



# CRONULLA SUTHERLAND KAYAK CLUB

## CSKC SPRAY SHEET MARCH 2026

Racing season is creeping up on us again—like it or not, the tension is high, and the air is fever pitch. Everyone’s talking about “marginal gains”, tweaking their stroke, obsessing over boat choice, and worrying about conditions.

We ease into things in April with a couple of warm up races before the real business starts on 18 April. After that, it’s game on. Then as the season moves on, I can’t wait to see what our intrepid race director has planned for us, I have no doubt he has some interesting courses and portages planned for us.

This month we have had Windsor and Lane Cove marathon races and before you know it, the local marathon circuit rolls in—Woronora on 4 July, followed by our own Swallow Rock showdown on 15 August. Plenty of time to get fit... or at least talk about getting fit. (will have to lay off the baking treats after racing)

The harbour series kicks off in May with the first race in Manly and the last race in Gunnamatta. Let’s show the other clubs what we can do on home turf.

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# CRONULLA SUTHERLAND KAYAK CLUB

**Paddle  
NSW**



## 2026 Harbour Racing



**Sat** Race 1 - The Kur-Ring-gai Chase - Pittwater

30 May Hosted by Manly Warringah Kayak Club

<https://www.webscorer.com/PaddleNSWHarbourRacing>

**Sat** Race 2, TBA Wollongong

20 Jun

<https://www.webscorer.com/PaddleNSWHarbourRacing>

**Sun** Race 3, The Iron Cup - La Perouse

19 Jul Hosted by Pacific Dragons

<https://www.webscorer.com/PaddleNSWHarbourRacing>

**Sun** Race 4, Central Coast Classic - Patonga

9 Aug Hosted by Brisbane Water Paddlers

<https://www.webscorer.com/PaddleNSWHarbourRacing>

**Sat** Race 5, The JB Run - Jervis Bay

5 Sept Hosted by MAKAI Paddlers

<https://www.webscorer.com/PaddleNSWHarbourRacing>

**Sat** Race 6, The Hacking Classic - Finale - Gunnamatta Bay

26 Sept Hosted by Cronulla Sutherland Kayak Club

<https://www.webscorer.com/PaddleNSWHarbourRacing>



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



[PaddleNSW - Harbour Racing](#)



[harbour.racing@paddlensw.org.au](mailto:harbour.racing@paddlensw.org.au)



Updated: 29/11/25/26



# CRONULLA SUTHERLAND KAYAK CLUB



## 2026 Marathon Series



**Sat** Race 1, Wagga Bidgee Bash, hosted by WBCC

31 Jan <https://www.webscorer.com/PaddleNSWMarathon>

**Sat** Race 2, Frank Harrison - Singles - Albury - hosted by MMCC

14 Feb *WebScorer Link TBC*

**Sun** Race 3, Frank Harrison - Doubles - Albury - hosted by MMCC

15 Feb *WebScorer Link TBC*

**Sat** Race 4, Windsor, hosted by WPC

14 Mar <https://www.webscorer.com/PaddleNSWMarathon>

**Sun** Race 5, Lane Cove, hosted by LCRK

29 Mar <https://www.webscorer.com/PaddleNSWMarathon>

**Sat** Race 6, Davistown, hosted by BWP

16 May <https://www.webscorer.com/PaddleNSWMarathon>

**Sat** Race 7, TBC

13 Jun *TBC*

**Sat** Race 8, Woronora, hosted by SSPC

4 Jul <https://www.webscorer.com/PaddleNSWMarathon>

**Sat** Race 9, Swallow Rock, hosted by CSKC

15 Aug <https://www.webscorer.com/PaddleNSWMarathon>

**Sun** Race 10, Narrabeen & *Finale*, hosted by MWKC

13 Sept <https://www.webscorer.com/PaddleNSWMarathon>

Updated: A20/11/250L



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



[PaddleNSW - Marathon](#)



[marathon@paddlensw.org.au](mailto:marathon@paddlensw.org.au)





