



CRONULLA SUTHERLAND KAYAK CLUB

CSKC PADDLE PULSE AUGUST 2024

I say it every month during race season, but this has been another incredible month; we've had our club races with a great turnout each week, a president's cup, and we hosted the seventh and final race in the Paddle NSW Marathon Series. It's been a whirlwind.

Let's start with the Marathon Race. Vuki competed well in Division 1, placing 5th. John Lee was the overall winner for Division 2, with Michael, Moso and Daniel Hilly hot on his tail in 3rd, 4th and 6th Place. Montannah was the overall winner in Division 3. Chelsea Sutton and Helen Lee were 5th and 8th overall in division 8. Rory Jarolimek was the winner in Division 9. John Lucas was 3rd in Division 10. And finally, in Division 13, Kevin Nettle did a fantastic job battling it out for 2nd place, with Dallas and me in 7th and 8th.

The day started out very early. The water and weather were calm, which augured well for a great day. Everybody was heads down to get the event set up; Lorraine and Margaret started setting up the BBQ, Matt started clearing the portage area to lay the carpet (that he supplied, thanks Matt) and set up the barriers. A bunch of the guys were putting up the signs, tarps and tents. At one point, Carol, Glen and Geoff were on traffic control, which is a good thing as there were over 100 paddlers registered, so there were going to be quite a few cars trying to park. Later on, as paddlers started arriving, Carol switched over to the registration table to log the paddlers in and give them their race number. Ellis and Kevin putted out on the tinny to put the markers out. I'm not sure in what combination, but Neil, Lew, Ellis, Steve and Andrew eventually went out on the safety patrol boats. And we can never forget our race director Bruce running about making sure all things were in place with Natalie in charging of tracking the portage for the day.

A huge thank you to everyone from CSKC and Sutherland who contributed and made the day successful. We couldn't have done it without you.

As people began to arrive, the atmosphere buzzed with excitement. The energy was palpable, as everyone was thrilled by the perfect conditions and eager for the final race. The anticipation in the air was undeniable, making it clear that this was going to be an unforgettable event. And there was no doubt, it was a great day and proof that we perform well under pressure.

At the end of the race, it was all hands-on deck for the nearly sold-out gourmet BBQ, complete with gluten-free sweet treats thanks to the baking stylings of Lorraine, we even had John Lee acting as master chef in a Bunnings hat with Fiona Sutton from Wanda Surf Club helping out with the



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The end-of-series presentations were fun because some of our club members did well.
Absolute Champions

Division 1 –	Vuki Vujanic	6 th Place	
	Sasa Vujanic	12 th Place	
	Chris Murty	19 th Place	
Division 2:	Michael McKeogh	1 st Place	(Check these legends out, first second and third)
	John Lee	2 nd Place	
	Paul Moses	3 rd Place	
	Daniel Hilly	8 th Place	
	Montannah Murray	13 th Place	
Division 3	Daniel Hilly	6 th Place	
	Paul Moses	14 th Place	
	Neil Wiblin	21 st Place	
Division 4	Neil Wiblin	17 th Place	
Division 8	Helen Lee	8 th Place	
	Geoff Bedford	17 th Place	
Division 9	Rory Jarolimek	7 th Place	
Division 10	John Lucas	6 th Place	
	Brett /Bruce	10 th Place	
Division 11	Helen Lee	3 rd Place	
	Graham Seery	10 th Place	
Division 13	Penny Tralau	3 rd Place	
	Kevin Nettle	4 th Place	
	Dallas Newman	21 st Place	

A big shout-out to Paddle NSW representatives Bob Tate and John Duffy, who were on-site to oversee the event and ensure everything ran smoothly for the final presentations of the series. Despite a few challenges in tallying the final scores due to poor reception, their presence was invaluable. We were also fortunate to have our dedicated first aid professional, ensuring everyone's safety throughout the event.



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GOLD COAST



A couple of weeks ago, our president, Michael McKeogh, competed in the World Surf Life Saving Championships, which turned out to be action-packed. The first event was the surf ski races, which, as it turns out, is very different from marathon paddling. They had to sprint out through the surf break to the buoys floating 400m offshore, turn around and then return and back through the surf break. Michael managed to get through the heats, then the semifinals, and got fifth in the finals. It was a phenomenal result being a world event, and it was his first event surf ski race. All of his fellow Wollongong paddlers were astonished and proud. Check out the picture getting through the surf break.





