

New Zealand **Canoeing & Rafting**

■ *Close Encounters of the South American Kind*

■ *KKKK '86 Nepal Trip*



NEW ZEALAND CANOEING & RAFTING MAGAZINE

Published for the New Zealand Canoeing Association

P.O. Box 3768, Wellington, N.Z.

The NEW ZEALAND CANOEING ASSOCIATION is the administering body of recreational and competitive canoeing, kayak, and rafting sports in New Zealand. Individuals become members of the Association through membership of an affiliated canoe and kayak club. These affiliated clubs are as follows:

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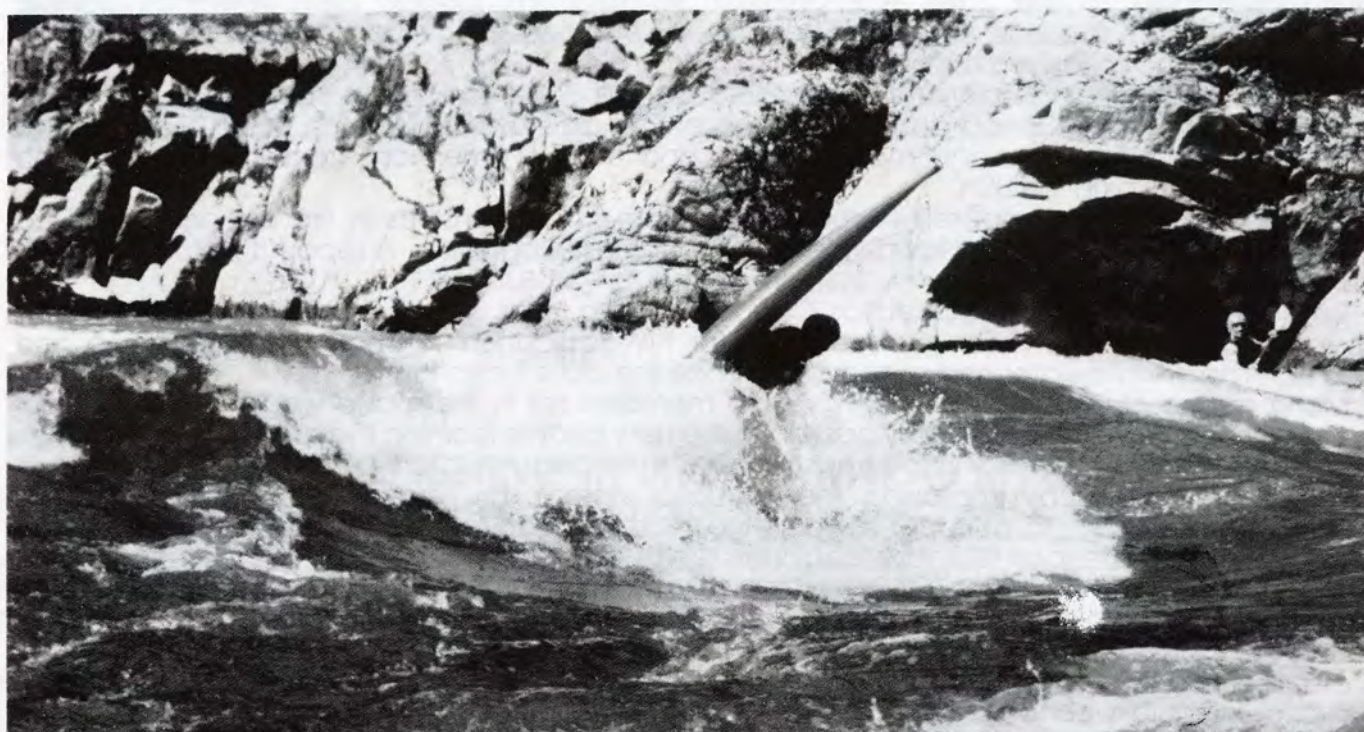
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Marty Sinclair in Cromwell Gap. Photo Errol Sharp (Front Cover)

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Roy Bailey on Buller River

COMMENT

Well Hi! after a few months of procrastination and a lack of material, four rewrites later, this is my final copy of the editorial - I hope!

