



CRONULLA SUTHERLAND KAYAK CLUB

CSKC SPRAY SHEET JULY 2026

Winter is certainly not behaving like winter this year. Apart from a few frustratingly low tides, we've been treated to some outstanding paddling conditions, with calm mornings and plenty of opportunities to get out on the water. I don't think too many of us will be complaining about that.

The past month has been another busy one for the club. We enjoyed another fantastic Marathon Series race, with CSKC paddlers once again leading the charge across a number of categories. It's always great to see our members performing so well while supporting each other on and off the water. We also had another Harbour Series race, with a strong CSKC turnout. The Harbour Series continues to be a great opportunity for paddlers of all abilities to race in a relaxed and friendly environment while enjoying some healthy competition.

August is shaping up to be one of our busiest months of the year. CSKC will be hosting Round 8 of the Marathon Series, which means it will be all hands on deck to put on another first-class event. Hosting a race takes a tremendous team effort, from course setup and registrations through to safety boats, timing, catering and pack-down, so thank you in advance to everyone who has already volunteered their time. It will be an early start, but I'm confident it will be well worth it. Naturally, I have absolutely no doubt that this will be the **race of the season**—although I might be just a little biased!

The Paddle NSW Sprint Series also kicks off in August, with events at Avoca, Narrabeen and Penrith. The series will feature 200 m, 500 m and 1000 m races, along with a relay event at Penrith. Whether you're an experienced sprint paddler or have never tried sprint racing before, it's a fantastic opportunity to challenge yourself, work on your speed and race in a different format. If you've ever been curious about sprint racing, why not give it a go? You might surprise yourself.

As always, thank you to everyone who contributes to making CSKC such a welcoming and successful club. Whether you're racing, volunteering, coaching, or simply turning up for a social paddle and encouraging others, every contribution helps make our club what it is. Here's hoping the great weather continues and we see plenty of you on the water over the coming weeks.



CRONULLA SUTHERLAND KAYAK CLUB

MARATHON SERIES UPDATE

Cronulla Paddlers Making Waves Across NSW

If you've spent any time at Swallow Rock on any day, you'll know our club is about far more than racing. It's about people of all ages arriving during all seasons of the year, sharing a coffee, helping each other carry boats to the water, keeping fit and healthy, catching up with friends, encouraging beginners and enjoying one of the most spectacular paddling venues in New South Wales.

Some of our paddlers are competitive, some have been competitive and now enjoy keeping fit with friends and some paddle socially. We compete in 4 different series each year. Flat water marathons, sprints, Harbour racing and Ocean racing. Lets not forget the young guys from Cronulla, Wanda and Eloura Surf Clubs who participate in our races.

The latest Paddle NSW Marathon Series standings show exactly what can grow from that environment. The 2026 Paddle NSW Marathon Series is well underway, and if the latest series standings are anything to go by, Cronulla Sutherland Kayak Club is proving itself to be one of the strongest clubs in the state. We have 12 competitors in the series this year.

From first-time marathon paddlers through to our elite racers, CSKC members are featuring throughout the rankings, demonstrating not only speed but remarkable consistency across the season. Leading the charge is Penny Tralau, who sits at the top of Division 13 (5 km) after a flawless start to the season. Four races, four victories and a maximum 388 series points sees Penny holding a commanding lead and setting the benchmark for the division.

The success doesn't stop there. In the highly competitive Division 2 (20 km), Cronulla has produced an incredible one-two punch, with John Lee leading the series and David Came sitting in second place. Having two paddlers occupying the top two positions in one of the premier marathon divisions is a fantastic achievement and highlights the depth of talent within our club.

Our women continue to shine as well. Helen Lee has been outstanding across multiple race distances, sitting 3rd overall in Division 8.5 (15 km) while also featuring in the standings of the demanding 20 km Division 6, a testament to both endurance and versatility.

Further up the rankings, Neil Wiblin appears in both the 15 km and 20 km divisions, while Darren Lee and Vukasin Vujanovic are taking on the state's fastest paddlers in the elite Division 1 competition.

