – 10km	Graham Seery	Winner	1:05:45



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Harbour Series	29 th June 2024		
Long Course			
Cade Barnes	Winner	1:08:13	
John Lee	Seventh	1:13:29	
Michael McKeogh	Ninth	1:14:55	
Paul Moses	Tenth	1:15:02	
Chris Brown	Twelfth	1:17:29	
Daniel Hilly	Thirteenth	1:18:08	
Gary Hancock	Twenty fourth	1:21:58	
Mathew Spies	Twenty ninth	1:27:53	
Short Course			
Helen Lee	Twelfth	48:04	



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Welcome Back to Geoff Bedford after 8 weeks of travelling around Europe. This is what 8 weeks of no paddling looks like. He still jumped in and did a ripper time. WELL DONE





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Thanks to Geoff Hine for this photo below. It's from around the 1900's, looking downstream from about the 500mt pole. Note the gentleman fishing in the hat on the other side of the rock wall which was obviously where the channel was. Also there are no houses visible.





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This month, I'm excited to introduce you to some of the vibrant personalities that make up the CSKC community. Get ready to meet the gorgeous faces of CSKC!





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