



CRONULLA SUTHERLAND KAYAK CLUB

CSKC PADDLE PULSE JULY 2024

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

Paddle in Winter, they said, it will be fun they said. Well, that is partly true, except for the gale-force winds that are playing havoc with my hair. Despite my whinging and being far too afraid to paddle in 70km/h winds, the Saturday time trials have been well attended, including last Saturday with over 30 paddlers, including a little doubles action beforehand. Well done all.

This month's marathon race was loads of fun, with all of the CSKC paddlers doing very well. It was a great course, you could see from one bridge to the other, check the picture out below. Now that I've talked up the marathon races, don't forget there are only 2 to go, home territory, Swallow Rock and Narrabeen, check the dates in the Calendar below.

A bunch of CSKC paddlers did a fun but challenging race on the central coast in Patonga this past weekend, there was a short course and a long course.





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 in case 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	1.28mt 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 1.48mt high 6.38pm .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	Gunnamatta 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 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.

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



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CSKC 6 th July 2024 5KM time trial	
Angus Jarolimek	23:39
Steve Sey	24:53
Charlie Morris	24:55
Rory Jarolimek	25:31
Geoff Hine	26:00
Jake Potter	26:23
Nick Hughes	26:46
LewChochrane	27:08
Andrew Garvie	27:11
Mitchell Green	27:20
David Came	27:47
Geoff Bedford	27:50
NeilWiblin	27:55
Troy Ryan	28:20
Gary Knowles	29:45
Baily Jacobs	30:52
Ian Brown	31:52
Jake Hughes	32:51
Bruce & Janet	34:03
Penny Tralau	35:56

CSKC 6 th July 2024 10km time trial	5k split	10k
Callum Elliot	23:34	47:44
Vuki Vujanic	23:36	48:03
Hobi Smit	23:38	49:11
Chris Murty	23:46	49:13
Matt Sheather	24:51	51:29
Paul Moses	25:18	51:31
Tim Robinson	25:16	51:36
John Lee		54:51
Helen Lee	30:59	63:04



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CSKC 13th 2024 5KM time trial	
Steve Sey	23:58
Charlie Morris	24:03
Lachlan O'Grady	24:05
Matt Sheather	24:34
Paul Moses	24:53
Jake Potter	24:57
Geoff Hine	25:59
Mitchell Green	25:49
Nick Hughes	25:57
Scott Faulkner	25:59
Lew Chochrane	26:16
David Came	26:18
Neil Wiblin	26:25
Geoff Bedford	26:44
Andy Chumbley	27:05
Troy Ryan	27:08
Andrew Garvie	28:18
Gary Knowles	28:22
Dean Morris	28:25
Bailey Jacobs	28:47
Pauline Findlay	28:58
Mikalea Mead	30:17
Bruce Sherlock	32:56
Lis O'Farrell	35:09
Kevin Knettle	35:41



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CSKC 13 th July 2024 10km Time Trial	5km	10km
Callum Elliot	23:28	49:03
Vuki Vujanic	23:29	50:53
Dean Blanche	23:30	
John Lee	24:19	49:04
Chris Murty	24:30	50:01
Daniel Hilly	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 13 th July 2024 10km time trial	5k split	10k
Callum Elliot	23:21	46:57
Vuki Vujanic	23:23	46:59
Dean Blanche	23:22	47:00
John Lee	23:59	48:34
Chris Murty	23:24	48:35
Daniel Hilly	24:40	51:46
Michael Mckeogh	25:22	52:35
Helen lee	29:20	60:47

CSKC 20th 2024 5KM time trial	
Hobie Smit	24:31
Rory Jarolimek	24:36
Angus Jarolimek	24:57
Steve Sey	25:21
Charlie Morris	25:22
Matt Sheather	25:22
Geoff Hine	25:49
Lew Chochrane	26:57
David Came	27:04
Scott Faulkner	27:05
Isaac Byrne	27:58
Andrew Garvie	28:17
Neil Wiblin	28:31
Finella Gibbs	29:14
Dean Morris	29:26



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CSKC 27th July 2024	Presidents Cup // Time Trial	5Km Time Trial	
	handicap	finish time	adjusted time
Ben Schneider	5:30	38:22	32:52
Tristan Howison	13	38:54	25:54
Isaac Byrne	12:30	38:58	26:38
Tahlie Oxman	8	39:02	32:05
Bruce Sherlock	7	39:05	32:05
Rory Jarolimek	15:30	39:06	23:36
Kevin Nettle	4	39:07	35:07
Charlie Morris	16:30	39:08	23:08
Geoff Hine	15	39:09	24:09
Angus Jarolimek	16	39:22	22:52
Callum Elliott	16:30	39:25	22:55
Baily Jacobs	11	39:31	28:31
Troy Ryan	13	39:35	26:35
Paul Moses	15	39:38	24:38
Pauline Findlay	11	39:42	28:42
Mitchell Green	14	39:52	25:52
Lew Chochrane	14	40:01	26:01
Steve Sey	15:30	40:02	24:32
Michael McKeogh	15	40:03	25:03
Georgia Sinclair	14	40:04	26:04
Chris Murty	16:30	40:04	23:34
Matt Sheather	15:30	40:15	24:45
Hobi Smit	16:30	40:16	23:46
Vuki Nujanic	16:30	40:16	23:46
Scott Faulkner	14	40:17	26:17
Tim Robinson	15:30	40:19	25:49
Gary Knowles	11:30	40:20	28:50
Andy Chumbly	13	40:24	27:24
Chad Jarolimek	14	40:27	26:27
Montannah Murray	14	40:33	26:33
Daniel Hilly	15:30	40:37	25:07
Andrew Garvie	13	40:51	27:51
Matt Spies	14	42:25	28:25
K&L Moses	14	43:17	29:17
Will Bannister	14	39:07	24:37



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CSKC 27 th July Doubles 5Km		
Chris & Montannah	22:43	
Daniel * Michael	22:44	
Tarren & Chelsea	24:19	
Moso & Andrew	24:21	

Marathon Series Race 6	Penrith	21 st July 2024	
Division 1 20Km	Vukai Vujanic	fourth	1:32:23
Division 2. 20Km	John Lee	first place	1:39:29
	Michael McKeogh	third place	1:40:05
	Paul Moses	fourth place	1:43:43
	Daniel Hilly	fifth place	1:44:18
Division 8	Helen Lee	fifth Place	1:29:20
Division 11	Graham Seery	sixth place	1:01:38
Division 13	Penny Tralau	fourth place	35:38

Patonga – long course			
Vuki Vujanic	overall 2 nd	59:52	winner 19-39
Paul Moses	overall 7 th	1:02:12	
John lee	Overall 11 th	1:03:33	winner 60+
Michael Mckeogh	overall 12 th	1:04:04	
Daniel Hilly	overall 22 nd	1:09:17	
Mathhew Spies	overall 27 th	1:15:33	
Short Course			
Chris Matthews	overall 2 nd	34:28	winner 60+
Helen Lee	overall 5 th	37:42	Winner Female Div and 60+



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Faces of CSKC





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