



# CRONULLA SUTHERLAND KAYAK CLUB

## CSKC SPRAY SHEET

This is the year's last newsletter, and we have big news. The club was founded in 1965 as Lilli Pilli Kayak Club and the original newsletter title from back in the day was the "Spray Sheet". So to honour the history of the club we are changing the name of the newsletter back to its original title of Spray Sheet.

***Let's re-cap some of the history. (more can be found on the club website)***

*Cronulla Sutherland Kayak Club Incorporated (founded in 1965 as Lilli Pilli Kayak Club) is one of the oldest and most successful kayak clubs in the Southern Hemisphere. The Club comprises approximately 100 members, ranging in age from 8 to 85 years of age. Members are domiciled predominantly in St George and Sutherland regions, but many also come from as far afield as the Illawarra, the Blue Mountains, and the eastern, southwestern and western suburbs of Sydney.*

Below is a fun look back at The Spray Sheet from 1979, which was produced on a typewriter, and another from 2006, by which stage was made on a computer. As you can see a newsletter is a time-honoured tradition, and it is my honour to have picked it back up again, albeit slightly.

If anybody has any articles or events they would like to talk about, don't hesitate to let me know.

The final Wednesday night paddle of the year was last week, and we had a little Christmas party for those who stayed around afterwards; it was a fun night with good food and good friends.



# CRONULLA SUTHERLAND KAYAK CLUB

## LAST MESSAGE FROM ME FOR 2024

As the holiday season surrounds us with warmth and joy, let us reflect on the incredible races and community we've shared this year. I hope you had a wonderful Christmas day, ate until the elastic in your pants started complaining, had a few merry drinks, and spent time with those you love.

Let's paddle into 2025, hopefully with smooth water and high tides.

As there is not much happening in January, I'm going to skip the January Newsletter and be back in February.

## BIG NEWS

We've talked about it for a while, but it's finally happening. The club has purchased a giant time clock, and we are trialling a slightly different way of time-keeping for the race season. . The clock is big enough for everyone to see from the water, which is a bonus.

We also have a giant Perspex board (thanks to Paul Moses) that you put your name on and record your time after the race. The process will take a little getting used to, but hopefully, by the time the race season starts, we have the system perfected.



# CRONULLA SUTHERLAND KAYAK CLUB

FEBRUARY 1979

## LILLI PILLI KAYAK CLUB



# SPRAY SHEET

Page 2

### CANOEING CALENDAR

- Feb. 24/25 State Sprint Championships -- Wyong
- March 3/4 Burley Griffin Bash -- 30 km. A.C.T.C.A.  
4 Wakehurst 10 km. DRR -- Colo River  
3 Invitation to compete in sprint races at North Shore Rowing Club's Centenary Regatta on Lane Cove River. (Warren Smith is taking entries.)
- 16/17/18 Australian Sprint Championships -- S.A.  
18 Lachlan Down River Race --- 40 km. Darby's Falls to Cowra.  
19 General Meeting -- Lilli Pilli
- April 7/8 A.C.T.C.A. Slalom and DRR  
22 PORT HACKING CLASSIC  
11 km. Audley to Gunnamatta Bay -- 9.30a.m. start at Reid's Flat. This is Lilli Pilli's big race of the year, and is being run for the 10th time, so why not try and make it the best one yet by turning up to either have a paddle or lend a hand. All classes of boats welcome and a bar-b-que afterwards.
- 29 Nepean Canadian Classic (Penrith to Windsor)



# CRONULLA SUTHERLAND KAYAK CLUB

## EDITORIAL

Page 3

Hello there! You have a stand-in editor this month. Sue has relinquished the task to allow time to study for her final Obstetrics exams. We wish her all the best and, knowing Sue, I am sure she will do well.

The magazine is out late, and some of the articles may be a little dated, but they have been included on the 'better late than never' principle. At least this way there are sufficient articles to fill up the spaces.

Kevin Nettle

---

Well, the sprint season is in full swing with the State and Australian titles coming up. Rob Lee is showing good early form, as are Noel Peters and Matt Pepper. Keep it up fellows! For those who are not so fit, or not so young, there are a number of good races coming up. Wakehurst's Colo River race is quite a pleasant paddle. A number of Lilli Pilli members competed with distinction in this race last year. Another good event is the Lachlan Classic, run over 40Km from Darby's Falls to Cowra in fast-flowing water with no rapids. Always a large number of paddlers in attendance.

---

The Sprint Coaching Camp held at Grays Point over Christmas was a huge success, with upwards of 50 paddlers in attendance, most of them from interstate. Credit must be given to Alan Coulter for the organisation involved in staging the camp, while mention must also be made of the work put in by Ron Driscoll and Warren Smith in helping to keep things running.





