



CRONULLA SUTHERLAND KAYAK CLUB

CSKC SPRAY SHEET AUGUST 2026

WE DID IT and it was GREAT !!!!!!!

What you say ? CSKC hosted race 8 of the Paddle NSW Marathon Series at Swallow Rock and what a day it was. Despite some truly dreadful weather, we had a fantastic turnout with paddlers representing 16 club joining us for the day. And when I say dreadful weather, I mean freezing cold and absolutely bucketing down.



The rain certainly made the setting up process more challenging than anyone would have liked. Tents had to be erected in the pouring rain, the portae area needed special attention, and buckets and buckets of sand were carted from the beach to improve the walking areas around the BBQ. Out on the water, the heavy rain also made visibility challenging at times.

But this is where CSKC really shines. Our dedicated club members simply got on with the job. Despite the cold, the rain and the mud, everyone persevered and worked together to make sure the event went ahead smoothly. The paddlers turned up, the racing got underway and despite everything the weather threw at us, we had a great day.

Hosting a Paddle NSW Marathon series event takes an enormous amount of work, both on the day and behind the scenes, and it was wonderful to see so many members pitching in. To everyone who helped with the planning, setting up, registrations, timing, marshalling, portage, safety, food, packing up and all the countless (thankless) jobs that go into running an event like this. **THANK YOU** And while I have your attention, don't forget the final in the series on Sunday 13th September at Narrabeen

Lets not forget the famous Rock Race with the Bert Hopkins Trophy. It was a fun day of racing with 8km for the little Rock and 18Km for the big Rock. Conditions were squally with low tides, but have a club full of strong paddlers who managed all of that with ease.

From Swallow Rock to Tahiti - There was some international racing action for CSKC this month as well, with our President Michael McKeogh swapping the rather chilly conditions at home for the considerably more tropical surroundings of Tahiti, where he competed in an Ocean Racing World Cup event. Michael put in a terrific performance and represented CSKC extremely well on the international stage. Not a bad place to go racing either!

Back home, it was otherwise business as usual, with plenty of club paddling and racing throughout the month.

We finished off August with one of our traditional favourites — **the Rock Race**. Thankfully, the weather gods were considerably kinder to us for this one, and we enjoyed much better conditions!

Well done CSKC – another very successful month on and off the water.



CRONULLA SUTHERLAND KAYAK CLUB

CLUB RACING

CSKC	Race	8.8.2016
	5km	
1	Dane Sutton	24.17
2	Tim Robinson	25.14
3	Steve Sey	25.19
4	Alasdair Grant	25.52
5	Paul Sommers	25.53
6	Andrew Garvie	27.10
7	Scott Faulkner	27.23
8	Maxton Ward	29.23
9	Dave Macey	33.21
10	Penny Tralau	34.02
11	Bruce Sherlock	35.00
12	Dallas Newman	35.51
13	Kevin Nettle	36.33
	10km	
1	Cade Barnes	49.21
2	John Lee	50.39
3	Chris Murty	50.39
4	Rob Inglis	51.44
5	Michael McKeogh	51.55
6	Daniel Hilly	52.18
7	Gareth Stokes	52.38
8	Max Vitiello	52.39
9	Paul Moses	52.43
10	Adam Ohlstein	57.32
11	Trudi Barnes	58.00
12	Helen Lee	62.52

CSKC		Race	22.8.2026			
5km			10km			5km
1	Blake Francis	24.56	1	Cade Barnes	47.43	23.15
2	Alasdair Grant	25.29	2	Chris Murty	47.58	23.16
3	Scott Faulkner	27.14	3	Rob Inglis	51.09	
4	Geoff Bedford	27.14	4	Daniel Hilly	51.12	
5	Neil Wiblin	28.23	5	David Came	51.60	24.57
6	Pauline Findlay	29.29	6	Paul Moses	54.12	
7	Dave Macey	32.16	7	Adam Ohlstein	55.09	
8	Frank Pancer	32.16	8	Trudi Barnes	55.34	
9	Penny Tralau	32.49				
10	Bruce Sherlock	34.18				
11	Lis O'Farrell	34.18				
12	Dallas Newman	34.19				
13	Kevin Nettle	40.43				



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CSKC The Rock (Bert Hopkins Trophy) Race 29.8.2026

