

Cronulla Sutherland Kayak Club Inc.

Member News Issue 7 April/May 2011

The 2011 season is well underway now. We look forward to another 6 months of enjoyable club racing this year and hope that we can maintain or improve on our times as the season progresses. The start of the season has been interrupted by school holidays and the Easter/ Anzac long weekend. We hope that after Easter we can settle into our regular Saturday routine.

The 2011 program, membership renewal form and social evening information are available each Saturday at the registration desk. Lorraine and Dallas have available club merchandise for sale – if you intend to race at championship events and to take part in the Adelaide Australian Masters you will need CSKC club gear.

The traditional Hacking Classic is on Sunday May 1 starting from Gunnamatta Bay with registration from 8.00 – briefing 8.30 – start 9.00. This year is shaping up to be a big event with visiting paddlers invited from all the Bate Bay surf clubs and the Harbour series competitors most of whom have not yet ventured up the Hacking. It looks like being a great fun day ending with a BBQ at Swallow Rock. The course will follow the best and shortest route from Gunnamatta to Swallow Rock. As part of the course from Lilli Pilli Point to Wants Point near Deer Park is more than 100m from shore, it is required by law that all 'sit in' boat paddlers wear a PFD. The course ends at Swallow Rock for the 10km distance – goes onto the 'Net' and return for 15 km or goes further from the 'Net' back to Lightning Point and return to Swallow Rock for 20 km. We all hope the day will favour us with fine and calm conditions this year.

Max Walker is providing coaching services from Swallow Rock each Wednesday at 4.30 pm – for most of us – proper advice and technique correction will improve our performance and be less damaging to our body. So if you can get there – it is good value. On the subject of coaching and instructing – PaddleNSW run a number of training sessions throughout the year for flatwater Coaches and Instructors and are offering through the NSW Department of Sport and Recreation subsidised courses. The next courses are to be held 28 / 29 May and 25 June. For more information go to www.paddlensw.com.au

On Saturday April 30 at 3pm after the point score race (race 2) there will be an ironman race paddle/swim/run/paddle – details to be advised at the briefing.

Margaret has organized a social night out to be held at the Gymea Bowling Club, (enter and park at Tradies), to be held Sunday May 1 from 5.30pm onwards. \$10.00/meal-contact Margaret on 0417 686 581 or ryallsbelts@optusnet.com.au With the Hacking Classic it is a full on weekend.

Other events over May and June to take note of are the Vajda Marathon series race 3 at Penrith (PVCC) on the Nepean on May 7, race 4 at Narrabeen Lake (MWKC) on 22 May and race 5 at Wyong (CCCC) on 19 June. The very popular and growing Harbour Racing series races are at Rose Bay 30 April and Pittwater 14 May.

The first of 4 sprint series races will start at Penrith SIRC on 5 June.

The NSW State Marathon Championships will be held at Penrith SIRC on 2nd and 3rd July watch PaddleNSW website for entries.

Les Hardy, an admired friend of us all at CSKC and the Elouera SLSC is recovering from a spell in hospital recently. We wish him a speedy return to paddling and look forward to seeing him back down at Swallow Rock in the near future.

That's it for April/ May more next month.