



CRONULLA SUTHERLAND KAYAK CLUB

CSKC SPRAY SHEET SEPTEMBER 2025

What can we say about September? It augured in some sunny days, the end of the club race season, some exciting international events, and we are a little bit closer to celebrating the club's 60th anniversary.

We managed to fit in three club races and two Harbour Series races, and we successfully hosted the final harbour series race.

Michael McKeogh, John Lee and Helen Lee did really well in Győr, Hungary, representing Australia. Very proud of these guys, and of course several of our favourite paddlers have made the team for South Africa.

The last race of the season was the Rock, with the honours taken out by Chris Murty. It was a particularly windy day, which presented a challenge, but still a great day.

The final Harbour Series race down at Gunnamatta was an absolute cracker, with Cronulla Sutherland taking out 7 spots from the top 10. That's some superior paddling from our club.

We were fortunate with both the weather and ocean conditions, which allowed us to run a fantastic course. Paddlers set off from Gunnamatta Bay, heading out to Jibbon Point, before turning and making their way all the way down to Lilli Pilli. The return leg brought everyone back against the current to the finish line at Gunnamatta Bay. It was a challenging but rewarding course — well-designed to be safe and enjoyable for paddlers of all levels. To top it off, Starts went smoothly, the finish line was clear, and the course markers were spot on — thanks to the efforts of our volunteer crews.

A big thankyou to our own club legends: Bruce (straight off night shift and still managing the process!), Margaret and the BBQ crew, Dallas for the raffle, Kevin Nettle, Geoff Bedford and Paul Moses for their behind-the-scenes efforts, Chris for safety boat support, Geoff for cleaning buoys, Frank for race maps and awards, and so many others who jumped in to lend a hand.



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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)



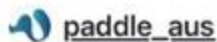
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International news

From Junior to Masters – A 42 Year Journey

Congratulations to Paul Moses on his remarkable achievement in being selected for the 2025 Australian Canoe Ocean Racing Team, heading to South Africa for the World Championships.

Paul's story is one of dedication, resilience, and lifelong passion for paddling. His first Australian team selection came way back in 1983, when he represented the country in the Junior Slalom and Whitewater team. Fast forward 42 years, and Paul has once again earned the green and gold—this time in the Men's Masters 55–59 Ocean Racing category.





To be chosen for the national team across such a span of time is an extraordinary milestone, showing not only Paul's talent and determination but also his deep love for the sport. His selection is a reminder that paddling is truly a sport for life, and that commitment and spirit can carry you from youthful beginnings right through to Masters world championships.

But Paul won't be heading to South Africa alone! We must also celebrate Brett Livings, Michael McKeogh, Vuki Vujanic and Montannah Murray, who were likewise selected to represent Australia. Their inclusion highlights the depth of experience and strength in our paddling community, and we couldn't be prouder to see them flying the flag. Unfortunately, due to work commitments, Michael has chosen not to attend, but it's an honour and a proud moment to be selected.

Together, these champions remind us that paddling is truly a sport for life, with opportunities to achieve greatness at every age. 🇦🇺💚💛

Go, Paul, Brett, Vuki and Montannah — the whole club is behind you!





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International news

Below are some highlights from Gyor, written by Neryl East, who did a fantastic job reporting on Facebook live from Hungary. Thanks, Neryl



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Athlete in Focus Brett Greenwood

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Brett Greenwood — Masters Men K1, Men K2 and Mixed K2

For nine-time World Championship gold medallist Brett Greenwood, returning to Gyor brings back special memories. It was here, ten years ago, that he competed in his first worlds. He finished fourth, with the race won by South African legend Lee McGregor. The result left a lasting impression that fuelled his approach in 2025.

"I was totally naive, I had no idea what to do," Brett says. "Lee McGregor broke away on the second portage and that's why I thought, 'You know what? That's what I'm going to do'."

Monday's Men K1 Marathon 60-64 went completely to plan, with Brett going out hard from the start. As he says, "you can't clash paddles if you're in the front." Two Italians and a Spanish paddler stuck with him for a time, but tactically Brett says three was the perfect number to leave behind in the lead pack. "No-one will work to catch me because that might be at the expense of a medal," he says.