18km

1	Vuki Vujanic	1.29.32
2	Ben Constable	1.31.04
3	Matt/Dan	1.31.07
4	Chris Murty	1.31.09
5	David Came	1.38.00
6	Henri Jozsa	1.38.01
7	Alasdair Grant	1.43.17
8	Adam Ohlstein	1.47.50

8km

1	Paul Sommers	44.41
2	Steve Sey	44.42
3	Scott Faulkner	48.09
4	Andrew Garvie	48.09
5	Geoff Bedford	48.10
6	Scott Morrison	49.24
7	Pauline Findlay	52.06
8	Garry Knowles	53.46
9	Penny Tralau	58.42
10	Bruce Sherlock	58.42
11	Iis O'Farrell	59.14
12	Dallas Newman	59.16



CRONULLA SUTHERLAND KAYAK CLUB

MARATHON – RACE 8

As I mentioned before, it was a great turnout and a fun day. I feel like there needs to be a special shoutout to Adam Ohlstein who competed in his first marathon racing in a ranking division and absolutely killed it.

WELL DONE ADAM .

CSKC paddlers certainly made the most of racing on home waters, with some fantastic results across the divisions. Vukasin Vujanic took the win in Division 1, while John Lee claimed 1st place in Division 2. Helen Lee continued the winning streak with 1st place in Division 8.5, and Adam Ohlstein took out the Division 6 Ranking event. Division 13 was an especially impressive CSKC affair, with Penny Tralau, Bruce Sherlock and Dallas Newman taking 1st, 2nd and 3rd overall respectively. Graham West also put in a strong performance in Division 12, finishing 2nd male. A terrific set of results from CSKC and a pretty good showing on our own patch!

Race winners » Division 1 (20km 1:30-1:40) - Overall

Place	Bib	Name Affiliation	Category	Gender	Finish time	Difference
1	107	Vukasin Vujanic Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	1:36:32.7	-
2	103	Brett Greenwood Marathon Paddling Academy	ICF Class (K1, K2, C1, C2)	M	1:36:58.3	+0:25.6
3	102	Alex Roberts Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:36:59.0	+0:26.3
4	104	Dmytro Medvedyev Marathon Paddling Academy	ICF Class (K1, K2, C1, C2)	M	1:42:14.4	+5:41.7

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

Place	Bib	Name Affiliation	Category	Gender	Finish time	Difference
1	209	John Lee Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	1:40:22.9	-
2	214	Mick Carroll Brisbane Waters	General Class (all other craft)	M	1:40:55.8	+0:32.9
3	201	Aidan Shipton Brisbane Waters	ICF Class (K1, K2, C1, C2)	M	1:41:04.7	+0:41.8
4	218	Max Vitiello Sutherland Shire	General Class (all other craft)	M	1:42:25.6	+2:02.7
5	213	Michael McKeogh Cronulla Sutherland	General Class (all other craft)	M	1:46:55.1	+6:32.2
6	208	Gareth Stokes Sutherland Shire	ICF Class (K1, K2, C1, C2)	M	1:47:06.0	+6:43.1
7	202	David Came Cronulla Sutherland	General Class (all other craft)	M	1:47:08.5	+6:45.6
8	216	Paul Moses Cronulla Sutherland	General Class (all other craft)	M	1:47:16.3	+6:53.4
9	215	Naomi Johnson Lane Cove	ICF Class (K1, K2, C1, C2)	F	1:48:05.9	+7:43.0



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Race winners » Division 6 Ranking (20km 2:00-2:10) - Overall

Place	Bib	Name Affiliation	Category	Gender	Finish time	Difference
1	615	Adam Ohlstein Cronulla Sutherland	General Class (all other craft)	M	1:55:04.2	-

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

Place	Bib	Name Affiliation	Category	Gender	Finish time	Difference
1	812	Helen Lee Cronulla Sutherland	General Class (all other craft)	F	1:29:19.0	-
2	816	Leslie Howard Windsor	General Class (all other craft)	M	1:31:16.5	+1:57.5
3	820	Andrew Pearce Lane Cove	General Class (all other craft)	M	1:40:02.7	+10:43.7
4	822	Duncan Johnstone Lane Cove	General Class (all other craft)	M	1:41:57.7	+12:38.7
5	821	Genelle Pacey Newry	General Class (all other craft)	F	1:58:38.1	+29:19.1

