



CRONULLA SUTHERLAND KAYAK CLUB

CSKC SPRAY SHEET JULY 2025

Sunshine, Old Man Shuffles, and Stellar Results

Another phenomenal month where a bunch of people were out paddling in the bitter cold, but we can't complain as it hasn't actually rained that much recently, so paddling has been good

We couldn't have asked for better weather for Marathon Race 7, proudly hosted by CSKC. With 86 paddlers turning up, the day was buzzing with energy, enthusiasm—and a little bit of cheek.

It was a big day all around, and as always, our amazing club volunteers went above and beyond. From setting up early, dropping buoys, prepping the portage area, and herding paddlers into position, to topping it all off with one of Margaret's legendary BBQs—what a team effort! Let's not sugarcoat it—this club *runs* on the sheer grit, generosity, and get-it-done spirit of our members. Events like the marathon don't magically fall into place. They happen because dedicated volunteers roll up their sleeves, step up, and make it happen.

So here's a massive shoutout to every one of you who pitched in—setting up, packing down, flipping snags, herding paddlers, or wrangling buoys. You are the powerhouse behind our success. Without you, there is no race day. Thank you for keeping the wheels turning and the spirit alive!

CSKC absolutely blitzed the results board, with several division firsts. A huge congrats to everyone who took part—there's plenty to be proud of!

Speaking of the portage... a few of our Division 1 and 2 paddlers gave it a solid go, and I may have affectionately dubbed their efforts the "old man shuffle." (This did earn me a few angry-face emojis, but all in good fun!) Honestly, they all handled it like pros.

This month, there was also a harbour series race @ La Perouse, where 13 CSKC paddlers competed, 4 of whom placed in the top 5 with a couple of sensational age group placements as well, including Matt Spies taking out the OC1 category. And you're never going to believe it but Michael won the raffle. Shocker !!!

Just a reminder, our 60th Celebration is has been postponed to coincide with our club presentation night at the Miranda Diggers on the 1st November.



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SLASH OF THE MONTH

In classic club style, we had a bit of unexpected pre-race entertainment this month, courtesy of Dallas—who decided to take a spontaneous dip about a minute before the race started! Now normally, a quick swim wouldn't be headline-worthy... but Dallas was in a K1. And if you know your boats, you know a K1 isn't exactly easy to remount—especially when you're chest-deep in water near the big rock at Muddy Creek's entrance.

Cue the chaos (and a few chuckles).

With the clock ticking and the tide not helping, there was a bit of a kerfuffle on the water. But fear not! Montanah to the rescue! With true paddling heroism, she zipped over, helped Dallas to the bank, and the two pulled off a lightning-fast switcheroo—Montanah into the K1, Dallas into Montanah's ski, and both back to shore safe, soggy, and smiling.



The race was delayed just a few minutes, but what a show of awesome teamwork and club spirit. Hats off to Montanah for her quick thinking and to Dallas for taking it all in her stride (and splash)!





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RACE RESULTS

CSKC		Race	5.7.2025		
5km			10km		
1	Vuki Vujanic	22.20	1	Vuki Vujanic	46.45
2	Hobie Smit	22.51	2	Chris Murty	48.14
3	Chris Murty	22.55	3	Michael McKeogh	48.15
4	Melvin Guilbert	24.20	4	Paul Moses	48.15
5	Steve Sey	24.30	5	David Came	50.48
6	David Came	24.48			
7	Ross Walker	25.26			
8	Mick Hughes	25.58			
9	Andy Chumbley	26.00			
10	Neil Wiblin	27.01			
11	Geoff Hine	27.20			
12	Emily Maythers	28.17			
13	Adam Olstein	28.55			
14	Ian Brown	30.34			
15	Bruce Sherlock	33.33			
16	Penny Tralau	33.43			
	Ben Constable	No time entered on board			
	Jake Hughes	"			
	Angus Jarolimek	"			
	Rory Jarolimek	"			