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INTERNATIONAL NEWS

Our very own Lorraine Harper Horak had the incredible opportunity to represent Australia at the 2024 Junior and Under 23 Canoe Sprint World Championships in Plovdiv, Bulgaria. Serving as an International Technical Official (ITO) in ID control, Lorraine was responsible for verifying that athletes' bib numbers were correct and properly displayed, ensuring that their uniforms complied with country regulations, and checking that boats had the appropriate country stickers on both sides. Additionally, she ensured that team boats were uniformly dressed in the correct national attire. What a life-changing opportunity. CONGRATULATIONS LORRAINE

For those who didn't know (me, it was me; I had no idea), Bulgaria is bordered by Romania to the north, Greece to the South, Serbia and North Macedonia to the west, Turkey to the southeast, and the Black Sea to the east.





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PADDLE NSW HARBOUR SERIES

Several of our CSKC paddlers competed in Race #5 Iron Cup finale..... with unbelievable results; our guys dominated. Anyone would think we have world champion-level paddlers; I reckon they would be right. #biased. They also clocked up a very proud result winning club of the year for the Harbour Series based on point score.

The long course race was 14:5 km, and the short course was 10km. The young ones stole the show, but the golden oldies were hot on their heels. Well done CSKC

Vuki Vujanic	19-39	1:09:01	First place overall / winner male category and age group
Hobie Smit	Under 18	1:09:04	3 rd place overall / winner under 18
Michael McKeogh	50+	1:15:09	6 place overall / winner 50+
John Lee	60+	1:15:14	7 th place overall / winner 60+
Paul Moses	50+	1:16:39	8 th place overall / second 50+
Chris Brown	40+	1:17:29	10 place overall / 3 rd 40+

Chris Matthews	40+	45:11	Second place overall / winner in male category
Matthew Spies	Outrigger	46:47	Third overall / second in male category
Helen lee	60+	50:33	6 th Overall / winner in female category



Liked by 2barrows and others
cronulla_sutherland_kayak_club Original post from Paddle NSW- Congratulations to Cronulla Sutherland Kayak Club - CSKC for winning this year's PaddleNSW Harbour Racing Series Club Trophy. A well deserved win for a club who not only hosted race 1 but also featured regularly on the podium for both the long and short course.



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Surf Life Saving World Championships 2024 –

Last weekend, Michael McKeogh competed on the Gold Coast in a special event, claiming fifth IN THE 55-59 Mens Surf Ski Race. It was a challenging race with 3 different heats where he had to get through a quarter-final and a semi-final. This race had an international flavour with paddlers from New South Wales, Queensland, Victoria, New Zealand, the USA, Germany, Belgium, France, Spain, Canada, and Great Britain. CONGRATULATIONS MICHAEL





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RACE TIMES

CSKC 3 rd August 2024 5KM race	
Angus Jarolimek	23:00
Rory Jarolimek	23:45
Joel Steiner	24:34
Matt Sheather	24:57
Steve Sey	24:59
Jack Middleton	24:59
Otis Jessop	25:49
Ben Sutton	25:50
Nick Hughes	25:06
Scott Faulkner	26:13
Geoff Hine	26:15
Lew Chochrane	26:21
Jack Fisher	27:08
Chaf Jarolimek	27:13
Will Steiner	27:15
Andy Chumbly	27:38
Henry Schneider	29:04
Bruce Sinclair	29:05
Baily Jacobs	29:23
Dean Morris	29:26
Garry Knowles	29:37
Mikaela & Kaitlyn	30:02
Maxton Ward	33:48
Bruce Sherlock	33:50
Ben Schneider	34:02
Mikaela & Kaitlin	35:37
Frank Pancer	35:55
Kevin Nettle	44:39



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CSKC 3rd August 2024 10km time trial	5k split	10k
Vuki Vujanic	22:57	48:24
Hobie Smit	23:02	48:25
Nicholas Middleton	23:13	50:03
Dane Sutton	24:53	50:18
Charlie Morris	24:36	50:24
Chris Murty	23:46	50:27
Chelsea & Taren	24:42	50:41
Paul Moses	24:39	52:03
Daniel Hilly	25:43	53:26
Chelsea & Taren	24:42	50:41
Daniel Hilly	25:43	53:26
Andrew Garvie	27:15	56:17
Mitchel Green	26:34	57:55