What makes these results particularly exciting is that they represent only those paddlers currently appearing in the series standings. Across the season we've seen CSKC members racing in virtually every division—from newcomers tackling the 5 km events right through to experienced marathon specialists contesting the full 20 km races.



CRONULLA SUTHERLAND KAYAK CLUB

The Marathon Series rewards consistency just as much as outright speed, and with several rounds still remaining, our paddlers have placed themselves in excellent positions to challenge for overall series honours.

Whether it's your first marathon or your fiftieth, every paddler who pulls on the Cronulla colours contributes to the strength of our club. The latest standings reflect the supportive training environment we've built together and the willingness of members to encourage each other to keep improving.

Congratulations to everyone who has represented Cronulla Sutherland Kayak Club so far this season. The series is far from over, but one thing is already clear, the success of Cronulla Sutherland Kayak Club extends well beyond race results. Our paddlers proudly represent the Sutherland Shire throughout New South Wales, showcasing how access to world-class waterways, a welcoming community club and dedicated volunteers can inspire participation, improve health and wellbeing, and produce outstanding sporting achievements.

Which leads me to remind you that Cronulla Sutherland Kayak Club are hosting race nine of the series on the 15th of August. Last year, we hosted the last race of the season with a record number of attendees and Paddle NSW declared it the best race of the season. Grab your paddles and boats and we'll see you there.

CSKC 61st AGM WRAP UP

The Club's 61st Annual General Meeting was held at Swallow Rock Reserve on Saturday 25 July. Members reflected on another successful year of paddling, racing and club development, while recognising the many volunteers whose dedication keeps the club running. President Michael McKeogh congratulated members on their achievements at club, state, national and international levels, and giving special thanks to each committee member for all their enormous contributions throughout the year. He also provided an update on ongoing discussions with Sutherland Shire Council regarding the club's future needs at Swallow Rock.

A significant item of business was the unanimous adoption of the club's updated Constitution, special thanks to Geoff Hine, ensuring it better reflects current governance, member protection, communication practices and committee operations. Members also received an overview of the club's healthy financial position, with the purchase of the new Vajda K2 highlighted as the year's largest investment.

Following the election of office bearers, the majority of the committee was re-elected, providing valuable continuity for the year ahead, while several new members stepped into committee roles to strengthen the team. Congratulations to everyone elected and thank you to all those who continue to volunteer their time and expertise to make our club such a welcoming and successful community.

The minutes of the AGM have been sent out, if you haven't received them and would like a copy, please reach out



CRONULLA SUTHERLAND KAYAK CLUB

COMING UP

SPRINT KAYAKING SERIES 2026



**AGE BASED
HEATS**

**FINALS BASED
ON TIMES**

**FAIR. FAST.
EVERY PADDLER.**

SS1

AKC AVOCA

SATURDAY

8 AUGUST



- K1 200
- K1 500
- K1 1000



SS2

MWKC NARRABEEN

SATURDAY

12 SEPTEMBER



- K1 200
- K1 500
- K2 200
- K2 500
- K4 500



SS3

SIRC PENRITH

SUNDAY

18 OCTOBER



- K1 200
- K1 500
- K1 1000
- CLUB RELAY
(OVER ALL AGE
GROUPS & GENDERS)



**ONE SPORT.
ALL AGES.
STRONGER TOGETHER.**

**RESPECT THE WATER.
SUPPORT EACH OTHER.
ENJOY THE JOURNEY.**

**PADDLE HARD.
HAVE FUN!**



CRONULLA SUTHERLAND KAYAK CLUB

CSKC CLUB RACING

CSKC Race 4.7.2026 5km

1	Ben Constable	23.54
2	Chris Murty	23.56
3	Henrik Jozsa	23.57
4	Tim Robinson	25.07
5	Andy Chumbley	26.01
6	Adam Ohlstein	26.34
7	Maxton Ward	26.48
8	Matt Spies	27.15
9	Geoff Bedford	29.37
10	Dave Macey	32.04
11	Frank Pancer	33.07
12	Ben Schneider	33.08
13	Penny Tralau	34.01
14	Pauline Findlay	34.17
15	Dallas Newman	35.20
16	Sam Schneider	36.20
17	Kevin Nettle	40.00
18	Bill Leckie	44.46