Ten years on from that first world championship event, Brett is walking away with the full medal set; one gold (K1 60-64), one silver (K2 55-64 with Kelby Murray) and a bronze (K2 mixed 55-64 with Daniela Torre).

He says the atmosphere in Gyor has been really good. "Over here, every nationality looks after each other, every brand does — everybody gets on. It's very, very nice. It's one sport, and every discipline is one sport."

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Athlete in Focus DANIELA TORRE

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Daniela Torre is embarking on her sixth canoe marathon world championship campaign as she takes on the Masters Women 55-59 category in Gyor.

Daniela, who trains at Narrabeen in Sydney, says it's a very challenging course and it's essential to know what is happening with the current.

"Every world championship is different," she says. "I must adapt my strategy according to how many competitors are in my group, along with the wind and current, because it can change the conditions a lot."

Daniela is also competing in the mixed doubles on Tuesday with one of Australia's premier Masters paddlers, Brett Greenwood.

"I hope to do well," she says. "Every year there are different competitors. You have to know your own pace and try not to blow up and be strong right to the end."

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Athlete In Focus Michael McKeogh

For experienced ocean paddler Michael McKeogh, today's Masters event at the 2025 Canoe Marathon World Championships in Gyor, Hungary will be a very different experience.

"The course is far more challenging than anything I've paddled before," he says. "There's a strong current in the river and a lot more turns in this race than we'd normally have in Australia."

Not only is Michael competing in his first world championships in this discipline, it's also the first time with European flat-water paddlers who are accustomed to racing in packs.

"I'm used to paddling in the ocean, where the nearest person to you might be fifty metres away. In marathon paddling you're all within one metre of each other the whole time and the tactics are a huge part of these races – how close you can sit to somebody and not interfere with their paddling."

He expects stiff competition from the European Masters paddlers.

"Australia has some of the best competitors in the world – including Kelby Murray and Brett Greenwood – in my age group but for the rest of us, the European paddlers are very strong. We also don't get to paddle in packs like they do, and we only do portages with two or three other people, not 15 people all at once like we'll see today."

"We'll definitely see some thrills and spills in the race – there will be some people falling off and swimming, there'll be yelling as people get cut off in the corners, there'll be boats getting hit. It's going to be a tough race from start





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Athlete in Focus Michael Wilson

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Being selected on an Australian team is a major accomplishment. To be on an Aussie team fifty years after your first selection — now that's an extraordinary achievement. ¶

79-year-old Michael Wilson took up canoe marathon after starting off in slalom and down river disciplines — in fact, he first represented Australia in 1975. He even brought his fifty-year-old tracksuit with him to this year's Canoe Marathon World Championships in Gyor, Hungary. ¶

"The zips still work but the elastic has gone," he jokes. ¶

Michael trains on the Yarra River with Melbourne's Ivanhoe Northcote Canoe Club and says the sport is ideal for older people with its combination of low impact intensity, aerobic workout and opportunity to enjoy the great outdoors. ¶

"I have some good friends I train with and I prefer the training almost more than the racing," he says. "We just have a great time. It's a beautiful sport." ¶

Michael says his aim is to be happy with his race today and finish knowing he's done as well as he could have on the day. ¶

And what's it like to be part of the Australian team, five decades on? ¶

"I couldn't believe I'm still on the team, it's fantastic," he says. "This is such an amazing bunch of people, I'm having a ball. It's a great, friendly team." ¶

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A little History

(thanks, Kevin Knettle)

BERT HOPKINS AND THE "ROCK" TROPHY

Bert Hopkins was a life member of the NSW Canoe Association and, along with his wife, Gwen, was a long-time member of River Canoe Club, having joined at the time of its formation by Paddy Pallin in 1935.

Bert was active in assisting Scout groups to build canoes and kayaks, and began assisting Lilli Pilli Scout Group, which went on to form Lilli Pilli Kayak Club.