# CRONULLA SUTHERLAND KAYAK CLUB

## RESULTS

Windsor Marathon Race 3 14<sup>th</sup> March Windsor

### Race winners » Division 2 (20km 1:40-1:45) - Overall

Place ^	Bib ⇅	Name ⇅ Affiliation ⇅	Category ⇅	Gender ⇅	Finish time ⇅	Difference ▾
1	212	Jason Ware Penrith	ICF Class (K1, K2, C1, C2)	M	1:36:53.0	-
2	208	Dmytro Medvedyev Marathon Paddling Academy	ICF Class (K1, K2, C1, C2)	M	1:37:49.3	+0:56.3
3	213	John Lee Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	1:40:28.4	+3:35.4
4	207	Arnold Graf SSP	ICF Class (K1, K2, C1, C2)	M	1:41:42.5	+4:49.5
5	218	Paul Sommers Cronulla Sutherland	General Class (all other craft)	M	1:41:44.5	+4:51.5
6	210	Jason Rantall Burley Griffin	ICF Class (K1, K2, C1, C2)	M	1:43:39.5	+6:46.5
7	215	Naomi Johnson Lane Cove	ICF Class (K1, K2, C1, C2)	F	1:43:40.6	+6:47.6
8	216	<b>Peter Avery</b> Lane Cove	General Class (all other craft)	M	1:44:51.0	+7:58.0
9	201	Aidan Shipton Brisbane Waters	ICF Class (K1, K2, C1, C2)	M	1:46:27.7	+9:34.7
10	204	David Came Cronulla Sutherland	General Class (all other craft)	M	1:47:45.6	+10:52.6
11	202	Alanna Ewin / Tony Hystek Lane Cove	General Class (all other craft)	F	1:47:46.5	+10:53.5
-	217	Peter Manley Lane Cove	ICF Class (K1, K2, C1, C2)	M	DNF	-

### Race winners » Division 8.5 (15km 1:27-1:45) - Overall

Place ^	Bib ⇅	Name ⇅ Affiliation ⇅	Category ⇅	Gender ⇅	Finish time ⇅	Difference ▾
1	820	Leslie Howard Windsor	General Class (all other craft)	M	1:28:43.3	-
2	821	Margi Bohm Burley Griffin	ICF Class (K1, K2, C1, C2)	F	1:31:16.7	+2:33.4
3	824	Helen Lee Cronulla Sutherland	General Class (all other craft)	F	1:31:43.9	+3:00.6
4	823	Graham West Cronulla Sutherland	General Class (all other craft)	M	1:40:22.8	+11:39.5
5	822	Geoffery Horsnell Manly Warringah	ICF Class (K1, K2, C1, C2)	M	1:40:47.4	+12:04.1

### Race winners » Division 13 (5km) - Overall

Place ^	Bib ⇅	Name ⇅ Affiliation ⇅	Category ⇅	Gender ⇅	Finish time ⇅	Difference ▾
1	1304	Jessie Williams Manly Warringah	ICF Class (K1, K2, C1, C2)	F	29:18.1	-
2	1302	Charlie Toivonen Manly Warringah	ICF Class (K1, K2, C1, C2)	M	32:28.8	+3:10.7
3	1306	Penny Tralau Cronulla Sutherland	General Class (all other craft)	F	33:24.2	+4:06.1
4	1303	Chi San Lei Pacific Dragons	General Class (all other craft)	F	35:16.7	+5:58.6
5	1307	Ros Bell Non PA Entrant	General Class (all other craft)	F	39:25.5	+10:07.4
6	1305	Jon Bell Burley Griffin	General Class (all other craft)	M	39:27.4	+10:09.3



# CRONULLA SUTHERLAND KAYAK CLUB

## Windsor Marathon Race 4 29<sup>th</sup> March - Lane Cove

### Race winners » Division 2 (20km 1:40-1:45) Male - Overall

Place ^	Bib ⇅	Name ⇅ Affiliation ⇅	Category ⇅	Gender ⇅	Finish time ⇅	Difference ▾
1	209	Jason Ware Penrith	ICF Class (K1, K2, C1, C2)	M	1:31:56.9	-
2	202	Arnold Graf SSP	ICF Class (K1, K2, C1, C2)	M	1:35:14.5	+3:17.6
3	208	Gareth Stokes / John Denyer Sutherland Shire	ICF Class (K1, K2, C1, C2)	M	1:35:16.3	+3:19.4
4	210	John Lee Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	1:36:11.7	+4:14.8
5	201	Aidan Shipton Brisbane Waters	ICF Class (K1, K2, C1, C2)	M	1:36:59.7	+5:02.8
6	215	Peter Manley Lane Cove	General Class (all other craft)	M	1:39:01.3	+7:04.4
7	214	<b>Peter Avery</b> Lane Cove	General Class (all other craft)	M	1:40:42.5	+8:45.6
8	212	Mick Carroll Brisbane Waters	General Class (all other craft)	M	1:40:42.7	+8:45.8

