

CSKC SPRAY SHEET AUGUST 2025

August often slips quietly between the excitement of mid-winter races and the expectation of the change of season. It doesn't have the fireworks of January, the long weekends of April, or the festive energy of December. August is just... August. Ordinary.

But there's a charm in that. It's a month where paddlers settle into routine: steady kilometres on the river, winter mornings that test your resolve, and training sessions where progress isn't flashy but consistent. The club hums along without fuss, and those "ordinary" strokes in August lay the foundation for the extraordinary results we see later in the season.

So while August might not be the headline act of the calendar, it's a reminder that ordinary months matter. They're the backbone of paddling – the quiet kilometres, the laughs at the boat shed, the shared snacks after training. Ordinary, yes. But also essential.

We've also been kept on our toes by our race director with fun variations on the course and a complete left field day where we had to guess our time and the closest to their guessed time was the winner. Some of the guesses were hilarious, some were serious, but the winner on the day, finishing 5 seconds away from his nominated time, was Paul Somers. Well done Paul.

Speaking of extraordinary strokes, a little further down, we see Helen, John Lee and Michael McKeogh heading off to Györ, Hungary. None of us has any doubt that all the Aussies from the various clubs around Australia heading over to compete will do so with true Aussie spirit and make us proud. It's a testament to the Aussie Spirit and our chosen sport of paddling.



Important Notifications

Notification of 60th AGM of CSKC/LPKC

To be held on Wednesday, 29th October 2025. Location. Swallow Rock Reserve. Grays Point. 6.45pm. (After 6pm twilight paddle)

A separate email has been sent out with last year's minutes and notification of this year's meeting.

Don't forget, if you feel compelled to get involved with the committee, please let a current committee member know.

Presentation Night and 60th Club Anniversary

To be held on the 1st November at the Miranda Diggers on the Kingsway (opposite Westfield). It's a great opportunity to celebrate all the hard paddling we've done this year and embellish stories of our outstanding achievements.

If you are in contact with any past members, please let them know, we would love them to attend.

- Start Time 6:30
- It will be upstairs in the function room
- Meals and drinks can be ordered from the bar. They have an excellent selection and can cater for gluten-free, vegetarian and other dietary requirements.
- Please let Margaret Ryall know so we have an idea of the numbers (0417 686 581)



International news

Sometime around 12 years ago, a bunch of extraordinary paddlers from the Cronulla Sutherland Kayak Club travelled across the globe, ready to battle it out on the international stage at the Masters games in Italy. Picture below stolen from Dallas' Facebook,



Cronulla Sutherland Kayak Club members had a successful campaign at the World Masters Games in Torino, Italy. Dianne Chellew competed in the 60-64 age group and won gold in mixed K4 200 metres and mixed K4 1000m. She won silver in the ladies K2 200m and ladies KI marathon, and won bronze in ladies K1 200m, mixed K2 1000m and ladies KI 1000m. Darren Lee won silver in the mens K4 200m and mens K4 1000m for the 50-55 age group. Dallas Newman went into the

50-55 age group and won silver in ladies K4 200m and ladies K2 200m, and bronze in the ladies K2 marathon. In the 50-55 age group Lorraine Harper-Horak won silver in the ladies K4 200m and ladies K2 200m, and bronze in



the Ladies - K2 marathon Pauline Findlay competed in the 50-55 age group and won silver in ladies K4 200m and came fourth in the Ladies K1 - marathon. Yola Janic went into the 50-55 age group and won silver in the ladies K4 200m.



More International News

From 12 years ago in Turin Italy, to right now in Györ, Hungary, more extraordinary paddlers from Cronulla Sutherland are heading over to battle it out on the international stage at the 2025 ICF Canoe Marathon World Championships. Michael McKeogh, John Lee and Helen Lee as well as a group of Aussies from other clubs. See the article below written by Michael's wife, Neryl and published in the Leader Newspaper 24th August 2025.



Cronulla Sutherland Kayak Club will be well represented at the 2025 ICF Canoe Marathon World Championships in Gyor, Hungary early next month. John Lee, Helen Lee and Club President Michael McKeogh will vie for honours in the hotly-contested Masters category, joining a strong Aussie team also competing across Junior, Senior, Under 23 and Para disciplines. Michael McKeogh says it's been a busy lead-up to the championships.

"It was exciting to compete in the Australian Championships in Perth in April and it's an honour to be selected on the Australian team to compete in Hungary," he said.

Cronulla Sutherland Kayak Club members train on Port Hacking between Audley and Bundeena, with members regularly competing in flat water kayak races and ocean surf ski events around Australia.