Bert helped with the affiliation of Lilli Pilli with the NSW Canoe Association in 1967/68, helped with the training of paddlers and worked for the club as publicity officer and as race starter and timer until his death in 1977.

The rock that forms the trophy was donated to the Hopkins family by life members of the River Canoe Club who were bushwalkers and rock collectors.

The Hopkins family approached the Club with a wish to establish an annual trophy race. At that time, the last race on the Club's winter race series was run over 25km, going from Swallow Rock to the net, South West Arm and back to the net before finishing at Swallow Rock. This race, which was run in early October, was used by club members as a training run for the then premier distance race, the NSWCA Long Distance Race run over 25km at Penrith in early November. The Club committee decided that the Club's last race of the year would be an appropriate one to become the Bert Hopkins Trophy race.



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Race Results

Race	Place	Name	Time
CSKC 6.9.2025 – 5KM	1	Daniel Hilly	25.45
CSKC 6.9.2025 – 5KM	2	Scott Faulkner	26.50
CSKC 6.9.2025 – 5KM	3	Matt Spies	28.31
CSKC 6.9.2025 – 5KM	4	Adam Ohlstein	28.34
CSKC 6.9.2025 – 5KM	5	Amanda Behrendt	30.59
CSKC 6.9.2025 – 5KM	6	Emily Mathers	31.02
CSKC 6.9.2025 – 5KM	7	Russel Stevens	33.08
CSKC 6.9.2025 – 5KM	8	Kevin Nettle	37.49
CSKC 6.9.2025 – 10KM	1	William Lee	49.12
CSKC 6.9.2025 – 10KM	2	Dan Collins	49.13
CSKC 6.9.2025 – 10KM	3	Paul Moses	50.55
CSKC 6.9.2025 – 10KM	4	Rob Inglis	50.57
CSKC 6.9.2025 – 10KM	5	Paul Sommers	50.59
CSKC 6.9.2025 – 10KM	6	David Came	52.19
CSKC 6.9.2025 – 10KM	7	Steve Sey	54.32
CSKC 6.9.2025 – 10KM	8	Andrew Garvie	55.20

Race	Place	Name	Time
CSKC 13.9.2025 – 5KM	1	John Farrell	26.26
CSKC 13.9.2025 – 5KM	2	Rick McWhirter	26.28
CSKC 13.9.2025 – 5KM	3	Pauline Findlay	31.51
CSKC 13.9.2025 – 5KM	4	Penny Tralau	34.15
CSKC 13.9.2025 – 5KM	5	Dallas Newman	38.30
CSKC 13.9.2025 – 5KM	6	Kevin Nettle	41.15
CSKC 13.9.2025 – 10KM	1	Chris Murty	50.53
CSKC 13.9.2025 – 10KM	2	David Came	50.57
CSKC 13.9.2025 – 10KM	3	Andrew Garvie	53.24
CSKC 13.9.2025 – 10KM	4	Steve Sey	53.25
CSKC 13.9.2025 – 10KM	5	Montannah Murray	53.26
CSKC 13.9.2025 – 10KM	6	Andy Chumbley	54.52



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Race	Place	Name	Time
CSKC 20.9.2025 – 18KM	1	Chris Murty	1.30.41
CSKC 20.9.2025 – 18KM	2	John Lee	1.30.43
CSKC 20.9.2025 – 18KM	3	Vuki Vujanic	1.32.00 (started late)
CSKC 20.9.2025 – 18KM	4	Adam Ohlstein	1.32.23
CSKC 20.9.2025 – 18KM	5	Paul Moses	1.33.50
CSKC 20.9.2025 – 18KM	6	Rob Inglis	1.33.51
CSKC 20.9.2025 – 18KM	7	David Came	1.35.18
CSKC 20.9.2025 – 18KM	8	Daniel Hilly	1.35.57
CSKC 20.9.2025 – 18KM	9	Matt Sheather	1.36.33
CSKC 20.9.2025 – 18KM	10	Steve Sey	1.36.53
CSKC 20.9.2025 – 18KM	11	Michael McKeogh	1.36.56
CSKC 20.9.2025 – 18KM	12	Montannah Murray	1.44.12
CSKC 20.9.2025 – 18KM	13	Neil Wiblin	1.52.20
CSKC 20.9.2025 – 18KM	14	Helen Lee	2.01.13
CSKC 20.9.2025 – 18KM	15	Andrew Garvie	49.13 (DNF)
CSKC 20.9.2025 – 5KM	1	Matt Spies	29.16
CSKC 20.9.2025 – 5KM	2	Maxton Ward	31.44
CSKC 20.9.2025 – 5KM	3	Frank Pancer	34.18
CSKC 20.9.2025 – 5KM	4	Penny Tralau	34.38
CSKC 20.9.2025 – 5KM	5	Bruce Sherlock	34.39
CSKC 20.9.2025 – 5KM	6	Dallas Newman	39.33
CSKC 20.9.2025 – 5KM	7	Kevin Nettle	39.41



