

The Pres Sez...

The summer kayaking season is upon us! The weed is growing in the river faster than 'Santa' can cut it, and paddlers are time-trialing into the easterly!

The Arawa committee made the decision to focus on racing this summer so we have put our heads together and come up with some racing to suit everyone.

With the help of Len, Jordan, Chris and Kate from Topsport, we have programmed in two popular Woodstock to Gorge Bridge races. It has been great to see our newer members take to the Waimakariri River before embarking on the Rasdex Classic River Race and also the Coast to Coast. Thanks to those that have taken part and also a massive thanks to Len and the team. Without the Topsport crew, we literally would not have run these races.

Mark Bennett (aka Dibble) has taken on the task of organising the Thursday night time-trials. We are using the Arawa Facebook page to advertise these and to publish the results. The time-trials are being held when Ben Post can come along to carry out the time-keeping. Big thanks to Ben for negotiating traffic and literally coming to the other side of town to help us out. Thanks also to Dibble for organising these. Weedcatchers continues to take place when the time-trials are not on.

We will shortly be advertising when the 2016 time-trials will take place so keep an eye on your emails and on our Facebook page ('Like us' if you haven't already).

December is always a really busy time for Arawa. We have Team Arawa heading away to the Blue Lake 2 sprint regatta on the first weekend of December, and then the Rasdex Classic River race is happening on 13th December. Fingers (and toes) crossed for good weather for these two events, and good luck to all those competing.

On Thursday 17th December we will also be having our Club Christmas breakup – with some fun racing (Christmas attire is compulsory) and a BBQ afterwards. All members are welcome.

Just a reminder for those wanting to take part in the Rasdex Classic River Race: all competitors MUST be pre-entered and entries close on 7th December. So get your entries in ASAP.

For those wanting to take advantage of the early bird entry (and avoid the \$25 late entry fee), we need to have your entry by 27th November.



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PADDLE
FASTER

rasdex classic river race 2015

The Rasdex Classic River Race, organised by Arawa, is New Zealand's premier kayak race for good reason.

The Rasdex Classic combines the hostility of alpine weather conditions, the perils of a winding, rocky grade 2+ gorge and the rigour of a 67km event in such a way that only a true all-round champion kayaker can stand out.

Over the past 25 years the Rasdex Classic has attracted a significant number of New Zealand's World Champions in kayaking including Mike Bassett (World 20km Champion), Andrew Martin (World Down River Racing Champion) and Ben Fouhy (World 1000m K1 Champion). Each in their turn have won this race.

Many top national and international multisport/adventure race competitors have also competed against these top 'local' kayakers, including John Jacoby (Australia) and Simon Dark (England). Nevertheless, completing the Rasdex Classic is not beyond the weekend paddler who adequately prepares. For them, witnessing the splendour of the Southern Alps from a perspective known by just a few and the sense of achievement in completion become a life long highlight. The skill, courage and tenacity required are such that every finisher commands respect amongst peers.

The Rasdex Classic is run on a 67km stretch of the Waimakariri River, starting at Mount White Bridge east of Arthurs Pass on the road to Christchurch. Passing through rocky rapids and bluffs of the gorge, competitors emerge at Woodstock for the final 12km of braided river to Gorge Bridge. While the course remains the same, its challenges vary greatly with the ever changing river flow. The legendary Speight's Coast to Coast multisport race is the only other event to use this course. In difference to a multisport event the Rasdex Classic recognises the elite paddler, initiates prospective Coasters and serves as a life barometer for the returning faithful.

For many, preparation for the Coast to Coast is in itself a life changing experience. We develop an appetite for the wilderness that becomes a life-long passion and go forward to live longer, healthier lives enriched by the company of like minded people.

Prospective competitors are well advised by the truism, 'You've been able to run since you were two and ride since you were four but kayaking ... that is a whole new kettle of fish.' After months of preparation, your first Rasdex Classic is the day the 'trainer wheels come off.'



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NEW ZEALAND MADE CHRISTCHURCH MADE

Initially known as the Cokers Classic, the first Classic represented an amalgam of interests from the Arawa Canoe Club, the Waimairi Surf Life Saving Club, and the Coast to Coast multisport community. With financial assistance from Clarence Hines of Canoe Supplies Ltd and community funding from gaming machines at the (now demolished) Cokers Hotel in Manchester Street, race founder Brett Leask organised the first Classic in December of 1989. Cokers Hotel (notable at the time as the first club in New Zealand to introduce gambling machines) and Mr Hines supported the event for many years.

As the Classic has evolved so has the quality of kayaks and equipment needed for this race. Not so long ago people had food taped to their paddle shafts to allow them to continue paddling whilst eating.

The current race records are held by Ben Fouhy 3.26.21 (2002) and Bianca Teague 3.45.32 (2008).