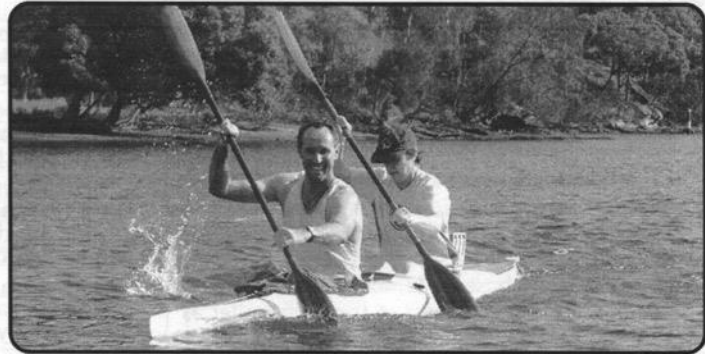
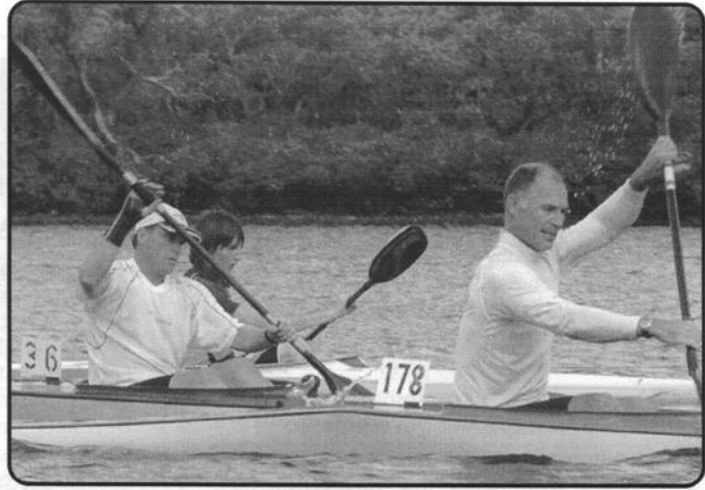
# CRONULLA SUTHERLAND KAYAK CLUB



2006  
April/May

# Spraysheet

Cronulla Sutherland Kayak Club Inc





# CRONULLA SUTHERLAND KAYAK CLUB

## Successful OPEN DAY 25 March 2006

Congratulations to all involved in the 2006 Open Day held in perfect conditions on Saturday 25 March at Swallow Rock Reserve – Grays Point and thank you to those Committee members and other members who rolled their sleeves up and worked hard all day to contribute to the success.

The new Cronulla Sutherland Kayak Club Inc merchandise, which has been well received, is now available on Race Days, or from contacting Merchandise Officers Liz Wilson (tel 9520 1316) and Glenda Tunbridge (tel 9520 5330).

Local Federal Member for Cook, Bruce Baird MP, was kind enough to attend with his media advisor and make presentations of Club blazers to 'white water' junior members Shaun Wilson in recognition of his outstanding performances at the National Schools, Pre Nationals and National 'white water' Championships in Tasmania earlier this year and to Ben Miller who has been selected in the Australian Under 16 year team to tour New Zealand in April.

Club President Paul Egan also presented Ben Miller with a donation from the Club towards his trip to New Zealand.

Mr Baird also congratulated the Club's 'flat water' juniors in recognition of their excellent performances at the recent NSWCI and AUSCI 'flat water' state and national titles.

## Annual Open, Junior & Sub Junior Iron Person Event

With many Club members away for the Australian SLS Championships in Queensland there was a small but quality field for the Annual Open, Junior and Sub Junior Iron Person Events on 25 March at Swallow Rock Reserve Grays Point.

In the Open Iron Person event 'preparation, perseverance and performance were the key elements as the 'three dynamic Peters', Peter Bailey, Peter Miller and Peter Heeley lined up to dethrone 'the absent John Farrell' as the Club's Open Iron Person for season 2006. Peter Miller once again displayed his superiority in the swim leg and then doggedly hang on for second throughout the run and kayak legs, Peter Bailey 'sitting a top an ex John Farrell sk' was never a match for the two other Peters sitting in K1s. Peter Heeley overcame his early drubbing in the swim leg to finish 'outright winner' and also 'handicap winner', finishing within 26 seconds of his nominated time, obviously just putting the right amount of 'preparation' for the race. The judges did notice however that contrary to race rules, 'Big Peter Miller' travelled the whole of the event with his water proof watch on his wrist obviously with an eye to a perfect 'performance', but to no avail as he could not overtake Peter Heeley not withstanding 'Big Peter' setting an early lead in the swim leg. Peter Bailey was valiant in defeat demonstrating 'perseverance' throughout the race!

In the Junior Iron Person event, once again female competitors outnumbered the male competitors, with the Wilson brothers, Bryan & Shaun, lining up against the Polson sisters, Danielle and Brianna, Emma Thomson, Elise Newman. Emma Thomson's and Elise Newman's performances were meritorious given they raced in the Gympie Bay Annual Swimming Championships earlier in the day.

The 'outright junior male winner' was Shaun Wilson, notwithstanding big brother Bryan failing to round the buoy on the correct side and Shaun getting his leg caught on the buoy in the swim leg. Shaun Wilson was also the 'handicap winner' finishing within 52 seconds of his nominated time.

The 'outright junior female winner' was Danielle Polson, while the 'handicap winner' finishing within 50 seconds of her nominated time was Elise Newman.

In the sub junior event Brianna Polson was the 'outright winner' and also 'handicap winner'.

## Woronora River Race - 10th February 2006







# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB





# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB





# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB

CRONULLA SUTHERLAND KAYAK CLUB		DATE	DISTANCE	COURSE
		11-12-24	5	NET RETURN
MOSO		26:35		
DAVE		24:07		
BEDDY		25:25		
SCOTT		26:36		
NEK		25:03		
DANIEL		26:48		
Steven		24:08		
Bruce		25:22		
Tom W		23:30		
BO OBER		35:30		
Helen		31:12		
John		24:05		
MATI		24:06		
JANDY		25:04		
PAUL S		25:09		
KEVIN		25:30		





# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB





# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB





# CRONULLA SUTHERLAND KAYAK CLUB







# CRONULLA SUTHERLAND KAYAK CLUB