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CSKC 10 TH August 2024 5KM time trial	
Callum Elliot	22:37
Noah Steiner	22:42
Hobie Smit	23:28
Rory Jarolimek	23:28
Charlie Morris	23:52
Nathan Steiner	24:01
Steve Sey	24:12
Tarren and Chelsea	24:18
Nathan Smith	24:18
Otis Jessop	24:21
Daniel Hilly	25:33
Michael McKeogh	25:46
Scott Faulkner	25:49
Lew Chochrane	26:58
Andy Chumbly	27:00
Chris Mathews	28:27
Baily Jacobs	28:29
Gary Knowles	28:42
Dean Morris	28:48
Troy Ryan	29:24
Helen Lee	29:51
Jake Hughes	30:54
Ben Schneider	33:11
Kevin Knettle	35:43
Penny Tralau	36:24



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CSKC 10th August 2024 10km time trial	5k split	10k
Vuki Vujanic	22:39	48:03
Nicholas Middleton	23:40	48:36
Dane Sutton	23:42	48:39
John Lee	24:13	49:12
Chris Murty	23:44	49:14
Joel Steiner	24:46	49:18
Tim Robinson	24:50	51:26
Nick Hughes	25:36	53:18
Mitchel Green	25:52	54:31



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CSKC 5km Race 17 th August 2024	
Hobie Smit	23:08
Angus Jarolimek	23:15
Rory Jarolimek	23:17
Dylan Porteus	23:46
Baily Kistevoki	24:21
Nathan Smith	24:55
Steve Sey	24:56
Anthony Woodrough	25:09
Nick Hughes	25:48
Geoff Hine	26:33
Scott Faulkner	26:35
Montannah Murray	26:38
Lew Chochrane	26:39
Andy Chumbley	27:40
Andrew Garvie	27:44
Neil Wiblin	27:48
Nina Fetzlaff	29:56
Gary Knowles	29:59
Brett Fowler	30:08
Thomas Woodnough	31:12
Graham Seery	31:26
Simon Albertson	32:41
Ben Schneider	32:59
Bruce Sherlock	36:15
Frank Pancer	36:54



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CSKC 17 th August 2024 10km time trial	5k split	10k
Vuki Vujanic	23:04	49:46
Chris Murty / Chris Matthews	23:54	49:48
Michael Mckeogh	24:53	51:34
Nick Hughes	25:48	54:13
Andrew Garvie	27:44	56:47
Paul Moses	25:50	56:49

Marathon Series	Race 7 24 th August 2024		
Vuki Vujanic	Division 1 – 20km	5 th place	1:39:21
John Lee	Division 2 – 20km	1 st Place	1:43:47
Michael McKeogh	Division 2	3 rd Place	1:47:36
Daniel Hilly	Division 2	6 th Place	1:50:41
Chelsea Sutton	Division 8 – 15Km	5 th Place	1:22:45
Helen Lee		8 th Place	1:33:47
Rory Jarolimek	Division 9 – 10km	1 st Place	49:33
John Lucas	Division 10 – 10km	3 rd Place	57:32
Graham Seery	Division 11 – 10km	3 rd Place	1:02:07
Kevin Nettle	Division 13 – 5km	2 nd Place	35:32
Penny Tralau		7 th Place	37:47
Dallas Newman		8 th Place	40:32



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CSKC Presidents Cup	Race 31 st August 2024 5Km		
		Handicap	Actual time
Frank Pancer	39:21	4:44	34:37
Brett Flower	39:34	10	29:34
Chris Murty	39:36	15	24:36
Stev Sey	39:40	15	24:38
Paul Sommers	39:42	15	24:40
Geoff Bedford	39:45	13	26:45
Lew Chochrane	39:51	13:3	26:21
Montannah Murray	39:52	13:3	26:22
Paul Moses	39:54	15	24:54
Andrew Garvie	39:56	13	26:56
Andy Chumbly	39:59	13	26:59
Matt Sheather	40:22	15	25:22
Ayo Okano	40:24	11	29:24
Geoff Hine	40:25	15	25:25
Rory Jarolimek	40:27	17	23:27
Nick Middleton	40:3	17	23:30
Dane Sutton	40:35	16	24:35
David Came	40:38	14	26:38
Tarren Elliott	41:04	14	27:04
Dallas Newman	41:11	4:44	36:27
John Farrell	43:32	13	30:32

Doubles race 5KM	1pm		
Chris Murty / Montannah Murray			23:11
Paul Sommers/ Matt Sheather			23:16
Michael McKeogh/ Paul Moses			23:17