The 2015 Rasdex Classic River Race will be held on Sunday 13th December. Entries are now open and can be found at www.arawacanoecub.org.nz.

Please be aware that this event is for pre-entered participants only (no on-the-day entries).

Storage - it's getting tight...

Kayak storage at the Club is getting very tight. There are only a few spots available, and they are mostly on the top racks. Therefore, if you no longer use your rack, please let us know so we can reallocate it.

If you don't have storage, please do not leave your kayak in the clubhouse, even if you have sent an email and are awaiting a reply. Shortly we will be getting to the point where we have a waiting list again.

Additionally, please ensure you pay your subs and storage in a timely manner, otherwise your storage spot will be reallocated to another member.



BODY COMPOSITION TESTING

KeyCard Sports is offering Arawa members body composition Analysis (ISAK level 1) to help assist with your training.

How does this this help you?

Body Comp evaluates your body fat percentage and calculates your Somatotype (muscle/fat/height relationship). This, tracked over time, can be an important indicator on how your training is going. From the information provided you/we can make important changes to your program and/or diet to help you reach your goal.

Price? Cash donation at your discretion

Normally this will cost in excess of \$80. Keycard sports will do it for what you want it to cost and of course a Facebook like and check out our website to see what else we can help you with.



Time and Place ?

Arawa Canoe Club on a Sunday in the not too distant future.

Please indicate your interest by the end of November so we can schedule a plan.

Email: keycardsports@gmail.com

www.keycardsports.com

Steve Skinner Canal Kayak HARD LABOUR WEEKEND



By Gemma Woods

The canal kayak race in this year's Meridian Hard Labour Weekend was renamed the "Steve Skinner Canal Kayak", in memory of Steve Skinner who sadly died in an accident in October of this year. Not only was he a local multisporter, but he was also a hard working member of the organising committee and the race director for the canal kayak.

The race committee commented at the prize-giving that Steve would have been thrilled to know that there was a record number of entries for the kayak event this year, which was great to hear.

After an awesome All Blacks win, it was time for this second event of the weekend to begin (on the Sunday morning of Labour Weekend). I understand that the canal race has been varied several times over the years and this year the race was approximately 20km and had two portages.

The race started by circumnavigating almost all of Lake Ruataniwha before entering the canal system at Ohau B canal. Once we reached the power station the first



portage was upon us. I was a bit shocked - it was not that easy carrying our kayaks up a steep hill, over a fence and down the other side to be put back into the canal.

Word after the race was that one Arawa member (who will remain nameless) has 'hobbit feet' and had no

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problem powering on leaving others behind during the portages, whilst some of his competitors rather regretted not wearing booties or shoes.

After paddling down the Ohau C canal, what do you know? Another portage! Luckily during this portage, I could try different techniques like dragging my boat on the long grass next to the road. The portages were hard work! At this point, we paddled down the tailrace into Lake Benmore to the finish.

It was a great opportunity to paddle in the canals and we had perfect weather to do so. The race was really well organised and there was a great friendly atmosphere.

Arawa club members did well with Irish winning the K1 Open Male and JKK taking third in the Classic Male category. I got third in the Female Open with club member, Lisa Jordan, close behind me in fourth. I was happy to end up second in the female overall Hard Labourer category (for those who entered all three events).

There were great prizes on offer and I picked up several bottles of wine and a big jar of honey. Lisa Jordan won a spot prize for a helicopter ride up Mt Cook (which she used the next day), Blair Waller was excited to win a

voucher for money towards a Legend Paddle and Simon Trotter was stoked to receive a 'No More Gaps Gun'!

The MTB event and the Pyramid run were also fun events. Thanks to all the organisers for putting on a great weekend. I would definitely recommend this event.



Snaking along the canals.

Avantiplus Fleet Cycles now open at 184 St Asaph Street

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Spring Racing

The last weekend of October/first one of November saw the Club running back to back races.

Quail Island Classic

The first race, on the Saturday, was the Quail Island Classic – held in conjunction with Surf Lifesaving Southern Region (many of our members are surf lifesavers as well as kayakers).

The Quail Island Classic is a paddle-run-paddle event. Starting at Naval Point Yacht Club, the competitors paddle to the back of Quail Island, then run around the track on the top of the island (much uphill running) then paddle back to the start/finish area. In total there is approximately 6km of paddling and 4km of running.

The Saturday morning weather was perfect: calm and sunny. Just the way we like it when paddling on the Harbour.

Ben Keys impressed with a winning time of 46.10, while Steve Armstrong held James Feathery off in a sprint finish for second.