CSKC Club Race, No 9, 19th JULY 2025		Time	
5ks		5k's	
Hobie SMIT & Henry SCHNEIDER		21.45	
Angus JAROLIMEK		22.53	
Rory JAROLIMEK		23.00	
Pauline FINDLAY & Chris MURTY		23.17	
Rob INGLIS		24.21	
Nick HUGHES		24.50	
Montannah MURRAY		26.02	
Geoff BEDFORD		26.20	
Lew COCHRANE		27.00	
Emily MAYTHERS		27.00	
Matt SPIES		27.01	
Jake HUGHES		27.30	
Adam OHLSTEIN		27.40	
Adam OHLSTEIN		27.40	
Lincoln COOPER		27.45	
Brett FLOWER		28.20	
Gary LOCKTON		31.35	
Penny TRALAU		33.15	
Dallas NEWMAN		swim	
10KS			Time
Daniel HILLY			49.50
Paul MOSES		25.58	49.55
Neil WIBLIN		26.20	55.10
Steve SEY			59.45
Matt SHEATHER			*
*Matt just did his own thing.			



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Woronora Marathon 12th July

Division 1 (20Km)	Vuki Vujanic	1 st	1:33:24
	Cade Barnes	5 th	
Division 2 (20Km)	Paul Moses	3 rd	1:42:12
	Daniel Hilly	4 th	1:44:18
	David Came	5 th	1:44.54
	Michael McKeogh	6 th	1:46.15
Division 2 Ranking	Matt Sheather	1 st	1:42:29
Division 3 (20Km)	Montannah Murray	6 th	1:47:10
Division 8 (15KM)	Neil Wiblin	3 rd	1:22:17
	Graham West	10 th	1:45:57
Division 10 (10km)	Johnny Lucas	2 nd	54:40
Division 13 (5Km)	Penny Tralau	3 rd	34:00
	Dallas Newman	5 th	37:53

Harbour Series 20th July - Cronulla Sutherland was the winning club on the day

Long Course

Vuki Vujanic	1 st overall	1:09:55.	1 st 19-39 ski single
Cade Barnes	3 rd overall	1:10:36	1 st 50+ ski single
Ben Cnstable	4 th overall	1:13:05	1 st 40+ ski single
Daniel Hilly / Matt Sheather	5 th overall	1:13:07.	1 st Ski Double All ages
Michael Mckeogh	11 th overall	1:14:22.	2 nd 60+ ski single
John Lee	12 th overall	1:14:47.	3 rd 60+ ski single
Paul Moses	13 th overall	1:17:47	4 th 50+ Ski single
Shane Watson	21 st overall	1:21:52.	4 th 60+ ski single
Montannah Murray	24 th overall	1:22:20.	1 st 19-39 ski single
David Pollack	28 th overall	1:24:06	10 th 50+ Ski single
Gary Hancock	31 st overall	1:25:14.	1 st 70+ ski single
Matthew Spies	34 th overall	1:28:03.	1 st OC1 all ages
Helen Lee	42 nd overall	1:39:31.	1 st 60+ ski single