I've been kayaking for eight to nine years now and have immensely enjoyed the whitewater, the scenery and the friendships I have made. In the last twelve months I have paddled on four new rivers I have never done before, all of these trips having something special on them. Kayaking is a true adventure sport.

Well, canoeing/kayaking has recently boomed as a sport in New Zealand for a multitude of reasons. No longer do we know every car that has a boat on it's roof or every person we bump into on the river. Gone are the days of a few keen canoeists doing it every weekend, now hundreds do it regularly.

With the extra numbers participating in the sport we see attitudes towards safety, conservation sometimes slipping. We, within the club situations educate new canoeists of the correct behaviour expected of them (it's only common sense and courtesy) but also many new canoeists are not even members of clubs and whether or not it is the club or non-club members breaking the code they should be reprimanded and educated before they spoil it for everybody.

This magazine has not been published for quite a while. I must admit feeling daunted by the prospect of this task but I now realise that it can be easy, by becoming efficient and organised and approaching you the reader/paddler for articles. Which brings me to my next gripe, this magazine is not as well balanced in material, articles as it ought to be.

I have asked several times for material to print, off various sources and found that it never arrives. I postpone going to print due to lack of articles only to find this could happen forever, and as I get disillusioned the magazines rebirth slows down.

I assume the last editor must have had this problem and was often criticised for his style of magazine but I can now identify with the problems he had had and understand fully the hassles of going to print.

Well enough waffle, what I am trying to say is that this magazine is to cater for all types of canoeists.

PLEASE CONTRIBUTE MATERIAL, RESULTS, THOUGHTS, COMMENTS TO THE EDITOR... if you don't then this magazine may once again cease to exist due to canoeists apathy.

Well over the last few years lots has happened in the New Zealand canoeing scene that most people would probably not have heard about.

A very successful whitewater nationals was held on the Buller river over the 86/87 new year period. The high flow with perfect weather (after the rain) presented a demanding course which close to 150 competitors took part. Seven countries were represented and the reigning world champion at the time — Englishman Richard Fox pipped New Zealand's Donald Johnstone by a mere one-tenth of a second. Well done to the consortium of Christchurch canoe clubs who organised this event.

The South Island Championships were held on the Buller over New Year 87/88 and once again large numbers turned out to participate. What is excellent is the South Island slalom scene is becoming more and more popular and more women are training seriously to go on to the Pre worlds in the USA.

Donald Johnstone competed in the world slalom championships in France and achieved fifth place. This is the best a New Zealand paddler has ever done. A report is to follow later in this magazine.

Every year a canoeist is picked as Canoeist of The Year and in 1987 this award went to Bevan Walker of the Nelson Canoe Club for his dedication to sport, both teaching and participating in whitewater and sea kayaking since the clubs inception.

Many canoe clubs have the 'original' club members still in them and would be lost without the ability and skills that they readily pass on to the new people learning the sport.

The instruction officer Nick Billows has run well attended instructors courses for the N.Z.C.A in various centres and by improving the instructor system, by refreshing and increasing the number of new skills and attitudes towards the sport, we can make sure that the new skills and attitudes towards the sport learnt by beginners are the correct ones.

The New Zealand International Regatta evidently went well with the New Zealand kayakers eventually finishing in the top places. A report on this event follows later onwards.

Hugh Canards N.Z.C.A handbook is being reprinted with Mike Savory's help. This handbook is essential in our libraries and provides information on river access, putting in/getting off points on various, regularly canoed rivers.

The sport is becoming more popular and as the numbers increase the standards have improved (although these two points are not necessarily related) The improvement of

standards is related to better and higher standards in teaching, coaching of new canoeists.

Safety has been seen to be neglected recently by many clubs, although some clubs are very aware! Who amongst us carries throw bags, towing lines, first aid kits and split paddles on rivers. We know we should do this but how many of us do?