For a small club, we punch well above our weight when it comes to Australian representation and podium results," Michael said. "We're also an incubator for the champions of the future. Through our links with local surf clubs, we offer expert coaching to young paddlers who want to increase their kayaking skills."

"At the other end of the scale, our older members benefit from regular competition along with the social side of being part of a vibrant club."



Michael says all age groups at the World Championships will see intense racing - and the Masters category is no exception.

The Masters category is full of former world champions and Olympians as well as general athletes who enjoy being at the top of their game at any age," he said.

"The low-impact nature of this sport allows people to keep racing well into their senior years, which is why we still have amazing paddlers going strong in their eighties."

Regardless of the age group they're competing in, members of the Australian team will be working hard against athletes who live and breathe canoe marathon.

"Kayak marathon paddling is a huge sport in Europe - bigger than rugby league in Australia, in some cases. We're taking it up to the Europeans in their own backyard and it will be a big challenge - but we'll all be there proudly representing Cronulla Sutherland and Australia," Michael said.





RACE RESULTS

Race	Place	Name	Time
CSKC 2.8.2025 - 5KM	1	Vuki Vujanic	0:21:53
CSKC 2.8.2025 - 5KM	2	Noah Steiner	0:21:55
CSKC 2.8.2025 - 5KM	3	Hoby Smit	0:22:53
CSKC 2.8.2025 - 5KM	4	Maddix Burke	0:22:54
CSKC 2.8.2025 - 5KM	5	Dane Sutton	0:22:55
CSKC 2.8.2025 - 5KM	6	Otis Jessop	0:22:56
CSKC 2.8.2025 - 5KM	7	Chris Murty	0:22:57
CSKC 2.8.2025 - 5KM	8	Charlie Morris	0:22:59
CSKC 2.8.2025 - 5KM	9	Callum Elliott	0:23:24
CSKC 2.8.2025 - 5KM	10	Callum Redrup	0:23:24
CSKC 2.8.2025 - 5KM	11	Nick Middleton	0:23:31
CSKC 2.8.2025 - 5KM	12	Daniel Hilly	0:23:54
CSKC 2.8.2025 - 5KM	13	Matt Sheather	0:23:57
CSKC 2.8.2025 - 5KM	14	Paul Moses	0:24:17
CSKC 2.8.2025 - 5KM	15	Henry Schneider	0:24:18
CSKC 2.8.2025 - 5KM	16	Will Steiner	0:24:34
CSKC 2.8.2025 - 5KM	17	Chris Ordenes	0:24:51
CSKC 2.8.2025 - 5KM	18	Melvin Guilbert	0:24:55
CSKC 2.8.2025 - 5KM	19	Mike McKeogh	0:25:29
CSKC 2.8.2025 - 5KM	20	John Farrell	0:25:45
CSKC 2.8.2025 - 5KM	21	Michael Roy	0:25:47
CSKC 2.8.2025 - 5KM	22	Geoff Hine	0:26:45
CSKC 2.8.2025 - 5KM	23	Jack Fisher	0:26:52
CSKC 2.8.2025 - 5KM	24	Adam Ohlstein	0:28:00
CSKC 2.8.2025 - 5KM	25	Maxton Ward	0:29:16
CSKC 2.8.2025 - 5KM	26	Diaco Ordenes	0:29:31
CSKC 2.8.2025 - 5KM	27	Pauline Findlay	0:30:52
CSKC 2.8.2025 - 5KM	28	Ben Schneider	0:32:11
CSKC 2.8.2025 - 5KM	29	Bill Leckie	0:35:49
CSKC 2.8.2025 - 5KM	30	Tittan Guilbert	0:37:02
CSKC 2.8.2025 - 10KM	1	Moso - Mike - Dan	i 0:32:30



Race	Place	Name	Time
CSKC 9.8.2025 - 4.8KM+ Portages	1	Vuki Vujanic	21.29
CSKC 9.8.2025 - 4.8KM+ Portages	2	Hoby Smit	23.38
CSKC 9.8.2025 - 4.8KM+ Portages	3	John Lee	23.59
CSKC 9.8.2025 - 4.8KM+ Portages	4	Chris Murty	24.01
CSKC 9.8.2025 - 4.8KM+ Portages	5	Paul Moses	25.17
CSKC 9.8.2025 - 4.8KM+ Portages	6	Daniel Hilly	25.38
CSKC 9.8.2025 - 4.8KM+ Portages	7	Steve Sey	25.56
CSKC 9.8.2025 - 4.8KM+ Portages	8	Andrew Garvie	25.58
CSKC 9.8.2025 - 4.8KM+ Portages	9	Scott Faulkner	26.11
CSKC 9.8.2025 - 4.8KM+ Portages	10	Geoff Hine	27.02
CSKC 9.8.2025 - 4.8KM+ Portages	11	Adam Ohlstein	27.04
CSKC 9.8.2025 - 4.8KM+ Portages	12	Andy Chumbley	27.50
CSKC 9.8.2025 - 4.8KM+ Portages	13	John Farrell	28.15
CSKC 9.8.2025 - 4.8KM+ Portages	14	Joe Fowler	28.17
CSKC 9.8.2025 - 4.8KM+ Portages	15	Maxton Ward	28.40
CSKC 9.8.2025 - 4.8KM+ Portages	16	Pauline Findlay	29.10
CSKC 9.8.2025 - 4.8KM+ Portages	17	Helen Lee	31.10