The complete results for the race are:

Class Place	Overall Place	Name	Club	Time	Category	Craft
1	1	Ben Keys	South Brighton	46.10	Open Men	ski
2	2	Steve Armstrong	South Brighton	49.23	Open Men	ski
3	3	James Feathery	South Brighton	49.24	Open Men	ski
4	5	Paul Russell	South Brighton	51.42	Open Men	ski
5	6	Alex Fort	South Brighton	54.47	Open Men	ski
6	12	Olly Knight	Spencer Park	59.44	Open Men	ski
7	14	Steve Drabble	South Brighton	61.26	Open Men	ski
8	20	Steve Glue	Waimari	76.15	Open Men	ski
1	11	Danielle Currie	South Brighton	58.32	Open Women	
2	13	Rebecca Bailey	South Brighton	60.57	Open Women	
1	9	Sol Somerfield	South Brighton	55.25	U19 Men	
1	10	Kaiden Shaw	Spencer Park	57.18	U16 Men	
2	15	Sam McClelland	South Brighton	62.57	U16 Men	
1	16	Ella Redmond	South Brighton	63.37	U16 Women	
2	17	Rosa Marks	South Brighton	64.26	U16 Women	
1	7	Simon Trotter	Arawa	55.00	MS	
2	8	Kim Harker	Arawa	55.09	MS	
3	18	Linda Poulsen	Arawa	66.35	MS	
1	2 Board	Matt Nash	New Brighton	72.58	Open Men	board
2	3 Board	Tom Mouldey	Taylors Mistake	75.54	Open Men	board
1	1 Board	Cam Jeffery	Sumner	70.25	U19 Men	board
1	4 Board	Megan Ferris	Spencer Park	84.52	U19 Women	board
	No Run	New Brighton Boat	New Brighton	48.40	Craft	
	4	Waimari Double Ski	Waimari	51.32	Craft	
	19	Waimari Canoe	Waimari	75.55	Craft	
	No Run	Brody Edwards	Spencer Park	50.50	No Run Board	
	No Run	Dave Smith	Mt Maunganui	32.10	No Run Ski	
	No Run	Grace Rowland	Spencer Park	32.29	No Run Ski	

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Woodstock to Gorge Bridge

Sunday brought more fine weather, this time for the Woodstock to Gorge Bridge race. 45 paddlers took to the aqua waters of the Waimakariri, with a tailwind and a nice flow of 80 cumecs. It was a stunning day for a river paddle.

This was a great opportunity for paddlers to get race experience on moving water – some maybe realising they have work to do before the Rasdex Classic River Race and/or the Coast to Coast, while others seem to be on track.

There were a few swimmers – and the chocolate fish rule may be imposed on the next race.

Big thanks to Topsport Kayaking for helping out with this race.

The complete results are:

Name	Race #	Time	Category	Category Place	Overall Place
Kate Cambie	29	49.46	Women	1	13
Isla Smith	23	50.20	Women	2	16
Lisa Jordan	22	53.00	Women	3	25
Gemma Woods	1	53.14	Women	4	26
Amy Adams	30	53.52	Women	5	28
Viv Campbell	44	54.15	Women	6	29
Karen Collins	4	54.22	Women	7	30
Vanessa Hislop	34	54.32	Women	8	31
Emily Bell	27	55.00	Women	9	32
Katherine Kevey	40	55.07	Women	10	33
Lucie Stanley	33	58.46	Women	11	39
Beth Jagusch	32	59.02	Women	12	40
Sven Zaalberg	37	48.19	B Men	1	8
Dave Maitland	17	49.33	B Men	2	11
Liam Pugh	12	49.39	B Men	3	12
Blair Waller	11	49.58	B Men	4	14
Ross Brewitt	13	50.00	B Men	5	15
Simon Munro	45	50.44	B Men	6	18
Richard Thomas	31	51.13	B Men	7	20
Clinton Findlay	18	52.15	B Men	8	22

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Dave Ward	3	52.25	B Men	9	23
Warwick Tuffnell	38	52.44	B Men	10	24
Ross Minson	35	53.32	B Men	11	27
Jeremy Murray-Or	42	57.14	B Men	12	34
Shaun Gore	25	57.37	B Men	13	35
Ryan McMahon	5	58.35	B Men	14	36
James Kay	36	58.41	B Men	15	37
Rob Woods	19	58.42	B Men	16	38
Paul Gow	16	60.52	B Men	17	41
Steve Bennett	24	62.42	B Men	18	42
Leyton Smith	26	62.52	B Men	19	43
Dave Henry	39	62.53	B Men	20	33
Basil Pettigrew	14	64.17	B Men	21	45
Steve Armstrong	10	44.15	A Men	1	1
Daniel Murtagh	15	44.53	A Men	2	2
Charles Nimmo	20	45.30	A Men	3	3
Devern Burchett	6	45.39	A Men	4	4
Tim Pearson	43	46.45	A Men	5	5
Tony McGuire	8	46.48	A Men	6	6
Brendon Ross	28	47.44	A Men	7	7
Paul Russell	21	48.30	A Men	8	9
Glen Friery	9	48.44	A Men	9	10
Simon Trotter	41	50.30	A Men	10	17
John Henson	7	51.08	A Men	11	19
Graham Allen	2	51.34	A Men	12	21



Guided Coast to Coast Waimak Gorge Trips



Topsport Kayaking is running guided Waimak Gorge Trips down the Coast to Coast section of the river. **These start from 9th November and continue through to February.** These trips are highly recommended for paddlers looking to improve their moving-water skills and gain valuable experience for race day.