### Race winners » Division 8.5 (15km 1:27-1:45) Male - Overall

Place ^	Bib ⇅	Name ⇅ Affiliation ⇅	Category ⇅	Gender ⇅	Finish time ⇅	Difference ▾
1	822	Kevin Burke Manly Warringah	General Class (all other craft)	M	1:27:00.1	-
2	820	Ian Cooper Windsor	ICF Class (K1, K2, C1, C2)	M	1:27:01.5	+0:01.4
3	815	Ayan Mukherjee Windsor	General Class (all other craft)	M	1:27:02.7	+0:02.6
4	823	Leslie Howard Windsor	General Class (all other craft)	M	1:27:46.3	+0:46.2
5	803	Kris Foster Penrith	General Class (all other craft)	M	1:27:49.9	+0:49.8
6	816	Geoffery Horsnell Manly Warringah	ICF Class (K1, K2, C1, C2)	M	1:39:12.3	+12:12.2
7	818	Graham West Cronulla Sutherland	General Class (all other craft)	M	1:44:11.1	+17:11.0

### Race winners » Division 13 (5km) Female - Overall

Place ^	Bib ⇅	Name ⇅ Affiliation ⇅	Category ⇅	Gender ⇅	Finish time ⇅	Difference ▾
1	1309	Jessie Williams Manly Warringah	ICF Class (K1, K2, C1, C2)	F	28:53.6	-
2	1315	Penny Tralau Cronulla Sutherland	General Class (all other craft)	F	34:19.6	+5:26.0

### Race winners » Division 8.5 (15km 1:27-1:45) Female - Overall

Place ^	Bib ⇅	Name ⇅ Affiliation ⇅	Category ⇅	Gender ⇅	Finish time ⇅	Difference ▾
1	819	Helen Lee Cronulla Sutherland	General Class (all other craft)	F	1:33:32.7	-



# CRONULLA SUTHERLAND KAYAK CLUB

## Sydney Tri Series # 2 Tingira Challenge - Rose Bay

### Race winners » Long Course (15km) Male - 60+ Male

Place ^	Bib ⇅	Name ⇅ Affiliation ⇅	Category ⇅	Gender ⇅	Finish time ⇅	Difference ▾
1	101	Aidan Shipton Central Coast	60+ Male	M	1:20:15.6	-
2	120	John Lee Cronulla Sutherland	60+ Male	M	1:21:06.9	+0:51.3
3	141	Tony Haines Manly Warringah	60+ Male	M	1:24:28.6	+4:13.0
4	127	Mick Carroll Brisbane Waters	60+ Male	M	1:30:30.1	+10:14.5
5	145	Mark Hewitt SHSC	60+ Male	M	1:31:58.0	+11:42.4
6	142	Tony Royal Shark Island	60+ Male	M	1:33:04.2	+12:48.6
7	132	Paddlepop Gillett SHSC	60+ Male	M	1:36:43.7	+16:28.1
8	134	Peter Toohey Shark Island	60+ Male	M	1:47:12.5	+26:56.9

### Race winners » Long Course (15km) Female - 60+ Female

Place ^	Bib ⇅	Name ⇅ Affiliation ⇅	Category ⇅	Gender ⇅	Finish time ⇅	Difference ▾
1	117	Helen Lee Cronulla Sutherland	60+ Female	F	1:55:27.7	-
-	136	Rozanne Green SHSC	60+ Female	F	DNF	-



# CRONULLA SUTHERLAND KAYAK CLUB

## Sydney Tri Series # 1 – Palm Beach Pursuit

### Long Course (15km) Female - 60+ Female

Place	Bib	Name Affiliation	Category	Gender	Finish time	Difference
1	107	Carol Ann White SHSC	60+ Female	F	1:17:34.2	-
2	160	Kathleen Allen Other	60+ Female	F	1:18:28.8	+0:54.6
3	164	Helen Lee Cronulla Sutherland	60+ Female	F	1:22:10.3	+4:36.1

### Long Course (15km) Male - 60+ Male

Place	Bib	Name Affiliation	Category	Gender	Finish time	Difference
1	165	John Lee Cronulla Sutherland	60+ Male	M	1:03:57.0	-
2	130	Aidan Shipton Central Coast	60+ Male	M	1:05:23.0	+1:26.0
3	135	Michael McKeogh Cronulla Sutherland	60+ Male	M	1:06:09.8	+2:12.8
4	156	Graeme Borthwick Other	60+ Male	M	1:07:39.7	+3:42.7
5	139	Creagh Bouttell Shark Island	60+ Male	M	1:08:11.8	+4:14.8
6	131	Mick Carroll Brisbane Waters	60+ Male	M	1:09:08.3	+5:11.3
7	137	Luke Woodward SHSC	60+ Male	M	1:11:36.5	+7:39.5
8	133	Theodore Surette SHSC	60+ Male	M	1:12:35.4	+8:38.4
9	136	Paddlepop Gillett SHSC	60+ Male	M	1:14:57.2	+11:00.2
10	132	Craig White SHSC	60+ Male	M	1:15:48.0	+11:51.0
11	140	Peter Toohey Shark Island	60+ Male	M	1:20:26.3	+16:29.3
12	134	Brett Shepherd Other	60+ Male	M	1:22:51.7	+18:54.7