Race winners » Division 12 (10km >1:05) - Overall

Place	Bib	Name Affiliation	Category	Gender	Finish time	Difference
1	1210	Pippa Smith Manly Warringah	ICF Class (K1, K2, C1, C2)	F	1:03:02.9	-
2	1215	Sam Parsonage Penrith	General Class (all other craft)	M	1:07:25.8	+4:22.9
3	1201	Ann Lloyd-Green Manly Warringah	ICF Class (K1, K2, C1, C2)	F	1:08:30.8	+5:27.9
4	1212	Sue Huehn Penrith	General Class (all other craft)	F	1:11:00.5	+7:57.6
5	1209	Graham West Cronulla Sutherland	General Class (all other craft)	M	1:12:47.2	+9:44.3
6	1200	Allan Newhouse Central Coast	ICF Class (K1, K2, C1, C2)	M	1:13:45.1	+10:42.2
7	1202	Belinda Cook AOCRA	General Class (all other craft)	F	1:15:18.3	+12:15.4
8	1216	Geoffery Horsnell Manly Warringah	ICF Class (K1, K2, C1, C2)	M	1:18:23.1	+15:20.2

Race winners » Division 13 (5km) - Overall

Place	Bib	Name Affiliation	Category	Gender	Finish time	Difference
1	1306	Penny Tralau Cronulla Sutherland	General Class (all other craft)	F	33:35.6	-
2	1302	Bruce Sherlock Cronulla Sutherland	General Class (all other craft)	M	35:19.8	+1:44.2
3	1304	Dallas Newman Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	F	37:05.1	+3:29.5



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SWALLOW ROCK TO TAHITI

This race was the ICF Ocean Racing Work Cup #2 between July 31 and August 2. The race spanned a 23 km course starting from the Commune de Teva. The course was a combination of opening ocean downwind paddling and flatter lagoon paddling. Michael McKeogh competed placed 2nd in his the masters division and 24th overall in an international field of 64.

Overall	Bib	Name	Country	Master 60 Position	Time	Gap	
5	40	Dean Gardiner	Australia	1st	1:36:51	+4:32	
24	15	Michael McKeogh	Australia	2nd	1:44:03	+11:44	
37	77	Bernard Richmond	Tahiti	3rd	1:46:52	+14:33	
39	7	Marama Hauata	Tahiti	4th	1:47:00	+14:41	
48	35	John Bush	Australia	5th	1:53:26	+21:07	
56	45	Paul Keating	Australia	6th	1:58:02	+25:43	
58	2	Bill Barff	Tahiti	7th	1:58:38	+26:19	
59	72	Ralph Teariki	Tahiti	8th	2:00:58	+28:39	
64	28	Maurizio Tognacci	Italy	9th	2:15:01	+42:42	





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MOOLOOLABA

This month there was also a race in Mooloolaba on the Sunshine Coast. It ran from Bulcock Beach at Caloundra to Mooloolaba Beach. It was marked as a 15km race. The conditions on the day were a southerly wind with about a 1m swell. Michael McKeogh and John Lee did really well in their division, placing 3rd and 5th. Well, done guys.



Race winners » SS-1 Male - Masters 55+

Place	Bib	Name Affiliation	Category	Age	Gender	Finish time	Difference
1	69	Robert Pade Curnumbin Creek Paddlers Club	Masters 55+	57	M	1:22:06.7	-
2	60	Paul Navarro Curnumbin Champs	Masters 55+	56	M	1:25:39.1	+3:32.4
3	54	Michael McKeogh Wollongong Paddlers	Masters 55+	61	M	1:25:53.3	+3:46.6
4	58	Oz Bestel Gold Coast Paddlesports	Masters 55+	63	M	1:28:34.7	+6:28.0
5	39	John Lee Wollongong Paddlers	Masters 55+	62	M	1:28:44.1	+6:37.4





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

AUGUST PICS





CRONULLA SUTHERLAND KAYAK CLUB





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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 SPITZTZO 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		

PNW SPRINT SERIES PNW MARATHON SERIES PNW HARBOUR SERIES PA CANOE POLO
PNW CANOE SLALOM PA WAVESKI SURFING For PNW events, please check relevant event information

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