Race	Place	Name	Time
CSKC 16.8.2025 - 5KM	1	John Lee	24.19
CSKC 16.8.2025 - 5KM	2	Michael McKeogh	24.20
CSKC 16.8.2025 - 5KM	3	Matt Sheather	25.23
CSKC 16.8.2025 - 5KM	4	Melvin Guilbert	25.30
CSKC 16.8.2025 - 5KM	5	John Farrell	25.52
CSKC 16.8.2025 - 5KM	6	Andy Chumbley	27.00
CSKC 16.8.2025 - 5KM	7	Jarrod Denny	27.02
CSKC 16.8.2025 - 5KM	8	Geoff Hine	27.11
CSKC 16.8.2025 - 5KM	9	Adam Ohlstein	28.02
CSKC 16.8.2025 - 5KM	10	Gary Lockton	32.28
CSKC 16.8.2025 - 5KM	11	Pauline Findlay	33.16
CSKC 16.8.2025 - 5KM	12	Bruce Sherlock	33.19
CSKC 16.8.2025 - 5KM	13	Frank Pancer	33.26
CSKC 16.8.2025 - 5KM	14	Penny Tralau	34.54
CSKC 16.8.2025 - 5KM	15	Bill Leckie	37.24
CSKC 16.8.2025 - 5KM	16	Margaret Ryall	37.30
CSKC 16.8.2025 - 5KM	17	Kevin Nettle	38.43

Race	Place	Name	Time
CSKC 16.8.2025 - 10KM	1	Michael & John	49.19
CSKC 16.8.2025 - 10KM	2	William Lee	49.20
CSKC 16.8.2025 - 10KM	3	Chris Murty	49.26
CSKC 16.8.2025 - 10KM	4	Steve Sey	54.19
CSKC 16.8.2025 - 10KM	5	Andrew Garvie	54.51
CSKC 16.8.2025 - 10KM	6	lan Brown	62.41
CSKC 16.8.2025 - 10KM	7	Helen Lee	64.11



Race	Place	Name	Time Nominated	Time Actual	Difference
CSKC 23.8.2025 - Nominated Time	1	Paul Sommers	24.45	24.40	0.05
CSKC 23.8.2025 - Nominated Time	2	Daniel Hilly	24.30	24.23	0.07
CSKC 23.8.2025 - Nominated Time	3	Chris Murty	24.00	24.17	0.17
CSKC 23.8.2025 - Nominated Time	4	Andy Chumbley	27.00	27.18	0.18
CSKC 23.8.2025 - Nominated Time	5	Jarrod Denny	27.59	28.01	0.22
CSKC 23.8.2025 - Nominated Time	6	John Lee	24.00	24.21	0.21
CSKC 23.8.2025 - Nominated Time	7	Matt Sheathear	25.17	25.41	0.24
CSKC 23.8.2025 - Nominated Time	8	Paul Moses	24.34	25.14	0.40
CSKC 23.8.2025 - Nominated Time	9	Helen Lee	31.00	31.43	0.43
CSKC 23.8.2025 - Nominated Time	10	Adam Ohlstein	28.00	28.59	0.59
CSKC 23.8.2025 - Nominated Time	11	Geoff Hine	30.00	31.13	1.13
CSKC 23.8.2025 - Nominated Time	12	Steve Sey	25.30	26.31	1.21
CSKC 23.8.2025 - Nominated Time	13	Michael McKeogh	24.12	25.34	1.23
CSKC 23.8.2025 - Nominated Time	14	John Farrell	25.50	27.17	1.27
CSKC 23.8.2025 - Nominated Time	15	David Came	24.50	26.21	1.29
CSKC 23.8.2025 - Nominated Time	16	Frank Pancer		35.30	2.04
CSKC 23.8.2025 - Nominated Time	17	Bruce Sherlock	33.30	35.34	2.05
CSKC 23.8.2025 - Nominated Time	18	Andrew Garvie	26.55	29.00	2.05
CSKC 23.8.2025 - Nominated Time	19	Penny Tralau	34.30	36.23	2.07
CSKC 23.8.2025 - Nominated Time	20	Dallas Newman	39.30	41.48	2.18
CSKC 23.8.2025 - Nominated Time	21	Bret Flower	28.00	30.31	2.32
CSKC 23.8.2025 - Nominated Time	22	Maxton Ward	28.30	31.16	2.46
CSKC 23.8.2025 - Nominated Time	23	Emily Maythers	28.30	31.16	2.86
CSKC 23.8.2025 - Nominated Time	24	Bill Leckie	36.20	40.14	3.96
CSKC 23.8.2025 - Nominated Time	25	Kevin Nettle	37.00	43.11	6.11
CSKC 23.8.2025 - Nominated Time	26	Lis O'Farrell	34.00	40.51 Swim	6.51



