

Cronulla Sutherland Kayak Club Inc.

Member News Issue 3 May 2010

The season is in full swing now. We are up to race 9 as at 05 June. Race participation numbers are healthy – appears that we have many members yet to renew their membership for 2010. Membership becomes due at the start of our financial year which for this year started Oct 2009 and is current until Nov 1 2010. Only \$10.00 membership covers all members.

Paddle NSW membership fees are due June 30 - \$50.00 / person. PNSW renewal is available 'on line' from June 1. Go to www.paddlensw.org.au Please note that in order for you to compete in our club races and NSW state races you must belong to PNSW.

Race results for CSKC club races are on our website within a week of racing. www.cronullasutherlandkayakclub.com . It is good to see more CSKC members entering into the PNSW marathon 10 series races this year. Participation in the series encourages cross club social and competitive good will. Our neighbour club down in the Illawarra is running their own marathon this year at Berry subject to local council and Waterways approval. This race will follow the traditional one lap course on Broughton Creek expected to be held in September. Once the date is confirmed we will advise. Illawarra are also running an ocean racing series. Go to their website for more details.

Our PNSW marathon 10 series race is on Sunday July 11. 10AM start - registration from 8.30 – briefing 9.30. For this we will need helpers to set up, help with the BBQ and clean up after. Our race secretary Max will coordinate the actual event any member who wishes to help with running the race should contact Max – there would be other smaller jobs around the venue so just turn up on the day and assist as needed to help make the day a success. Entry is \$20.00 or \$15 for seniors if PNSW members. Non PNSW members have to complete a single event entry form and pay an extra \$10 to cover insurance.

The first of our two feature races this year is the Major Sponsor Hacking Classic scheduled for July 3. The second is the Hacking (the rock) Marathon and is in September. The classic starts at Gunnamatta Bay and ends up at Swallow Rock over 10 km or there are two longer added distance options – continue to the net and return for 15km or two laps of the same for 20km.

Meet at the baths at Gunnamatta Bay July 3 – start is 8.30am – briefing 8.15am.
Entry is \$20.00 single PNSW members - \$30.00 single non PNSW members
\$30.00 double PNSW members - \$50.00 double non PNSW members.

The Hacking (the rock) marathon starts and finishes at Swallow Rock and follows the original traditional course around the mooring buoys at South West Arm returning to Swallow Rock - a distance of 20Km. This race is on September 25 more details to follow. Both the feature races are invitation events so please pass news around your contacts – especially the surf ski and ocean racing paddlers.

PNSW are running a sprint series again this year at Penrith SIRC similar to last year. Four events will be held commencing June 19 followed by July 17, August 14 and September 11. Those that like sprint racing will enjoy these events and is an ideal opportunity for those wishing to gain sprint experience for State, National and Masters Games title events. Registration is 'on line' on PNSW website.

Alexandra Fleming has been welcomed back after a few years absence – she has volunteered to coach our juniors and is presently running sessions on Tuesdays and Thursdays at 4pm and 12 noon on Saturdays down at Swallow Rock. More on this as the program develops.

Paul Egan is currently recovering in hospital after surgery. We wish him well and understand that all went well and he will be home soon.

That's about it for May. More next month.