An accident report included later in this magazine shows how an experienced group of canoeists on a two-three day river trip on the upper Waiau dealt rather inefficiently with a rescue until one or two quick thinking people acted, and the actions of one person saved the entrapped canoeists life.

WHAT SHOULD WE DO? in these situations. Well by getting together in groups and acting out a swim, pin or wrap situation with the kayak we can decide, discuss what our roles would be within this theoretical problem. Discussions in these groups will determine the best course of action. Remember awareness is the best course of action. Remember even the good guys occasionally get their 'beatings'.

We will soon see the demise of old friends called the Clutha and Lower Kawerau rivers. Rapids like the Cromwell Gap Bannockburn and Sargoods Weir will disappear forever. Before the go Canoeists of New Zealand should unite in a farewell paddle saying good-bye to some of the finest whitewater in New Zealand.

Sargoods Weir rapid is one of the few Grade 4-5 rapids we can kayak on as we are improving and stepping our way up the scale of personal improvement. The lake will remove this step in our education of our paddling improvement and will make it harder for canoeists of the future to enhance their skills.

The grading scale has taken a bit of a hammering these days - a lot of people refer to other kayakers by asking what grade they paddle - these people then tend to be categorised as Grade 3 Grade 4+ kayakers. I personally feel this does the sport some injustice. Grades are simply a guideline, I get as much pleasure out of a scenic Grade 2 as a hard 3+ (maybe not as much adrenalin though)

When I see a kayaker I assess them on a skill level rather than grading them. Recently people with low skills have been attempting Grade 4-5 water and this gives canoeists a bad name in the public eye.

I do feel that it is every persons/canoeists right to attempt a sport/rapid if they personally think that they are up to it (who am I to judge the suicidally inclined anyway?) It is a personal decision hopefully not made to hastily by unskilled canoeists of poor judgement.

Not many of us are aware of what is currently going on or how we and or rivers are being exploited. Quite often you don't hear about what the Government and Local Authorities are doing until it is too late to send in submissions for/against what is being proposed. REMEMBER if you write a submission it counts, don't sit back and take the 'she'll be right' attitude so many New Zealanders have taken in the past to their detriment. Write in and have your say - YOU COUNT!!

Recently all New Zealanders have heard about user pays, some of us tend to switch off but we must realize that this does affect canoeists. Forestry Corp have attempted to charge and deny access to rivers across thier land. Electricorp caused slaloms to be cancelled due to no water. State owned Enterprises have already affected our recreational interests.

The N.Z.C.A. after negotiation with various corporations are finally finding out what their policies are! The N.Z.C.A. now has a reasonable working relationship with these corporations.

**REMEMBER IT IS NOT "RIVERS ARE FREE"
IT SHOULD BE "MAKE SURE RIVERS STAY FREE"**

INTERESTING TIT BITS - KAWARAU RIVER

CITREON RAPID has been kayaked regularly over the last summer.

Sargoods Weir has also been sucessfully kayaked regularly over Summer.

Two attempts on Nevis Bluff Rapid, one by Brian Park of Blenheim in a dancer and another by Phil Dove in a Gyromax C.I.

ENJOY YOUR PADDLING AND DO IT SAFELY.

The Editor.

SOUTH AMERICA

In March 1986 Bill Wilson thought about travelling and kayaking overseas. South America sprang to mind, but who to travel with was the question. More to the point who was keen and financial enough!

Well I was interested but due to work commitments I gave it away. Several other kayakers expressed interest up to the last minute but interest was as far as it went! Philip Abraham of Christchurch was the only other non-dreamer kayaker who realistically set his goal to go!

Bill and Phil pursued the Spanish language at night classes and planned their trip to leave in July 1987. Bill found information on kayaking in South America basically impossible to find but small tidbits of information gradually filtered in. The next problem was transporting the kayaks and excess baggage to South America.

After negotiation Aerolineas Argentinas offered them free transportation for their excess equipment, costs otherwise were so prohibitive that taking kayaks would have been out of the question.