10km

1	Henrik Jozsa	48.12
2	Ben Constable	48.13
3	Chris Murty	48.36
4	Michael McKeogh	52.32

Woronora Marathon

	Division 2	20km
1	John Lee	
2	Michael Mckeogh	
6	Paul Moses	
7	David Came	

	Division 8	15km
2	Neil Wiblin	

	Division 8.5	15km
5	Helen Lee	
6	Pauline Findlay	
	Division 13	5km
2	Penny Tralau	



CRONULLA SUTHERLAND KAYAK CLUB

CSKC Race 11.7.2026

5km Time Trial

		Elapsed time	Actual time
1	Andie Smith	35.23	35.23
2	Montana Smith	36.36	36.36
3	Alistair Grant	37.38	26.38
4	Dallas Newman	37.49	34.49
5	Kevin Nettle	38.09	38.09
6	Beau Griggs	38.27	25.27
7	Geoff Bedford	38.57	27.57
8	Bruce Sinclair	38.57	27.57
9	Graham Seery	39.01	27.01
10	Amanda Behrendt	39.19	28.19
11	Blake Francis	39.24	25.24
12	Max Vitello	39.30	24.30
13	Elyssa Budd	39.34	29.34
14	Lindy Ambrose	39.27	32.27
15	Lawrence Scanlon	39.39	26.39
16	Frank Pancer	39.43	32.43
17	Chris Murty	39.53	23.53
18	John Lee	39.54	23.54
18	Michael McKeogh	39.55	24.55
19	Adam Ohlstein	39.56	26.56
20	David Came	40.01	25.01
21	Andy Chumbley	40.05	26.05
22	Bill Leckie	s 40.13	40.13
23	Paul Moses	40.28	25.28
24	Dave Macey	40.40	32.40
25	Helen Lee	s 41.49	35.49

CSKC Race Results 18.7.26

	singles		doubles	10km
Hobi Smit	24.30	David Came	51.35	
Daniel Hilly	25.06	Andrew Garvie	54.20	
Michael Mckeogh	25.36			
Paul Moses	25.37			
Beau Griggs	25.42			
Any Chumbley	26.01			
Steve Sey	26.01			
Alasdair Grant	26.36			
Adam Ohlstein	27.00			
Geoff Bedford	27.51			
Pauline Findlay	30.01			
Frank Pancer	33.24			
Penny Tralau	33.31			
Dave Macey	34.30			
Dallas Newman	35.28			
Bill Leckie	39.16			



CRONULLA SUTHERLAND KAYAK CLUB

	CSKC	Race	25.7.2026
		5km	
1	John Lee		24.10
2	Michael McKeogh		24.11
3	Rob Inglis		24.55
4	Paul Moses		24.56
5	Daniel Hilly		25.20
6	Kobi Mead		25.25
7	Steve Sey		25.41
8	Matt Sheather		25.45
9	Andy Chumbley		25.46
10	Dylan Porteous		25.52
11	Andrew Garvie		25.56
12	Alasdair Grant		26.16
13	India Holbert		26.18
14	Mikaela Mead		26.21
15	Adam Ohlstein		26.39
16	Matt Spies		27.12
17	Geoff Bedford		27.40
18	Jarrad Denny		27.42
19	Sienna Mead		27.46
20	Pauline Findlay		28.20
21	Elyssa Budd		29.21
22	Helen Lee		30.46
23	Jack Mulhern		30.57
24	Max Bowmer		30.38
25	Liesl Spinner		31.14
26	Dave Macey		31.40
27	Andie Smith		31.41
28	Montana		32.32
29	Penny Tralau		33.03
30	Dallas Newman		34.24
31	Frank Pancer		33.00
32	Lindy Ambrose		35.15
33	Kevin Nettle		37.00



CRONULLA SUTHERLAND KAYAK CLUB

MARATHON SERIES

This month was at Woronora. Another good representation by CSMC paddlers.

