

The Pres Sez...

Summer is over and we are into the Autumn season.

Arawa had a great summer season – kicking off with the Rasdex Classic River Race in early December. It does surprise me to find out that many of our members don't realise that Arawa organises the Classic River Race, and has done so for the last 25 years. This race was the 'baby' of past president, and current coaching co-ordinator Brett Leask. It is a fabulous race. For those that are not in the know, it is the Speight's Coast to Coast kayak section – 67kms give or take, from Mt White Bridge to Gorge Bridge, and definitely one to diarise. Especially, if you are a new paddler and looking to compete in the Speight's Coast to Coast multisport race.

The Classic is a club race, run by club members and supported incredibly well by the kayaking community and also our very loyal and supportive sponsors. Many thanks to all those involved who helped make this another great event.

The 2015 Rasdex Classic River Race will be held Sunday 13th December 2015.

The NZ Kayak Sprint Nationals were held at Lake Karapiro on the same weekend as the Speight's Coast to Coast race (which left our storage shed a little empty over the weekend). Arawa had its best result ever, finishing up in second place overall (There is a club points system). We had many new paddlers attend their very first national regatta, and almost the whole team (of 30 paddlers) came home with at least one medal. Well done to all involved, and especially to Paul Fidow and Leigh Barker who have put in numerous coaching hours over the past year.

As mentioned, the Speight's Coast to Coast has also been and gone for another year. There were a few changes (some liked, some not so liked) thrown into the mix by new race director Richard Ussher. The biggest change being the final bike leg held on the opposite side of the Waimak River, sending competitors down South Eyre Road and finishing at New Brighton beach – instead of Sumner beach. I don't know about you, but I live in South Brighton and I thought the finish area was fantastic! Lots of parking, a great vibe, very spectator friendly. Those last 11 stairs to the finish line though? That was a bit nasty! We had many Arawa members involved in the C2C, and they achieved some great results.

One of the things I love about the C2C is the new paddlers that come to Arawa to learn to paddle. It's incredibly rewarding watching training buddies bond, and friendships form. We are also now in a position where we have mums and dads joining the club, and their kids are coming to paddle too. It was great to see new junior paddlers (Maddison Garrett and Briar Elliott) joining our National Sprint team at Lake Karapiro, while their mums (Robyn Garrett and Karen Elliott) raced the Speight's Coast to Coast.

Recently Godzone wrapped up again. Many people were glued to their computers or mobile devices watching the dots move around the screen. Personally, I can't quite get my head around the idea of racing (or just moving, for that matter) for days on end, without crawling into my nice warm bed at the end of the day. It seems adventure racing is on the comeback in New Zealand with more and more teams getting involved in Godzone each year. I think you're all mad, but I also admire you very much! Well done to all our members that were involved.

CONTINUED ON PAGE 2

**PADDLE
FASTER**



Thursday 21st May 2015 will be our Club AGM. We require more hands on deck to help out on the Committee. If you have a few hours spare each month, and some great ideas, we would love to have you on board. We encourage all members to come along for a Weedcatchers session, then join us upstairs for fish 'n' chips and the meeting.

Coming up over the colder months, we will be running an Autumn Series of kayak racing. There will be the Brass Monkey series over the winter months, and then we will be back into Spring and another round of Summer racing and training.

Please support the races over the winter months – they are a great way of keeping fit and motivated and gearing up for the next season ahead.



rasdex classic river race 2014

With a collective sigh of relief, Sunday 14th December dawned bright and sunny! The Waimakariri River was blue and flowing around 100 cumecs. With a few last-minute race pull-outs, 125 paddlers lined up to race the 70.5kms from Mt White Bridge to Gorge Bridge.

This year, the organizing committee added novice men and women categories for those new to kayaking or those that just didn't feel confident.

The novice and sea kayak women classes headed off first, with the men starting five minutes behind. Wearing pink vests, the novices were easy to spot on the river. Many novices commented how respectful, encouraging

and helpful the faster paddlers were as they passed them on the way down the river.

The faster paddlers started at the back of the field to battle it out, and that they did.

The top open women (and Arawa members) Olivia Spencer-Bower and Sophie Hart paddled through Woodstock in just over three hours, putting the women's current race record of 3.45hrs in a real risk of being broken, but the good old Canterbury easterly wind kicked in, making the last hour or so of the race pretty tough.

Olivia and Sophie came around the last bend together, with Olivia putting in a great finish to win by two boat lengths and claim fastest woman on the day in 3.58.36. Sophie was just nine seconds behind her in 3.58.45. Elina Ussher was in the group behind these girls, with Jo Hoyle and Jess Simson and managed to hold off the others to take out third place in 4.12.01.