For more information contact info@topsport.co.nz.

The Salmon Run

by Gemma Woods

The Salmon Run was held on 10th October and was the first ever multisport event utilising the lower section of the Rakaia River. The race consisted of a 36km cycle, 1.5km run, 14km kayak and a 9.5km run to the finish. The event also had duathlon, cycle only and run only options. In total, about 127 competitors took part on the day.

The cycle was a flat ride and I managed to get into a reasonable bunch in which a few of us shared the work. The duathlon competitors started at the same time as us so we had the benefit of having a bigger bunch for over half the ride but after they turned off, we were whittled down to four. Unfortunately, I had a slow bike to kayak transition by not picking the most direct route when running the 1.5km from the road to the river. Isla Smith, on the other hand, seemed to have a quick transition and sped off in her kayak into the distance.

I was feeling nervous about the kayak as I hadn't paddled on the Rakaia River before, and given I only started paddling earlier this year, kayaking is not my strong point. Luckily, the Rakaia proved to be nothing I couldn't handle and as I was pushing to paddle as fast as possible I didn't have time to be nervous anyway! With several other people around me, I followed their lines and fortunately avoided having any wobbles or close calls!

I didn't feel particularly fresh in the run so it felt quite slow. I understand it was the opposite for my support crew (It was the first time they had secured a kayak to roof racks!) who had to perform a quick turnaround to get sorted and go down to the finish line to find a spot. Big thanks to my first time support crew (my mum Annie and Vaughan). The great thing about multisport events is the atmosphere. The fact other competitor's support crews are more than happy to help other competitors out demonstrates the awesome team effort from all involved.

I finished up in third place in the women's category; maintaining this position from start to finish. Isla Smith finished in second place only 10 seconds behind the

female winner Keryn Ford. The winner of the overall male multisport race was Tane Cambridge, with Sam Goodall in second and Tim Pearson placing third.

Pretty much every competitor went home with a meat pack (Definitely beats wine in my opinion!) or some other spot-prize which is always a good result. The weather couldn't have been better and there was a good turnout of Arawa members participating in the event, and even Steve Gurney came out of retirement to participate (winning the classic male category). The Rakaia Domain (a place you often drive past but never actually check out) was a great venue to host the event.

With a bit of tweaking to ensure the route is well marked (A couple of friends unfortunately went the wrong way on the run.) and streamlining proceedings at the prize-giving, this will be a great event and one I would recommend, especially for multisport athletes training for the Coast to Coast.



Coming off the Rakaia into transition.

ICF World Paracanoe Champs 2015 - Milan Italy

from Scott Martlew

The first day of racing had a serious lack of communication which almost caused me to miss my heat. I went to bed the night before thinking the race was scheduled for an 11:30am start. However, it was changed overnight to 8:55am. The only reason I made it in time was because Leigh, my coach, double-checked the draw on the internet when we woke up.

Talk about stressful - we had to rush to the course without breakfast and made it to the line without a proper warm-up. I raced the race and made it through to the semi-final later that afternoon.

The semi didn't go as well as I would have liked it. I gave it my all but I didn't have the best start which let me down. Placing third in the semi wasn't enough to get me through to the A final which was a huge disappointment.

Not performing well enough in the semi-final meant I wanted to improve my performance in the B final, which I did. I had a much better start and came through to win the B final.

Winning the B final put me into a ranking of 10th place. This year the competition was a bit different to previous

years. Usually each country has only one entry into World Champs per event. However, this year some countries had up to three entries which made it a lot harder to get into the A final.

Placing 10th overall meant I missed out on the automatic qualification for the Paralympics, which was the top six for this year. I still have a chance to qualify in May 2016 with four more spots available to qualify for Rio. My drive to get to the Paralympics is still there and I will continue to work harder and harder.

I have had a little break from paddling but continued with gym work. My team and I will also be analysing what went well and what adjustments can be made.

Reflecting back on the whole trip and the result I produced, I still can't get over the amount of support I have had to help me get me over there and able to compete.

I want to once again thank everyone that supported me. I'm disappointed I couldn't get the result I wanted for everyone that has been a part of this year's campaign.



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