So Bill and Phil and their support team of non-kayakers wish to acknowledge the support of Aerolineas Argentinas for helping them in transporting excess equipment on their Aerolineas Argnetinas in Peru Kayak Tour of South America 1987.

Phil and Bill kayaked four rivers and ten in Chile, an amazing feat considering the logistical problems involved - river access, boat transportation etc. While there they trekked a few ancient trails and climbed a number of volcanoes etc.

Bill Wilson came home in January 1988 via Madrid while Phil Abraham is still in Europe somewhere.

Over the next few issues you'll read articles on South America and if you're interested in travelling there Bill can be contacted via the editor. The N.Z.C.A also has a detailed trip report (if you can read it!)



Phil Abraham on Lake Titicaca

CLOSE ENCOUNTERS OF THE SOUTH AMERICAN KIND

"No, the trucks leave tomorrow". We heard this from several people, all of whom were wrong, (or having a good laugh at our expense) WELCOME TO PERU. Two days later we managed to find a truck and were on our way to the jungle - Destination the Tono River. A local sitting nearby informed me that my pack had been stolen, the thief well on his way. I didn't have time to do anything about it as the truck was on it's way to the small jungle village of Patria. About ten nauseating hours later we arrived, our kayaks reduced to low volume by excessive people and provisions on top of them. Our appearance in Patria was akin to a landing by martians and we were quickly surrounded by the two-legged mosquitos' that follow kayakers around Peru. They assured us that the Tono was quite uncanoeable. This had us sweating, as our cuzco sources had only said they thought it was runnable, it hadn't actually been done yet.

What better than to follow this stressful day than a stressful night? Virtually zero sleep due to the mosquitos', insect noise, rain and thunder and the loud Salsa music blasting out of some public address system until 3.00am.

Up at 5.00am to catch a ride to the river. We got away around 2.00pm and after a half hour ride we were at the river bank. It was a great moment for Phil and I, after eighteen months planning and getting over or around innumerable obstacles, to be putting in our first big river trip in Peru.

The Tono flows through the high forest in the province of Madre de Dios, to the east of the Andes. It flows very swiftly and steeply through increasingly denser jungle until it runs into the Alto

Madre de Dios, a large jungle river navigable by motorized canoe. As with almost all the Eastern Rivers, it ends up via several names in the Amazon. Not difficult at our flow level, it would be very demanding in flood.

We paddled for about one and a half hours then made camp. The water was not difficult but steep and demanded concentration. Superb forest views, lots of birdlife, swallows, parakeets, kingfishers etc. While camping we were introduced to one of the delights of jungle travel - ants. Big, hungry bastards.

Day two on the water produced bigger water, but not more than Grade 3. As we approached the village of Pilcopata, villagers along the banks stopped us and talked a bit, whilst children swam with surprising nerve/stupidity in the rapids, making our kayaks seem redundant. We paddled on past the confluence with the Kosnipata, and the river became the alto Madre de Dios. Shortly after, we passed through a very beautiful, peaceful canyon before making camp. That night we were dismayed to learn that the ants around here were even bigger and hungrier, and in addition the mosquitos, fireflies and even the moths were after blood.



Bullocks and Kayaks

The next morning we had to thoroughly rinse out all our clothing to evict the squatters and decided to explore the surrounding jungle for one and a half days. Then it was a sluggish paddle down to our takeout point.

And that was the Tono, a very pretty, relatively easy river. It was a good introduction to Peruvian conditions and the whitewater would certainly come later. The story of our 250km, three day journey back to the Cuzo is too bizarre to possibly repeat here. Buy me a beer sometime and ask about it!

— Bill

WHERE THE HECK IS WHAKAHORO?

By triathlon race director Dave Bamford

For a young family intending to spend a quiet Labour Weekend camping in a remote part of Whanganui National Park, a place called Whakahoro near the junction of the Wanganui and Retaruke Rivers, seemed an ideal location.