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Harbour Series 13th September Vincentia (Jervis Bay)

	Race	Place	Name	Category	Time
	Harbour 5 – Long Course	2	Ben Constable	40+ Ski Single M	1:07:37.9
	Harbour 5 – Long Course	4	Daniel Hilly / Matt Sheather	Ski Double – All Ages M	1:08:23.6
	Harbour 5 – Long Course	9	Paul Moses	50+ Ski Single M	1:10:46.0
	Harbour 5 – Long Course	22	Gary Hancock	70+ Ski Single M	1:18:08.3
	Harbour 5 – Long Course	23	Shane Watson	60+ Ski Single M	1:18:11.9
	Harbour 5 – Long Course	32	Matthew Spies	Outrigger Single (OC1) All Ages M	1:22:01.4

Harbour Series 27th September Cronulla (Gunnamatta Bay)

	Race	Place	Name	Category	Time
	Harbour 6 – Long Course	1	Vukasin Vujanic	19-39 Ski Single M	1:06:28.0
	Harbour 6 – Long Course	3	William Lee	40+ Ski Single M	1:06:43.6
	Harbour 6 – Long Course	4	Rory Jarolimek	19-39 Ski Single M	1:07:45.7
	Harbour 6 – Long Course	5	Daniel Hilly / Matt Sheather	Ski Double – All Ages M	1:07:53.9
	Harbour 6 – Long Course	6	Dan Collins	50+ Ski Single M	1:07:54.7
	Harbour 6 – Long Course	7	Ben Constable	40+ Ski Single M	1:08:53.0
	Harbour 6 – Long Course	8	Chris Murty	40+ Ski Single M	1:10:37.4
	Harbour 6 – Long Course	13	Brett Levings	60+ Ski Single M	1:11:04.7
	Harbour 6 – Long Course	14	John Lee	60+ Ski Single M	1:11:05.0
	Harbour 6 – Long Course	16	Paul Moses	50+ Ski Single M	1:11:56.3
	Harbour 6 – Long Course	18	Michael McKeogh	60+ Ski Single M	1:12:36.6
	Harbour 6 – Long Course	20	Andrew Chumbley / Ollie Harding	Ski Double – All Ages M	1:13:52.1
	Harbour 6 – Long Course	23	David Came	60+ Ski Single M	1:14:58.5
	Harbour 6 – Long Course	27	Montannah Murray	19-39 Ski Single F	1:15:52.6
	Harbour 6 – Long Course	28	Shane Watson	60+ Ski Single M	1:17:29.4
	Harbour 6 – Long Course	29	David Pollack	50+ Ski Single M	1:17:34.8
	Harbour 6 – Long Course	30	Gary Hancock	70+ Ski Single M	1:17:53.7
	Harbour 6 – Long Course	39	Matthew Spies	Outrigger Single (OC1) All Ages M	1:22:35.3
	Harbour 6 – Long Course	45	Helen Lee	60+ Ski Single F	1:31:15.3
	Harbour 6 – Short Course	2	Neil Wiblin	60+ Ski Single M	49:46.4
	Harbour 6 – Short Course	7	Adam Ohlstein	60+ Ski Single M	53:08.9



