

Cronulla Sutherland Kayak Club

Member News Issue 20

April 2015

April is the month we have been waiting for. The summer / autumn activities will be behind us and we can look forward to the 2015 flat water competition.

There are a few new 2015 initiatives that will make our 2015 season bigger and better. The Doubles series and Ladies handicap races continue as in previous years with a 1pm start. Club point score races and Presidents Cup handicap start at 2pm.

The first point score race starts April 25 Anzac Day – giving plenty of time for individual reflection on this special day.

April 11 & 18 are non point score warm up 5Km 'all in' starts to the net and return. The full program has now been posted on our new website. The program is also listed as the final item in this newsletter.

What has been added to our club program is a return to the 'open day' and a new club race – The South West Arm challenge.

Open Day May 2nd.

The Open Day is an opportunity for newcomers to come and try paddling racing type Kayaks and Skis with expert advice given by experienced kayakers. Club boats and some private boats are available. Volunteer assistance will be needed to help with novice coaching and encouraging people of all ages to take up the sport and benefit from what kayaking offers as a means of maintaining fitness in an enjoyable way.

South West Arm Challenge June 6th.

The SW Arm Challenge was, for the past 2 years, part of the Harbour Series run by Paddle NSW with CSKC being the host club. The Harbour series have cut the number of races and venues this year which has been a disappointment to those participants who previously enjoyed the race up to SW Arm and back. The club has decided to include this event as part of our race program so all those Ocean Kayakers who feel they are missing out should take advantage of this event as part of our club. Those of us who do participate in the Harbour series should use their networking to promote this event.

New Web Site

Our new web site is up and running. Here you will pick up club news and results. Individual contributions are always welcome – talk to Max Walker, Dallas Newman and Kevin Nettle.

Go to www.cronullasutherlandkayakclub.com

NSW State Sprint Championships

Congratulations to Mitch O'loughlin and Michael Harris who both competed at the State Championships held recently.

Mitch got a 4th in the under 14 1000m K1 and 1st in the under 200m K1.

Michael got 5th in the 1000, 500 & 200m K1 Para.

NSW State Marathon Championships

CSKC members also did well in their K1/K2 boat & age class at the State Marathon Championships.

Kevin Nettle 1st

Dianne Chellew 1st in both single & doubles.

Darren Lee 1st in both single & doubles.

Lorraine Harper & Dallas Newman 1st in double.

Watch the AC website for National Marathon Championship results held in Canberra over Easter. This event will form the basis of selection in the Australian team to compete in the World Championships in Hungary later this year.

CSKC hosts race no 7 of the 2015 Marathon 10 series on Saturday August 15. We need to continue with good management of this event so that we can continue offering our venue in future years. The Hacking by far is one of the most popular venues in the series.

Race Fees and Membership

Race fees and membership renewal remain as per last year.

\$3.00 pp race fees.

\$20.00 pp for membership.

These are due by June 30 latest. It would be appreciated if these could be paid as the season starts as this will boost our account to cover our costs which besides our running expenses includes trophies and end of year presentation.

When renewing be sure to pick up your parking permit.

Widow Maker

It is always good idea to look up sometimes when paddling. There is a dead branch supported only by its fork in the large overhanging tree at the bend near the fish trap clearly visible when going upstream.

That's it for now – more to follow as the season progresses.

PNSW 2015 Marathon 10 Series Program.

1. 21/02 – Canberra.
2. 03/05 – Windsor.
3. 24/05 -Wyong.
4. 20/06 – Woronora.
5. 04/07 – Penrith.
6. 26/07 – Narrabeen.
7. 15/08 – Grays Pt.
8. 05/09 – Lane Cove.
9. 26/09 – Wagga.
10. 17/10 – Burrill Lake.

CSKC Club Program.

- 11/04 - 5km –Warm up
18/04 – 5km – Warm up
1. 25/04 - 5km – All point score below :-
 2. 02/05 – 5/7km & Open Day.
 3. 09/05 – 5/7km
 4. 16/05 – 5km – Doubles – Presidents Cup
 5. 17/05 – Hacking Classic – From Gunnamatta – Gymea Bay & return.
 6. 23/05 – 5/7km
 7. 30/05 – 5/7km
 8. 06/06 – South West Arm Challenge – From Swallow Rock – SW Arm & return short course. Add to the net & return long course.
 9. 13/06 - 5km – doubles – Presidents Cup
 10. 20/06 – 5/9km
 11. 27/06 – 5/9km
 12. 04/07 - 5km – doubles – Presidents Cup
 13. 11/07 – 5/9km
 14. 18/07 – 5/9km
 15. 25/07 – 5km – doubles – Presidents Cup
 16. 01/08 – 5/10km
 17. 08/08 – 5/10km – Charity race – Sylvanvale
 18. 15/08 – Race 7 PNSW Marathon / 5km net & return 2 pm
 19. 22/08 – 5km - doubles – Presidents Cup
 20. 29/08 – 5/10km
 21. 05/09 – 5/10km
 22. 12/09 - 5km – doubles – Presidents Cup
 23. 19/09 – 5/10km
 24. 20/09 – 18/23km – The Rock race
 25. 26/09 – 5/11km
 26. 03/10 - 5km – doubles – Presidents Cup
 27. 10/10 – 5/11km

End of season – Presentation night 04 December 2015.