The third person over the line was junior competitor and river guide Jordan Pearson, who had a storming race to win the junior category in 3.56.33 – almost half an hour in front of his junior competition. Jordan did remark after the race, that it really had helped doing river trips on the Thursday and Friday before the race so he knew where all the shortcuts were! Local knowledge is a wonderful thing.

Jan Kees Kirpensteijn (JKK) doubled up with Auckland Christine Keeling to take out the double category in 4.13.50 – which is a fantastic time, given that Christine is recovering from chemotherapy! She certainly went pretty well, paddling in the back of the double.

In the men's race, Sam Goodall (Christchurch) took line honours in 3.42.57 with Sam Clark (Whakatane) coming in almost a minute behind in 3.43.49. Nelson's David Ayre was third in 3.48.53. It was great to see these new competitors giving the local paddlers some good competition.

Novice, Kevin O'Donnell had a fantastic paddle, winning the men's race in 4.12.59 – almost 10 minutes in front of the next competitor. Kevin, you have been found out – no more novice racing for you!

Auckland, Ali Boggs won the women's novice race in 4.29.56 with Ainslee Roughan coming second in 4.30.22 and Arawa's newcomer, Libby Hurley taking out third in 4.38.17. Not bad for a girl who started paddling this winter!

All in all, it was a fantastic day: great weather and river conditions. Many competitors commented that the fantastic safety crew made them feel very safe on the river. Thanks Len, Caleb and the Topsport crew for doing such a great job.

Also thanks to the Arawa race committee for putting on a successful day, and to all of our sponsors for



supporting the race so well. We had a great prizegiving – pizza, beer and lots of prizes. Thanks also to all those competitors who have given us such great feedback. Apparently, the Rasdex Classic River Race has the best prizegiving that many people have been to, for a long time! That's what we like to hear.

Keep those fingers crossed for fantastic river conditions again, next time. See you all on Sunday 13th December 2015.

Thanks also to Nicole and hubby from RawPhotography.Mx for the photography.



Rasdex

Kayaking Essentials



Multisport PFD
Now in Red & Pink.
Are you man enough to wear pink?
RRP \$295.95



Rhino Deck
Keyhole Cockpit
The best-selling Rhino Deck for most current plastic boats.
RRP \$188.95



Neoprene Shorts
Comfortable and flexible.
A must for your kit.
RRP \$102.95

www.rasdex.co.nz
03 967 3040




Godzone 2015

As always... everything and more, and nothing that we expected!

Team Freedom Fitness and Coaching (FF&C)



Simon 'Wiki' Lewis – Esteemed navigator. To him it's like breathing. This was made all the more obvious after he 'broke' and was choppered off leaving us to 'navigate' our way onwards... Also what he doesn't know about the flora, fauna and surrounding countryside isn't worth knowing!

Tony 'Big T' Watson – Amazing strong man, team tower, carrier of very heavy packs and as it turns out projectile vomiter!

Richard Dove – Superb back up navigator and OCD organiser extraordinaire – brilliant skills to sort us all out!

Me – Rosie Shakespeare - Mandatory piece of team kit: the female!

Team Goal: FF&C wants FFC (full feckin course)

A few gulps, as per normal, were swallowed when the logistics planner was handed out. I was stoked to see a lot of paddling and biking – woohoo!!

Stage 1 saw us ascend (what at times seemed a reasonably vertical slope) in a tight-knit, single line to the Brewster Glacier. We were in awe at the speed of some teams as they raced back towards us. How had they managed to go around the glacier and gain so much time on us? It turned out there was no glacier hiking as the wind and weather had put paid to such endeavours. (Phew! They weren't that fast and we weren't that slow). Instead a slippery walk around what seemed like icy, slick stones was the plan before we moved on.

Some tricky navigation in low cloud, from Simon, had us stonking along before the mandatory bush bash and then hitting the track to reach the paddle TA.

Speed was the key here. In transition, we were wet and going to stay wet so boats were pumped up as quickly as possible so we could get in the now flooded (WOOHOO!) waters and paddle. It was not a 'hike-a-boat' as had been the thoughts before the rain had come.

Tony and I seemed to be paddling a submarine and ploughed through every single wave, big or small, and nearly sunk....Hmmm? Adding more air didn't help so we turned it around and were off again. This time with some speed and not spinning around in circles.

TA2 was a welcome sight in daylight and it was a joy to get into some warm dry clothes. The high rivers meant a bit of scouting was needed to safely cross and not swim. Water up to Wiki's and Big T's groins meant for Richard and I, it would be at nipple line – not good! However, after a quick raft across the Wilkin (thanks guys!) we were away.