Imagine their surprise when their isolation was disrupted by the arrival of more than 600 people - competitors, supporters and officials involved with the inaugural Norsca Mountains to the Sea Triathlon. In a short time bikes, tents, campervans and army kitchens covered a wide area above the river at Whakahoro as the first day of the three day event drew to a close.

The day had begun at the base of the Whakapapa Skifield on Mt Ruapahu in Tongariro National Park. Mist clung to the western slopes of the mountain as competitors gathered for the start of the first section of this rigorous event. Eighty-four individuals and competitors from 55 teams - a full field from right around the country - lined up. Excitement was tangible as Brian Jones from the National Parks Centennial Commission announced the start of the race and fired the customary shot.

The first runners reached the National Park in little over an hour and a half having traversed mainly across country through tussock and boglands. For many competitors this 20km run proved to be difficult and time consuming with some of the slowest runners having times of more than 2 hours 30 minutes.

Next came the 61km cycling leg through to the banks of the Wanganui River below Taumaranui. The tight winding roads from the National Park, down the Wanganui River at Ohinepa did not deter top cyclists and within 1 hour 20 minutes Graeme Pearson had put his team member canoeist Mike Bassett in a good position. Bassett did not slacken and churned through the 35km river selection in 2 hours 20 minutes to take the second fastest time of the day.

At the end of Day One there were 10 teams within half an hour of each other and this group continued to battle it out through until the last day. A heated four-way contest had been anticipated in the individual section between Russell Prince the 1987 Longest Day Champion, Brian Sanders a double Coast to Coast champion and noted multisports performer, Roger

Nevatt a New Zealand cycling rep and talented canoeist, and Terry Newlands the current Coast to Coast champion. This proved to be so and Newlands, Sanders and Nevatt finished all within six minutes of each other. Prince was only eight minutes behind and was in ninth place. Paul de Rijk put in the fastest individual canoeing time of the day to earn fourth place, demonstrating that canoeing skills were essential to staying up the front.

By mid-afternoon on Saturday all competitors, supporters and race officials were established at Whakahoro. The family camping party who had come to Whakahoro to get away from it all decide to stay and enjoy the fun.

Sunday began with a reveille from an army bugle. Canoeists started the day in the reverse order of the finishing Day One. For many of the canoeists the 87km trip which lay ahead was their longest ever paddle and they began the day with trepidation.

For some time it was to be a non-stop paddle with a vast array of food strapped onto their canoes and elaborate fluid-feeding systems in enable drink to be imbibed while still paddling. For others, the check-in point at John Coull Hutt, about 40kms below Whakahoro was a welcome place to stop, refuel with soup, stretch the legs before setting off again for the remaining 47km.

With the river running at it's lowest level for the last few months it proved to be a long paddle. Prior to the race, canoeists had been warned by those still paddling at dark would be assisted by boat to Pipiriki! Despite huge blisters and sore backsides all but one of the canoeists completed the trip without assistance.

It was on Day Two that the strong canoeists consolidated their places or moved up the rankings. Mike Bassett and the Martin brothers completed the 87km river section in just over six hours. Only 20 minutes further back was Paul de Rijk, followed by Nevatt in the individual section. Claire Parkes of Nelson continued to dominate the women's section and a keen battle was going on in the vet's section between training mates Ian Titter and Jeff Wells from Taranaki.

The triathlon converged on Pipiriki at the end of the Day Two. The sight of competitors walking backwards up the hill to a hangi hosted by the local community was proof that the race was taking it's toll.

Everybody had to be up early on Day Three. The Wanganui community had agreed to close the River Road for four hours to enable the competitors to have a clear, safe run and cycle to the State Highway. This meant that all supporters had to leave Pipiriki before the 7am start. The race along the winding scenic river road was dominated by Mike Trotman who put his team further out in front with a blistering sub 1 hour 50 minutes run over a distance of 30km. Once off the gravel the competitors changes onto bikes for the final 54km sprint through to Wanganui and Castlecliff Beach. By 10.15am, Graeme Pearson had led his Auckland team to first place in the triathlon's open team section. Their total time of 14 hours 44 minutes 21 seconds for the 287km was 25 minutes ahead of the next team to arrive comprising Tony Green, Jamie Martin and Grant Adlam of Taranaki.