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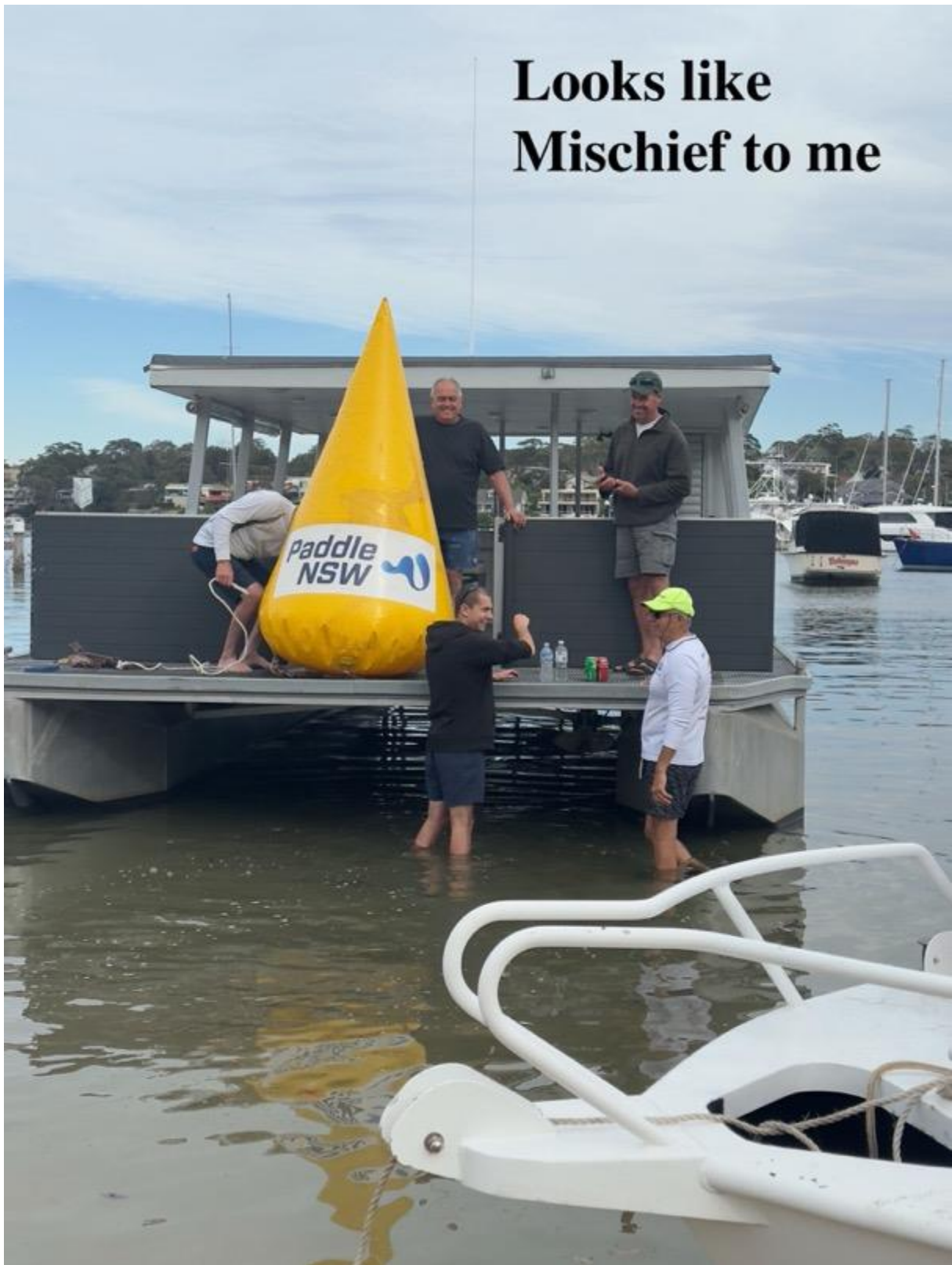
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**Looks like
Mischief to me**





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