It was an amazing hike of massive vertical gain and loss, waterfalls of epic beauty everywhere and one particular climb with spear grass – I may or may not have lost the plot just a little bit here... (Thanks Big T!)

The luxury hut and CP greeted us well into Day 2. It was a good thing we weren't allowed inside as we would probably still be there. We tried to really hustle on the descent because we were freezing but also we were very keen for this hike to be over with!

The highlight was the three string wire over the Kitchener River – exhilarating and terrifying all in one. Lowlight: still 11km of crappy hard track to go. Mental note: nothing is ever 'easy' or just 'nearly there' in GZ. Games of 'Who am I thinking of' ensued to keep us awake into the wee small hours heading to TA 3.



FREEDOM
Fitness & Coaching

It was a wonderful site and the sleep was amazing! We were up early so we could hit the river dead on daylight. An easy paddle took us to the coasteering/swim leg of this race. 400m long which we all thought was more like 1000m. It was fun, but oh so cold!

The TA saw us finally getting onto the bikes for a foreshore ride into Wanaka to collect the second set of maps. It was weird being at the finish line on Monday with days to go...but also good; so cool to see people and get our messages off the website. I confess to some tears albeit happy ones!

A quick bakery stop and we were off to the Pisa Range - if only we knew what was coming! Apparently, it's a stunning ride traversing the Pisa. If we had views, I'm sure it would have been awesome! However, the bitterly, cold rain and winds put paid to that! We were prepared to push on through the night, if needed, as it was so borderline that a stop to put up a tent would have just been too cold. However, the weather settled and a three to four hour hike-a-bike warmed us up.

Military precision style putting up of the tent had us toastie pie. I really learned how to keep warm this GZ - a good skill to have! After two hours kip, we headed off in the wee, dark hours and soon into a gloomy, misty daylight. Small vistas broke through onto a lovely sunny day. It was game on as we were pushing to make cut-off for the full course.

And then suddenly....we weren't!

Amazing how you can go from a total racing focus to a team mate in distress focus. Poor Wiki had come off his bike dislocating and breaking his shoulder. Within three hours, he was whisked off to QT in his flying coffin (Incidentally, as a jet pilot Wiki is not overly fond of helicopters).

The three of us suddenly became a bit lost and aimless. It was never a question of not continuing but we had lost a member so were no longer the original four. We were slightly distracted for the first 4km of downhill out to the road as we had bits of Wiki's bike strapped to our packs. Full credit here to Big T who carted the bike frame - that man deserves a beer or two!

Again, if you think you are 'nearly there' in Godzone, you are not...and there will be a sting in the tail! For us, it was the unrelenting climb along the farm track high above the Kawarau - on and on and on and on. Then it was



the wee six hours interlude while a CP foiled us. Thanks so much to the Sheepeaters who took pity on us and led us to said CP - YAY!

Sleep monsters took hold here and would not shake their grip on me as we rode into Jacks point. A 10 minute power nap did nothing to abate them so we stopped short of the TA (turns out it was still hours away!) and slept by the river.

The morning finally saw us hit the TA for our paddle. The small issue of two doubles and three paddlers was sorted by Big T's nasty tendon inflammation on his right wrist leaving him out of the paddle so he hitched a ride to our mandatory six hour stopping place while Richard and I jumped on the lake to Kingston - man paddling is hard when you want to sleep!

The six hour stop at Kingston was hard but good. Hard that it was 3pm and an awesome day and we really wanted to get on our bikes and 'crack on'. Good in that we could dry stuff out, give our bikes some love, eat, sleep and catch up with other teams.

Six hours flew by and by 9pm we were being guided by moonlight onto the Nevis road. Highlight - riding by moonlight on a stunning track. I will be back here! My headlamp cut out after only four hours. This normally would be an issue, not so by a full moon - FUN! We grabbed what was to be our final two hours of sleep by Ben Nevis station and woke to a frost! It was great riding/hike-a-biking out with the same teams we had seen on and off all race - all old mates by now!

I knew we would see Shakey and Wiki at Bannockburn so was insanely excited about that! Sure enough

CONTINUED ON PAGE 6

hugs and happy words were exchanged, and then it was onwards to Cromwell, via roads and nasty, nasty headwinds. Sounds easy, right?

Poor old Big T was hit by a violent vomiting bug here and I think he managed to just about bring up his internal organs! By vomit number four a pale, shaking, clammy and fast breathing Big T was whisked off to the medical centre for some IV fluids by Miles.

Richard and I rode on into a headwind at 10km per hour – mate! Downhill was so slow – just nasty. I really didn't like the last bit of this ride. More of a mental thing I think because we were now a twosome and I was also worried about just the two of us going on the lake in such winds.