Roger Nevatt won the individual event comfortably with a total time of just over 16 hours. Terry Newlands and Brian Sanders fought it out for second and third place with Newlands ultimately beating Sanders by two and a half minutes.

By 1.30pm all the competitors had reached the beach. For many, their final placings were irrelevant. After a solid two and a half days of running, cycling and canoeing from the slopes of Mt Ruapehu the sight of the calm Tasman Sea was a just reward for the months of training required for the triathlon.

The Norsca Mountains to Sea triathlon was over. The event had been the culmination of months of planning. The course had to be assessed, tested, timing systems finalised, liason with local communities affected carried out, the appropriate approvals obtained from various departments and a thousand other details sorted out.

The triathlon was the brainchild of the staff from the Department of Conservation and the planning, preparation and running of the event was a part of the National Park celebrations. Although held to celebrate 100 years of national parks in New Zealand, it is hoped the race will become an annual event on the national triathlon calendar. At this stage all the principal organisations involved with the event are keen for the Mountains to Sea triathlon to continue.

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PADDLER'S PERSPECTIVE - NORSCA MOUNTAINS TO THE SEA

By Uncle Leo

Paddlers of all ilk raced and enjoyed themselves over Labour Weekend. The river racing felt like a tour but had all the organisation of a top race.

Not many paddlers race 120 odd kilometres over two days and those fit enough to hack the 97km second and final leg on day two (of three) were rewarded with total elapsed times under nine hours.

Here are some of the faster times.

| | |
|---------------|------------|
| Andrew Martin | 8hrs 18.52 |
| Mike Bassett | 8hrs 24.25 |
| Paul Bassett | 8hrs 31.17 |

The womens' times were healthy too; Claire Parkes finished with a total paddle time of 9hrs 33.17, just ahead of Denise Higgison on 9hrs 36.64.

The overnight camp at Whakahoro was a welcome sight. It felt good to paddle up in front of such a welcoming crowd. The boys and girls slept well that night and in the morning the faster paddlers on day one, got to sleep in a wee bit as 'day two' started in reverse order. This also meant that you were constantly passing and being passed on the second day. On the long 10km straight above John Coull Hut (half way second day) I had fifty or more paddlers in sight. Unfortunately most had already passed me.

At one stage I thought I could hear a Mac truck coming downstream, but it turned out to be Bob McKerrow in his plastic Dory. There were fears on the line that he might overshoot the finish and pop out at sea.

Paul de Rijk and Max Grant posted good times, Paul being the fastest individual overall at the end of day two. It was good to see so many old paddling faces rubbing shoulders with some pretty elite cyclists and runners. Rob (spillage) Worllage made the national glossy magazine in the weeks following the race. His blistered hands reaching for the lens.

The Country Cousins from Wanganui were conspicuous by their absence.

Some brave paddlers selected plastic river kayaks in order to take in a bit more of the wonderful scenery. The most notable of these was John Argue (TMCC) who finished in 14hrs 37mins. However, if you deduct the time John spent out of his boat having quiet cups of tea and visiting local museums you would see a reasonable time achieved.

Despite near flat conditions all the way down the Wanganui, general wariness, especially amongst the individual contestants, saw most paddlers get a bit loose of line especially in the last quarter seemed to take forever but each paddler from Mike Tait (first across the line) to Carlos Short (last across the line) enjoyed the urgings and greetings of the enthusiastic crowd on the Pipiriki Wharf. It was pleasing to see such good organisation allowing to the paddler to concern himself/herself solely with the task at hand. (Finishing with dignity).

Racers spotted during the weekend include Kim Price up from Tekapo with his Mt Cook team. Corky from Te Marua with Bill Thompson, Corrina Dingle from Turangi and the families Martin and Bassett.

All in all an excellent race which lends itself to team racing initially but if you feel you have what it takes to complete the full number, run, cycle, paddle over three days, go for it.

You are assured to enjoy either option.