Race	Place	Name	Time
CSKC 30.8.2025 - 5km	1	Chris Murty	24.33
CSKC 30.8.2025 - 5km	2	David Came	24.43
CSKC 30.8.2025 - 5km	3	John Farrell	26.22
CSKC 30.8.2025 - 5km	4	Andy Chumbley	26.25
CSKC 30.8.2025 - 5km	5	Andrew Garvie	26.55
CSKC 30.8.2025 - 5km	6	Scott Farquar	26.57
CSKC 30.8.2025 - 5km	7	Joe Fowler	27.06
CSKC 30.8.2025 - 5km	8	Adam Ohlstein	29.38

Marathon Series 3rd August Penrith

Division	Place	Bib	Name	Affiliation	Category	Gender	Finish time
1 (20km)	2	114	Vukasin Vujanic	Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	1:32:09.9
2 (20km)	6	212	John Lee	Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	1:41:50.5
2 (20km)	7	213	Michael McKeogh	Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	1:43:39.2
2 (20km)	10	216	Paul Moses	Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	1:47:55.9
2 (20km)	DNF	219	Daniel Hilly	Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	DNF
3 (20km)	5	313	Neil Wiblin	Cronulla Sutherland	General Class (all other craft)	M	1:51:33.7
8 (15km)	5	810	Helen Lee	Cronulla Sutherland	General Class (all other craft)	F	1:39:13.9
8 (15km)	6	813	Graham West	Cronulla Sutherland	General Class (all other craft)	M	1:43:45.8
10 (10km)	1	1006	Johnny Lucas	Cronulla Sutherland	General Class (all other craft)	M	56:16.3



Marathon Series 30th August Narrabeen

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		Division 10 (10km 0:55-1:00) - General Class (all other craft)							
Place	Blb	Name	First name	Last name	Team name	Distance	Gender	Time	Category
1	1007	Johnny Lucas	Johnny	Lucas	Cronulla Sutherland	Division 10 (10km 0:55-1:00)	Male	55:42.8	General Class (all other craft)
		Division 13 (5km) - General Class (all other craft)							
Place	Blb	Name	First name	Last name	Team name	Distance	Gender	Time	Category
1	1308	Penny Tralau	Penny	Tralau	Cronulla Sutherland	Division 13 (5km)	Female	34:46.4	General Class (all other craft)
		Division 2 (20km 1:40-1:45) - General Class (all other craft)							
Place	Blb	Name	First name	Last name	Team name	Distance	Gender	Time	Category
3	213	David Came	David	Came	Cronulla Sutherland	Division 2 (20km 1:40-1:45)	Male	1:45:57.4	General Class (all other craft)
		Division 4 (20km 1:50-1:55) - General Class (all other craft)							
Place	Blb	Name	First name	Last name	Team name	Distance	Gender	Time	Category
1	402	David Pollack	David	Pollack	Cronulla Sutherland	Division 4 (20km 1:50-1:55)	Male	1:52:39.7	General Class (all other craft)
		Division 8 (15km) - General Class (all other craft)							
Place	Blb	Name	First name	Last name	Team name	Distance	Gender	Time	Category
1	810	Graham West	Graham	West	Cronulla Sutherland	Division 8 (15km)	Male	1:43:04.4	General Class (all other craft)



Harbour Series 16th August – At Patonga
CSKC was the winning club on the day (again).
Congratulations you legends



Long Course

Vuki Vujanic	1 st overall	58:02.	1 st 19-39 ski single
Dan Collins	3 rd overall	1:00:58.	1 st 50+ single
Brett Levings	6 th overall	1:01:50	1 st 60+ single
Paul Moses	12 th overall	1:04:01.	3 rd 50+ single
Daniel Hilly	17 th overall	1:05:57	4th 40+ single
Montannah Murray	23rd overall	1:06:3	1 st 19-39 ski single
Matthew Spies	35th overall	1:11:27	2 nd OC1 all ages









































Paddle 1 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