Turns out my fears were unfounded as we weren't allowed on the water unless we were a four. We just headed straight into Wanaka. Wiki meanwhile with sling intact had driven to pick up Big T so we could all cross the line together. This was really important to the team and I didn't intend to cross that line until we were all together – so to do that was really special. We started this journey together and it was ours to finish.

Again none of our adventuring is possible without the wider team of our better halves and family, a massive, massive thanks to Shakey – best husband ever and now potential team mate for 2017 GZ – WAAHOO! Also to Sarah, Harriet and George; Janine, Ellen, Nicole and Michael. Bring on the next adventure!

To all out there, go for your dreams and raise the bar so high you can't see it!



The finish line - and almost in one piece.



If you are thinking about purchasing a paddle or upgrading your current one, we have a full range of demo paddles available to test and compare

All our paddles are custom made to maximise your paddling potential. They are handmade right here in New Zealand and only the finest materials go into producing them.

Legend Paddles has a rich history with the Speight's Coast to Coast providing winning paddles for race legends such as Steve Gurney, Richard and Elina Ussher, and Emily Miazga.

For sales information and to find out which paddle best suits you contact: kate@legendpaddles.co.nz

Legend
Handcrafted in New Zealand 

2015 Oceania and CRNZ Kayak Sprint Championships



The embankment and regatta course.



An awesome finish...

1st Lexi and 2nd Steve



The finishing tower and boat control.



For the first time ever, the National Sprint Championships were held on Lake Karapiro, near Cambridge. Racing was held on the rowing regatta course over three full days of competition, on the 13th, 14th and 15th of February.

Lake Karapiro is to be the future base of the High Performance Centre for kayak racing in New Zealand and will become the primary venue for future National Sprint Championships. During the course of the Championships, conditions at the lake were nearly perfect for racing with mostly light winds down the course. For spectators, there was excellent elevated viewing of the course for the last 300 metres.

Arawa Canoe Club once again managed to show the other kayak racing clubs in New Zealand that we are a force to be reckoned with.

The Club was represented by 31 competitors as well as a large support team of coaches, managers and assistants, along with a few parents which made this the largest team we have sent to the National Sprint Championships. This year, the event also doubled as the 2015 Oceania Kayak Sprint Championships attracting international competitors from several European countries, a very strong contingent of female paddlers from Australia as well as paddlers from a number of Pacific island nations.

The quality of our paddlers was seen across all age groups; in both male and female events. As a result, Arawa achieved a very commendable overall club placing of second. No mean feat considering the quality of paddlers and coaches in the North Island clubs. The Club's and members' praise must go to Paul Fidow, Leigh Barker and Grant Restall for all the great work they put in to coaching the Club's paddlers to achieve these results.

Some of the outstanding individual performances by club members include the following;

- Our top paddler, Zac Quickenden, won medals in U23 and Open categories, which included golds in both the U23 K1 200m and Open K4 200m, as well as bronzes in Open K1 200m and Mixed K4 200m events.
- Jake Koekemoer showed his strength in paddling by winning golds in U16 K1 200m and 500m, and K2 200m; and also winning bronzes in the U18 K1 200m, K2 1000m and K4 1000m events.
- Olivia Brett won gold in the U14 K1 200m then a short time later won bronze in U16 K1 200m, as well as gold in the U14 K1 and K4 500m events.

CONTINUED ON PAGE 8

In Tyros (U13) our girls showed their strength with Tilly Pritchard winning gold in TK1 200m and 500m with Briar Elliot taking silver in both events. They also won medals in Under 14 K2 and K4 events.

Not to be out done, our boy tyros, cleaned up for Arawa with Makyh Koekemoer (brother of Jake) and Thomas MacGibbon also winning gold and silver respectively in TK1 200m and 500m.

As usual, Arawa had strong representation in the Novice section, (first time competitors) with Levi Zell and Steve Brett (father of Olivia) respectively taking gold and silver medals in K1 200m and 500m events. Steve reversed the positions grabbing gold from Levi in the K1 1000m race. Female novice, Vivien Horvath, won gold in both the K1 200m and 500m events.

The above highlights only some of Arawa's paddlers and medals won with over 31 gold medals and numerous silvers and bronzes. For a full break down of the event results go to: <http://www.canoeing.org.nz/disciplines/sprint/regatta-results>.