Don't forget next race on the 15th August on home ground.

Race winners » Division 1 (20km 1:30-1:40) Male - ICF Class (K1, K2, C1, C2)

Place ^	Bib ^	Name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference v
1	122	Tor Manser Avoca	ICF Class (K1, K2, C1, C2)	M	1:35:16.8	-
2	102	Alex Roberts Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:35:17.7	+0:00.9
3	103	Brett Greenwood Marathon Paddling Academy	ICF Class (K1, K2, C1, C2)	M	1:35:21.3	+0:04.5
4	123	Lachlan Bakewell Newy	ICF Class (K1, K2, C1, C2)	M	1:35:37.3	+0:20.5
5	107	Dmytro Medvedyev Marathon Paddling Academy	ICF Class (K1, K2, C1, C2)	M	1:38:21.4	+3:04.6
6	119	Jason Ware Penrith	ICF Class (K1, K2, C1, C2)	M	1:38:22.7	+3:05.9
7	104	Brett McDonald Ascot Kayak Club	ICF Class (K1, K2, C1, C2)	M	1:38:23.2	+3:06.4
8	118	James Pralija Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:43:57.3	+8:40.5
9	120	Darren Lee Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	1:44:17.4	+9:00.6
-	108	James Harrington Lane Cove	ICF Class (K1, K2, C1, C2)	M	DNF	-

Race winners » Division 2 (20km 1:40-1:45) Male - General Class (all other craft)

Place ^	Bib ^	Name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference v
1	209	Michael McKeogh Cronulla Sutherland	General Class (all other craft)	M	1:45:12.7	-
2	213	Peter Avery Lane Cove	General Class (all other craft)	M	1:48:34.9	+3:22.2
3	212	Paul Moses Cronulla Sutherland	General Class (all other craft)	M	1:48:42.8	+3:30.1
4	202	David Came Cronulla Sutherland	General Class (all other craft)	M	1:49:01.6	+3:48.9
5	214	Peter Manley Lane Cove	General Class (all other craft)	M	1:49:15.8	+4:03.1

Race winners » Division 2 (20km 1:40-1:45) Male - ICF Class (K1, K2, C1, C2)

Place ^	Bib ^	Name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference v
1	208	John Lee Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	1:45:06.1	-
2	201	Arnold Graf SSP	ICF Class (K1, K2, C1, C2)	M	1:45:20.8	+0:14.7



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Race winners » Division 8 (15km < 1:27) Male - General Class (all other craft)

Place ^	Bib ↕	Name ↕ Affiliation ↕	Category ↕	Gender ↕	Finish time ↕	Difference ▾
1	800	Adam Gray Brisbane Waters	General Class (all other craft)	M	1:24:29.0	-
2	809	Neil Wiblin Cronulla Sutherland	General Class (all other craft)	M	1:26:39.3	+2:10.3
3	803	Chris Dickman Lane Cove	General Class (all other craft)	M	1:27:35.4	+3:06.4
4	804	Isadore Payne Brisbane Waters	General Class (all other craft)	M	1:29:52.0	+5:23.0

Race winners » Division 8.5 (15km 1:27-1:45) Female - General Class (all other craft)

Place ^	Bib ↕	Name ↕ Affiliation ↕	Category ↕	Gender ↕	Finish time ↕	Difference ▾
1	818	Helen Lee Cronulla Sutherland	General Class (all other craft)	F	1:34:12.7	-
2	821	Pauline Findlay Lane Cove	General Class (all other craft)	F	1:36:17.0	+2:04.3

Race winners » Division 12 Ranking (10km >1:05) Male - General Class (all other craft)

Place ^	Bib ↕	Name ↕ Affiliation ↕	Category ↕	Gender ↕	Finish time ↕	Difference ▾
1	1213	Sam Parsonage Penrith	General Class (all other craft)	M	1:09:42.7	-
2	1205	Russell Stevens Sutherland Shire	General Class (all other craft)	M	1:09:50.2	+0:07.5
3	1210	Graham West Cronulla Sutherland	General Class (all other craft)	M	1:12:18.6	+2:35.9