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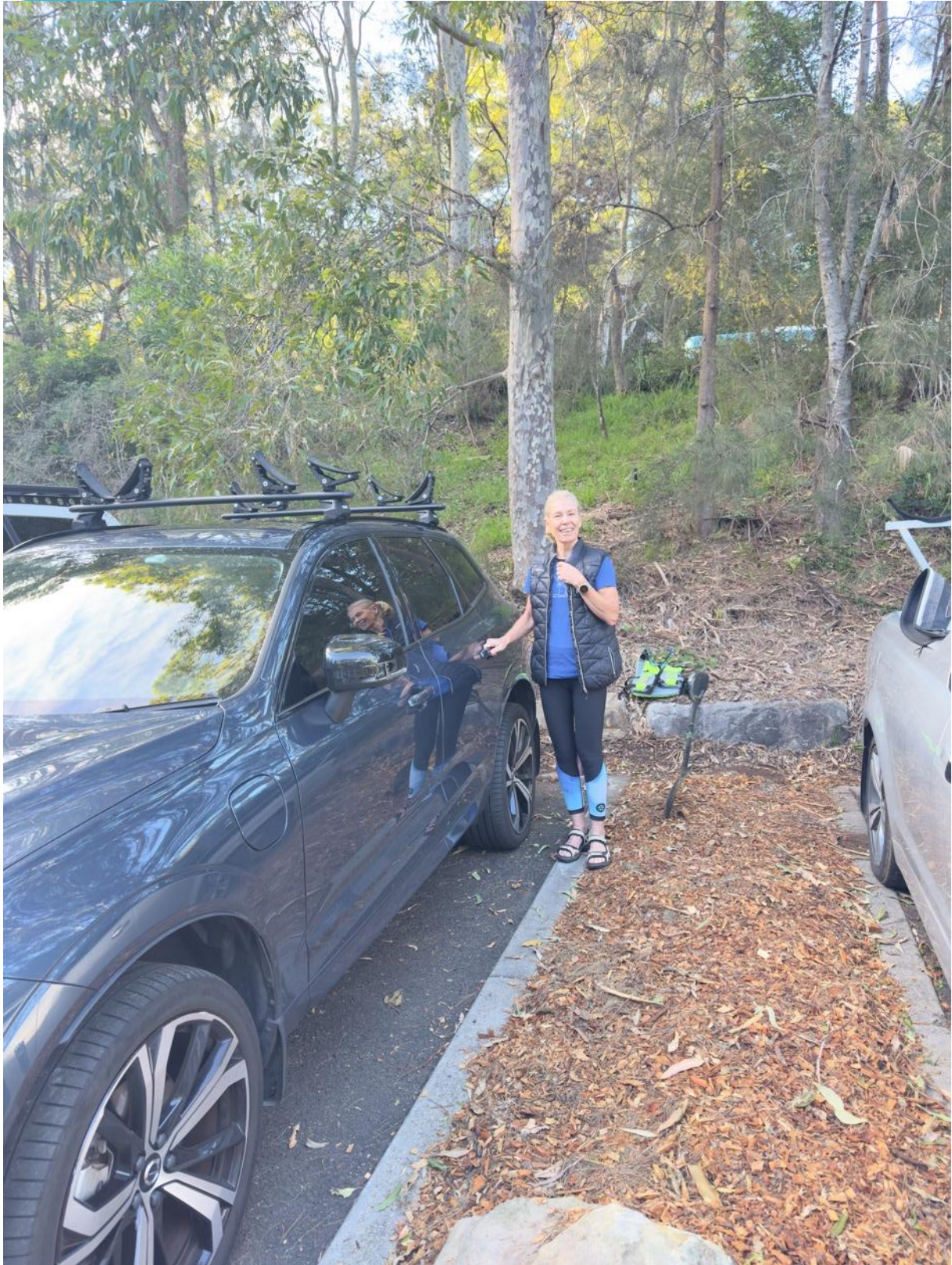


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