U13 Men 200	2nd	Makyh Koekemoer
U13 Men 500	1st	Thomas McGibbon
U13 Men 1000	1st	Thomas McGibbon
U13 Men 1000	2nd	Makyh Koekemoer
U13 Women 200	1st	Tilley Pritchard
U13 Women 200	2nd	Briar Elliott
U13 Women 500	1st	Tilley Pritchard
U13 Women 500	3rd	Briar Elliott
U13 Women 1000	2nd	Tilley Pritchard
U14 Women K1 200	1st	Olivia Brett
U14 Women K1 200	3rd	Greer Poulsen
U14 Women K1 500	1st	Olivia Brett
U14 Women K2 200	1st	Olivia Brett/ Tilley Pritchard
U14 Women K2 500	1st	Olivia Brett/Greer Poulsen
U14 Womens K4 200	3rd	M Garrett, G Poulsen, T Pritchard, B Elliott
U14 Womens K4 500	1st	O Brett, G Poulsen, T Pritchard, B Elliott
U14 Men K4 200	1st	T McGibbon, M Koekemoer/Karapiro
U14 Men K4 500	1st	T McGibbon, M Koekemoer/Karapiro
U16 Women K1 200	3rd	Olivia Brett
U16 Men K1 200	1st	Jake Koekemoer
U16M K1 500	1st	Jake Koekemoer
U16M K2 200	1st	Jake Koekemoer/ Dillon Neale-Hill
U16M K4 1000	3rd	Dylan Neal-Hill/ Hawkes Bay
U16M 5 KM	3rd	Dylan Neal-Hill
U18 Womens K1 200	3rd	Shani Clark
U18 Women K2 200	1st	Shani Clark /Hawkes Bay
U18 Women K2 500	1st	Shani Clark /Hawkes Bay
U18 Women K4 500	2nd	R Morrison, S Clark/Hawkes Bay,
U18 Mens K2 1000	3rd	Daniel McDowell/Jake Koekemoer
U18 Mens K4 1000	3rd	D McDowell, J Koekemoer, J Archer, D Neale-Hill

A large crowd of spectators was rewarded by watching some great racing in the Women's K1 events in which our World Champion, Lisa Carrington, dominated the Australians by winning both the 500m and 200m events, as well as taking gold in the K2 200m.

Many thanks must also go to the team manager, Vicki, who sorted out problems between the team and race officials; the drivers of the towing vehicles who safely delivered all the racing craft at Karapiro; the parent assistants who were tasked with organising the various age group competitors on race days and lastly anyone that has not been mentioned who contributed to make this a most successful event!

Once again a very special thanks must go to our sponsor New Zealand Community Trust for financially assisting the Arawa team to this event. Funding went towards the hire of towing vehicle, the cost of ferry for vehicle and trailers, accommodation and hire of rental vehicles for transport from Auckland.



The naturally good energy food

Em's Products are yummy, all natural Energy Cookies and Bars initially created by nutritionist 'Em' for her own adventure sport exploits. Em started with The Original Sports Cookie® in 2004 and now has a great range of Cookie-Bars and Power Bites to fuel any adventure - whether you're a recreational enthusiast or an Ironman star!

Available from all good sport & outdoor stores.
www.powercookies.com

The 'James' Mountain Man

www.stjamesmountainsports.co.nz

by Peter Hall

Last year, I completed the 'James' Alpine Adventure race; a multisport race consisting of approximately a 7km paddle, 65km mtb ride and finishing with a 17km run. With minimal training, I finished it feeling tired, and with great admiration for those who had competed in the longer Mountain Man event (approximately a 10km paddle, 103km mtb ride & 51km run). I wondered how tough those Mountain Man folks must be, and I knew then that I had to find out for myself!

One year later (and in much better condition), I was at the startline on Lake Tennyson for the 2015 'James' Mountain Man. It was a beautiful, calm, high-country morning; I felt alive with anticipation for the day ahead but relaxed. So much so, that with the countdown on six, my boat was facing the wrong way. As I had a long day ahead of me, I didn't feel any great need to go rushing off at the front of the pack so it was not a big deal. A couple of lost seconds wouldn't make a difference to me!

My boat glided over the deep water and coupling that with smalltalk with fellow competitors, made for an enjoyable paddle. (Far more enjoyable than my training sessions on the shallow, weed infested Avon!) After an unsupported transition (dumping the boat by the lakeside for my wife to collect) I set off on the 103km mtb leg.

I rode at a steady, conservative pace so it didn't take long for the standalone 103km mtb race competitors to start passing me. Anton Cooper was the first; passing me near the bottom of the Mailings Pass descent. Then it became an intermittent stream continuing until the latter stages of the ride when I actually began to pass a few of the standalone 65km mtb race stragglers!