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Paddle NSW

2025 calendar

<https://nsw.paddle.org.au/upcoming-events>

January	February	March
18 SUMMER-SPRINTS @ THE RIFF - REGATTA / CLINIC - SIRC - CANCELLED	1 CANOE FREESTYLE - NATIONAL SELECTION - SIRC 1 MARATHON #1: WAGGA 8 MAKAI CUP ULLADULLA 14-16 SPRINT PA GP2 SIRC 15 MARATHON #2 - Frank Harrison Singles ALBURY 16 MARATHON #3 - Frank Harrison Doubles ALBURY 23 BRIDGE TO BEACH MANLY	7-9 MARATHON STATES (CANBERRA) SHORT COURSE FRIDAY SINGLES SATURDAY DOUBLES SUNDAY 12-16 SPRINT NATIONALS (SIRC) 15-16 CANOE POLO SUMMER SERIES #3 MO LONGLO 22 SYDNEY TRI-SERIES #1 MOSMAN 30 MARATHON #4 LANE COVE
April	May	June
29 MAR - 6 APR SURF AUSSIES NATIONAL CHAMPS GOLD COAST 5 SYDNEY TRI-SERIES #2 TINGIRA 11-13 MARATHON NATIONALS ASCOT WA 18-26 CANOE POLO AUST & OCEANIA CHAMPS GOLD COAST	3 SYDNEY TRI-SERIES #3 PALM BEACH 17 MARATHON #5 DAVISTOWN 31 HARBOUR #1 : PITTWATER	14 MARATHON #6 WORONORA 28 HARBOUR #2 SPIT TO ZOO
July	August	September
12 MARATHON #7 SWALLOW ROCK 20 HARBOUR #3 LA PEROUSE	3 MARATHON #8 PENRITH 16 HARBOUR #4 CENTRAL COAST 16 SPRINTS #1 AVOCA 31 MARATHON #9 NARRABEEN	4 - 7 MARATHON WORLD CHAMPIONSHIPS GYOR, HUNGARY 8-9 MASTERS MARATHON WORLD CHAMPIONSHIPS GYOR, HUNGARY 13 HARBOUR #5 JB RUN 20 MYALL CLASSIC TEA GARDENS 21 SPRINTS #2: NARRABEEN 27 HARBOUR #6 FINALE
October	November	December
4 MARATHON #10 FINALE WINDSOR 10-12 CLARENCE 100 18 SPRINTS #3: SIRC	8-9 SPRINT STATE CHAMPIONSHIPS SIRC 8 HAWKESBURY CANOE CLASSIC WINDSOR	6 BURLEY 24 HOUR CHALLENGE ACT 6 SHSC HARBOUR MARATHON MOSMAN 13-14 BEN WARD MEMORIAL YARRAWONGA

PNSW SPRINT SERIES **PNSW MARATHON SERIES** **PNSW HARBOUR SERIES** **PA CANOE POLO**
CANOE FREESTYLE **Non-PNSW events, please check relevant event information**



CRONULLA SUTHERLAND KAYAK CLUB



2025 Marathon Series



Sat Race 1, Wagga Bidgee Bash

1 Feb [2025 Marathon #1 Wagga Bidgee Bash](#) | [Event registration](#) | [Webscorer](#)

Sat Race 2, Frank Harrison - Singles - Albury

15 Feb [2025 Marathon #2 Frank Harrison](#) | [Event registration](#) | [Webscorer](#)

Sun Race 3, Frank Harrison - Doubles - Albury

16 Feb [2025 Marathon #2 Frank Harrison](#) | [Event registration](#) | [Webscorer](#)

Sun Race 4, Lane Cove

30 Mar [2025 Marathon #4 - Lane Cove](#) | [Event registration](#) | [Webscorer](#)

Sat Race 5, Davistown

17 May [2025 Marathon #5 - Davistown](#) | [Event registration](#) | [Webscorer](#)

Sat Race 6, Woronora

14 Jun [2025 Marathon #6 - Woronora](#) | [Event registration](#) | [Webscorer](#)

Sat Race 7, Swallow Rock

12 Jul [2025 Marathon #7 - Swallow Rock](#) | [Event registration](#) | [Webscorer](#)

Sun Race 8, Penrith

3 Aug [2025 Marathon #8 - Penrith](#) | [Event registration](#) | [Webscorer](#)

Sun Race 9, Narrabeen

31 Aug [2025 Marathon #9 - Narrabeen](#) | [Event registration](#) | [Webscorer](#)

Sat Race 10, Windsor & Finale

4 Oct [2025 Marathon #10 - Windsor](#) | [Event registration](#) | [Webscorer](#)

Updated: 21/11/24dl



<https://nsw.paddle.org.au/upcoming-events>



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