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

Place ^	Bib ↕	Name ↕ Affiliation ↕	Category ↕	Gender ↕	Finish time ↕	Difference ▾
1	1306	Penny Tralau Cronulla Sutherland	General Class (all other craft)	F	33:49.6	-
2	1303	Helen Carnegie Sutherland Shire	General Class (all other craft)	F	36:03.2	+2:13.6
3	1302	Gabriela Barreto Sutherland Shire	General Class (all other craft)	F	41:30.1	+7:40.5



CRONULLA SUTHERLAND KAYAK CLUB

JULY PICS





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Paddle NSW

2026 Calendar

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

January	February	March
10 NOT-THE-20-GROYNES SWALLOW-ROCK-CANX	13-15 SPRINT OCEANIA GP2 SIRC	6-8 WAVESKI COFFS HARBOUR OPEN
24-25 WILDWATER NATIONAL CHAMPIONSHIPS	13-15 SLALOM PENRITH OPEN PWS	7 SYDNEY TRI-SERIES #1 PALM BEACH
31 MARATHON #1 WAGGA- POSTPONED DUE EXTREME HEAT	14 MAKAI CUP ULLADULLA	11-15 SPRINT NATIONALS CHAMPION LAKES WA
	14 MARATHON #1 - Frank Harrison Singles ALBURY	14 MARATHON #3 WINDSOR
	15 MARATHON #2 - Frank Harrison Doubles ALBURY	21-22 AOCRA NSW STATE CHAMPS
	15 PADDLE WITH PRIDE NEWY-PADDLERS	21-29 SURF LIFE SAVING NATIONAL CHAMPS GOLD COAST
	20-22 SLALOM AUS OPEN PWS	28 SYDNEY TRI-SERIES #2 TINGIRA CUP
	TBC BRIDGE TO BEACH MANLY	29 MARATHON #4 LANE COVE
April	May	June
3-5 CANOE POLO NATIONAL CHAMPS	2 SYDNEY TRI-SERIES #3 SPITZOO MIDDLE HARBOUR	13 MARATHON #6 WAGGGA WAGGA
10-13 MARATHON NATIONALS CANBERRA	16 MARATHON #5 DAVISTOWN	19-21 WAVESKI TWEED COAST/ FINGAL OPEN
17-19 OCEAN RACING NATIONAL CHAMPIONSHIPS WYNWARD (TAS)	22-24 WAVESKI NEWCASTLE OPEN	20 HARBOUR #2 TBA WOLLONGONG
18-19 SLALOM OPEN NATIONAL PWS	30 HARBOUR #1: PITTWATER	
July	August	September
4 MARATHON #7 WORONORA	8 SPRINTS #1 AVOCA	5 HARBOUR #5 JB RUN
19 HARBOUR #3 LA PEROUSE	9 HARBOUR #4 CENTRAL COAST	7-12 WAVESKI AUSOPEN YAMBA
24-26 WAVESKI BALLINA OPEN	15 MARATHON #8 SWALLOW ROCK	12 SPRINTS #2: NARRABEEN
26 TWEED 30 MARATHON		13 MARATHON #9 FINALE NARRABEEN
		19 MYALL CLASSIC TEA GARDENS
		26 HARBOUR #6 FINALE GUNNAMATTA
October	November	December
18 SPRINTS #3 SIRC	7-8 SPRINT STATES SIRC	5 BURLEY 24 HOUR CHALLENGE ACT
19-20 MASTERS MARATHON WORLD CHAMPS ARGENTINA		
22-25 MARATHON WORLD CHAMPS ARGENTINA		
24 HAWKESBURY CANOE CLASSIC WINDSOR		
31-1 NOV SLALOM STATE CHAMPS PWS		

PNSW SPRINT SERIES

PNSW MARATHON SERIES

PNSW HARBOUR SERIES

PA CANOE POLO

PNSW CANOE SLALOM

PA WAVESKI SURFING

For PWS events, please check relevant event information

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