As the day heated up, I ensured I made the most of each aid station to take on extra fluid and food. As my coach, Fleur Pawsey, had said to me previously, it would be a race of attrition with only those who look after themselves making it to the end. This became apparent by mid-afternoon when the temperature in the exposed environment had reached the mid-thirties. By this time, instead of riding across rivers and streams, I took the opportunity to hop off my bike in order to drink the cold, refreshing water and cool down by splashing it over my head. Lush!

By the time I reached Charles Saddle, I had caught up with a couple of weary fellow competitors who were considering pulling the pin. It's fair to say that the final 20km or so of the ride were not enjoyable but I wasn't prepared to let the course make dog tucker of me! I knew I was mentally strong enough but was I physically strong enough?

CONTINUED ON PAGE 10

Avantiplus Fleet Cycles now open at 359 Lincoln Road (the Hagley Park end)

You may need to get your bike checked over before your big event, get stocked up for autumn cycling or something for the kids.

Whatever it is, you'll find it at AvantiPlus Fleet Cycles.



Telephone 03 338 9155 or call into our new store.

With time ticking on, I was aware that I was progressing slower than I anticipated and could miss the cut-off. All I could do was carry on whilst planning out a quick transition, in my head, and hoping that I would quickly find my running legs!

Arriving in transition, I wasn't disappointed to be told that due to the heat, the run leg had been reduced from three laps of 17km to two laps. That meant I was no longer in danger of failing to make the cut-off time for the third lap! After forcing down a peanut butter sandwich, salted potatoes and devouring a couple of large mouthfuls of somebody else's ice cream I was off.

I knew the 'run' was going to be tough as I had rolled and strained my foot a few weeks previously so had never been able to get my longest training runs in. In fact, I was very pleased just to be there competing. Therefore, this stage would be a test of my fortitude and foot fitness.

To minimise the chances of rolling my weak foot, I had already decided to walk any lumpy ground, but I didn't expect to find myself having to walk what may as well be a wheelchair track down the Peters Valley to the St James Homestead!

I have carried Cramp Stop around in my bag for years without ever using it but I sure have now. It seemed

my running legs had deserted me and cramped up a number of times so I soon developed a liking for its bitter taste (I also love the bitter taste of hops, but that is a different subject).

By the end of the first lap, the cramping had stopped but it was not until I was almost halfway around the second lap that I started to run with any fluency, rather than a shuffle.

Light was fading, as I headed down Peters Valley to the finish but I was just able to make out the homestead in the gloom. I crossed the finish line to the applause of a small group of race officials and one other Mountain Man competitor and his support crew. Interestingly, I felt like I was able to run another lap...but that may have been due to the 'high' of finishing!

After thanking the officials, devouring a large plate of food which they had saved for me, and sinking a bottle of beer which Steve had done a great job of keeping cold, it was time to go back to our accommodation.

Well done to Dayne McKnight who tore up the course, as well as to Fleur Pawsey who was the top (and only) female but also took second place overall!

Will I do it again? Highly likely but it may have to wait for a couple of years. However, are you tough enough to take on the Mountain Man?

Instructors for Beginner Paddlers URGENTLY REQUIRED

The Club is seeking the assistance of members to help with the instruction of beginner paddlers on Thursday nights.

Over recent months the number of beginner instructors has reduced to only three volunteers so there is a need to find more people willing to assist in this important activity of the Club.

Some basic kayaking and paddling skills and a lot of keenness is all that is required. Volunteer instructors, if necessary, will be up-skilled and mentored so they can be confident in carrying out this very rewarding task of teaching new paddlers.

On top of having the satisfaction of helping new members improve their kayaking skills, beginner instructors are also acknowledged and rewarded for their efforts by the Club committee.

If you are able to help out on a once a month basis for a few months or for a longer period, your assistance will be truly appreciated.

If you can help or need to discuss anything about this matter please contact Brett Leask, Club Coaching Coordinator, Ph: 3831064 or email brett.leask@xtra.co.nz.

Coast to Coast 2015

Olivia Spencer-Bower is an Arawa Club member who has won numerous Classic River Race titles, and is a great kayaker. However, she's not just a multisport paddler, Olivia paddles whitewater and has also been in the New Zealand women's canoe polo team for a number of years. Whilst Olivia doesn't usually compete in individual multisport events, she took on the challenge of the two day individual race at the 2015 Speight's Coast to Coast.

This is Olivia's story of the mental challenges she faced leading up to and while competing in this race. This was Olivia's first Coast to Coast win.

Wow what a race! My journey to Coast to Coast (C2C) isn't the same as most people's. After a disappointing result at the 2014 Canoe Polo World Championships I found myself in a bit of a mental hole and struggling a whole bunch. Basically I was broken.

I decided last November that I would do C2C to try give myself something else to focus on. My trainer from the World Champs changed my program and off we went. Well off he went. I'd be surprised if he has any hair left, after probably pulling it all out with frustration at me not training! I really struggled to get going with the World Champs result hanging over my head.

In December, the lovely Glenda and Peter at Rasdex offered me a free entry to the Rasdex Classic River Race. I accepted then spent the next few weeks asking myself why on earth I said I'd do it. I was cutting myself up with pressure that I wasn't good enough. If you know Bruce and Tania Leslie, they can give you an insight into my mental space driving up for that race. I was not in a happy place. The race came and went, with a great battle between myself and Sophie Hart. I managed to take the win and that was a massive confidence boost as Soph is an incredibly talented paddler.



Just before Christmas my trainer dragged me out to one of his tri training sessions and I pretty much got smoked... by everyone.

Off on holiday I went and I got a few runs in and maybe one bike ride. Not the best effort, but at least it was something! Back home in January I started to mentally perk up and while my attempt at following my training plan kind of kept failing, I did manage a couple of 'binge training' weekends.

When the seeding came out for the race, I was a bit shocked to see my name as number one. Instead of letting this be pressure, I ignored it and kept focusing on the fact I was doing the C2C, to help me out of my mental rut rather than a focused plan wanting to win.

So on the Friday I went into the race wanting to enjoy the experience, go hard and see how I would go. I didn't have the best cycle, mostly due to my lack of cycle training! I jumped off the bike, followed my race plan and managed to do the run in 4.50 hrs which was 20 minutes quicker than in 2010 when I last raced.

I crossed the finish line for the first day only five minutes behind first and 12 seconds behind second place. I was super surprised as running has always been my big weakness. So super stoked with the improvement!

Day 2 - I felt there was some pressure on me to take the win because of my paddling but I didn't want to get ahead of myself so I focused on a quote I believe Steve Gurney may have coined, "To finish first, first you have to finish."

This year, the starting times for the second day were based on the first day's times: slowest went first and fastest went last. The race started at 7.30am and I departed at 8.10am (with the last group going at 8.22am).

CONTINUED ON PAGE 12

I had a good, steady 15km cycle and transitioned into the kayak stage. On the water my arms took a wee bit to get going but it didn't take long to get my rhythm.

It was like a highway on the river. Thanks to some pre-race prep, I had scouted some sneaky race lines and used those to full effect. It was cool to see people then follow me down these spots!

It was freezing on the water. My hands were numb the whole way, whilst my heart rate struggled to go over 135. There was also a steady headwind the whole way down.

As I neared Woodstock, the paddlers had thinned out and I was paddling alone most of the time. As I came into transition with another kayaker, I found out we were the second and third to arrive. I was pretty stoked with that effort as it meant I had passed about 200 kayaks on the river!

In transition, I did a complete clothing change as it was so cold and I was onto the bike. The downside of coming off the river so far ahead of the field was that there wasn't anybody to cycle with. A couple of team guys with fresh legs came past, and then the top two-day individual men came through. I held on for a couple of minutes before their speed was just too much for me. Once they had gone, about the 25km mark, I cycled the rest of the race all by myself, with no one else coming through. I entered some dark places but just kept digging deep and grinding away. With no idea how much time I had gained on the river, I couldn't afford to ease up at all. And the head/side wind was not helping in my mental hurt box, either!

Cycling down South Eyre Road was pretty epic as our family farm is on it. As I flew past, there was a cool sign and lots of people cheering which helped boost me to the finish. Coming down the last straight, next to the

beach, a team guy caught me and dragged me home which was awesome. Just as we neared the finish I started getting a little emotional and had to fight back some tears. I couldn't believe what I had just achieved and to do that ride by myself I was pretty proud!

Crossing the finish line was epic. I started my stopwatch as I needed six minutes to go by before yesterday's leader crossed the line to know I had clinched the win. It ended up being over an hour before the next girl arrived so I was safe and had taken the win!

Post-race, my achievements are properly starting to sink in. I managed to overcome some massive mental barriers and lift myself to a new place which has been awesome to do. Made even more special by the fact that less than 18 months ago, I was down and out with adrenal fatigue, glandular fever and was on the doorstep of chronic fatigue!

It's been an epic journey these past few years. I couldn't have done this without the help of some amazing people: Andy, my significant other half for supporting me all the way; My epic support crew of Andy, Gail, Kylie and Robyn; Andy Abakhan for persisting with his coaching of a very non-obliging athlete; Dad for driving for me while I trained on the course; Tania and Bruce Leslie for all your support; Rosie Shakespeare for your inspiration and support at your Tuesday morning kayak sessions; Russell at New World St Martins for his amazingly generous support and letting me borrow his race wheels; Thule, Rasdex and Tru2u tart cherry juice; Allan and Marilyn for letting us stay on Thursday night before the race; My family; All the people who cheered for me along the race and came to see me at the finish line; and everyone else who helped me along this journey. You've all been incredibly amazing, so thank you!

Autumn Race Series

Sunday 26 April, 10am start - Kaiapoi to Brooklands and return
Sunday 10 May, 10am start - SH1 Bridge to Brooklands and return
Sunday 24 May, 10am start - Estuary to Club

\$5 entry for all races

PFDs, sprayskirts and airbags are required

Annual General Meeting

Thursday 21st May at 7.15pm

The date has been set! The fish and chips will be ordered, and Weedcatchers will be on, as usual, before the meeting.

We always need people to help out around the club, and this year is no exception. Below is a list of the committee positions, and also the responsibilities assigned to each of those roles. If you see a role that tickles your fancy then PLEASE get in touch. You need to be able to commit a couple of hours per month to a committee meeting and another hour or so per week to do the role. All positions are available.

Even if you don't want to stand for the committee, please attend the AGM to have a say in how your club is run.

President

- Head of committee.
- Chairs committee meetings and AGM.
- Prepares agenda for committee meetings and AGM.
- Oversees the roles of each committee member.

Secretary

- Receives, opens and distributes mail.
- Records minutes of committee meetings and AGM.
- Prepares outwards correspondence including accountability documents for grant funding.

Treasurer

- Carries out banking.
- Administers banking software and all bank correspondence.
- Prepares (or oversees) GST and PAYE returns.
- Prepares (or oversees) preparation of wages.
- Prepares (or oversees) preparation of monthly reconciliations.
- Prepares (or oversees) preparation of annual financial accounts.
- Reports to the committee each month, with regards to financial position and bills paid/payable.

Coaching Co-Ordinator

- Liaises with club coaches with regards to coaching sessions/ resources/requirements.
- Prepares (or oversees) roster for Beginners' coaching sessions.
- Prepares (or oversees) roster/sessions for Weedcatchers'.
- Reports to the committee each month, with regards to coaching sessions and requests from club coaches.

Equipment

- Oversees the maintenance of the clubhouse, including making arrangements for any repairs. Any spending exceeding \$500 must be approved by the committee, prior to expense.
- Oversees the maintenance of the club assets – kayaks, paddles, gym equipment, including making arrangements for any repairs. Any spending exceeding \$250 must be approved by the committee, prior to expense.
- Reports to committee each month, regarding the state of club and assets, any repairs carried out and maintenance required.

Marketing and Sponsorship

- Prepares (or oversees) the documentation for grant funding.
- Liaises with club sponsors (or works with club administrator) to ensure sponsors are approached/contacted/thanked.
- Works with secretary and treasurer, with regards to accountability documentation for grant money received.
- Reports to the committee each month, with regards to grant/ sponsorship progress.

Membership

- Updates the 'Welcome Members' information and ensures availability of the new member forms.
- Prepares (or oversees) the processing of new members, including 'Welcome Member' packs.
- Prepares (or oversees) the administration of members, club storage, club fobs – including invoicing.
- Prepares (or oversees) the monthly processing of subs and storage invoicing.
- Reports to the committee each month, with regards to new members, resigned members and the state of club storage.

Racing

- Prepares seasonal racing schedule – Spring Series, Autumn Series and any others.
- Makes arrangements for the running of club racing - including registration, timekeeping, BBQ, prizes, spot prizes.
- Responsible for racing funds received and budget of each event.
- Prepares (or oversees) the marketing of club races to ensure reasonable attendance (posters at club, website updated, Facebook updated, etc).
- Prepares (or oversees) race results and a race report for uploading to the Arawa website.
- Reports to the committee each month, with regards to events held or to be held.

Media

- Prepares (or oversees) a weekly email update to all members.
- Ensures (or oversees) Facebook is kept up to date
- Ensures (or oversees) Arawa's website is kept up to date
- Prepares (or oversees) relevant content to other websites (i.e., race reports to Sportzhub).
- Administrates and co-ordinates the preparation of club newsletter – three times per year.
- Reports to the committee each month, with regards to media progress.

Club Captain

- Focal welcoming person to all members at the club.
- Liaises with club coaches/coaching co-ordinator, with regards to club representation at national events (including Blue Lakes sprint events).
- Liaises with club coaches/coaching co-ordinator, re club representation at training/development camps.
- Administers entry to club representation events.
- Administers travel arrangements to club representation events.
- Reports to the committee each month, with regards to upcoming events and arrangements.

Sender: **Arawa Canoe Club** PO Box 13-177 Christchurch