Be there in 1988!!

Uncle.

NORSCA MOUNTAINS TO THE SEA TRIATHLON

By Mike Christensen

At first it seemed like a sensible and straight forward idea; a leisurely labour weekend away, taking part in the Mt Ruapehu to sea triathlon. Had we anticipated the worries and hassles that developed we probably wouldn't have entered. The original plan was to enter a laidback, non-serious team whose aim was merely to participate in this National Parks Centenary event. Accordingly we sent off the \$300.00 entry fee and thought about training. Things started going wrong soon after.

Bill Anderson was the first casualty, with a back injury. This was not from training but from being an attentive father with his twin boys; they say one's home is the most dangerous place. Newcomer to Palmerston North, Dunedins own Murray Grant, was heard to mention an interest in that lesser event, the Coast to Coast, if only he could canoe. At the time of Bill's misfortune Murray had achieved his first milestones; a winter swim in the Manawatu river and a complete circumnavigation of the lagoon. Max's first sight of Murray came when standing at the finish line of the Halcombe to Fielding road race, and a witnessing him break the 17 year old record. Murray didn't need much tempting from then on the rest of the team took training somewhat more seriously.

Max's training was going well, with many trips to from the Raumai bridge to the MOW depot at the mouth of the Gorge, when his back problems began. An unwanted game of canoe polo a week before the event had him on his back in pain and unsure of his chances of being able to compete. Murray picked up a virus which not only stopped him competing in the national road racing champs, but made him look another unlikely starter. On Wednesday I walked into our towbar and the destruction of the team seemed complete. But come Friday we all made it into the blue van. We weren't the only club members who wanted to experience this most promising event; the Evil Meenie called on the services of two Aucklanders to tackle our might. And Alan Gardner, who we all know is no fool, became a ladies' man. But as we shall see he had to pay a price.

We attended a pre-race Friday briefing, which with the sight of the weather-beaten, fit-looking participants, produced an appropriate atmosphere. The sight of other canoes and bike-loaded vehicles grinding up the Bruce Road, a brief look at the larva-boulder "running track" disappearing into the rugged distance and carrying bikes and gear into the ski lodge, completed the adrenalin-priming process.

Alan's fate at the hands of his party of four women was soon evident. No two hour game of 500 for him, it was now all pasta, bananas and team talks. For the next two days if they weren't actually competing these women keep Alan closeted, even performing vital massage to keep his body performing.

The atmosphere was tremendous as the runners set off on the tough 20 odd km cross-country run to the National Park Village. The excitement and thrill amongst us exploded when we learnt that Murray was first approaching the start of the 67km cycling leg. The sight of the pain on Murray's face was enough to set me off with a mission, chasing after the flashing lights of the lead car. The thrill of being race leader was the highlight of my sporting career, and I couldn't believe it when I was still in front one hour later riding past the onlookers in Taumaranui. The four hills to Ohinepa, together with forgetting to drink until too late, told and I collapsed after completing the leg with our team in fifth place.

Max got caught up the excitement and I'm told back pains were forgotten as he bounded down the hill and disappeared in a cloud of spray on the first canoeing leg of 37km. Meanwhile Murray's virus condition had reoccurred and he was reduced to lying down whenever possible, unable to eat. However after a break at Jock Erceg's museum 7km downstream Murray decided on a trip down the river to Whakahoro in the double kayak rather than face the 2-3 hour windy road in the van. Thus our team had the distinction of being alone in getting the entire team to Whakahoro by river. There we found a jubilant Max, fresh after showing the other RWWC paddlers how it's done. He had brought the team home in 6th place. Margaret fed the team in style while for Alan it was another night of carbohydrates, team talks and massage.

Sunday morning saw the start of the crucial leg, the 87km paddle to Pipiriki. Paddlers were sent off in groups of four, at two minute intervals, slowest times first, starting at 6.30am. Max set off at 7.30, armed with bananas (donated by Alan) and moros taped to his boat, and his gallon container of drink complete with sucking tube. He lost his moros in the first rapid.

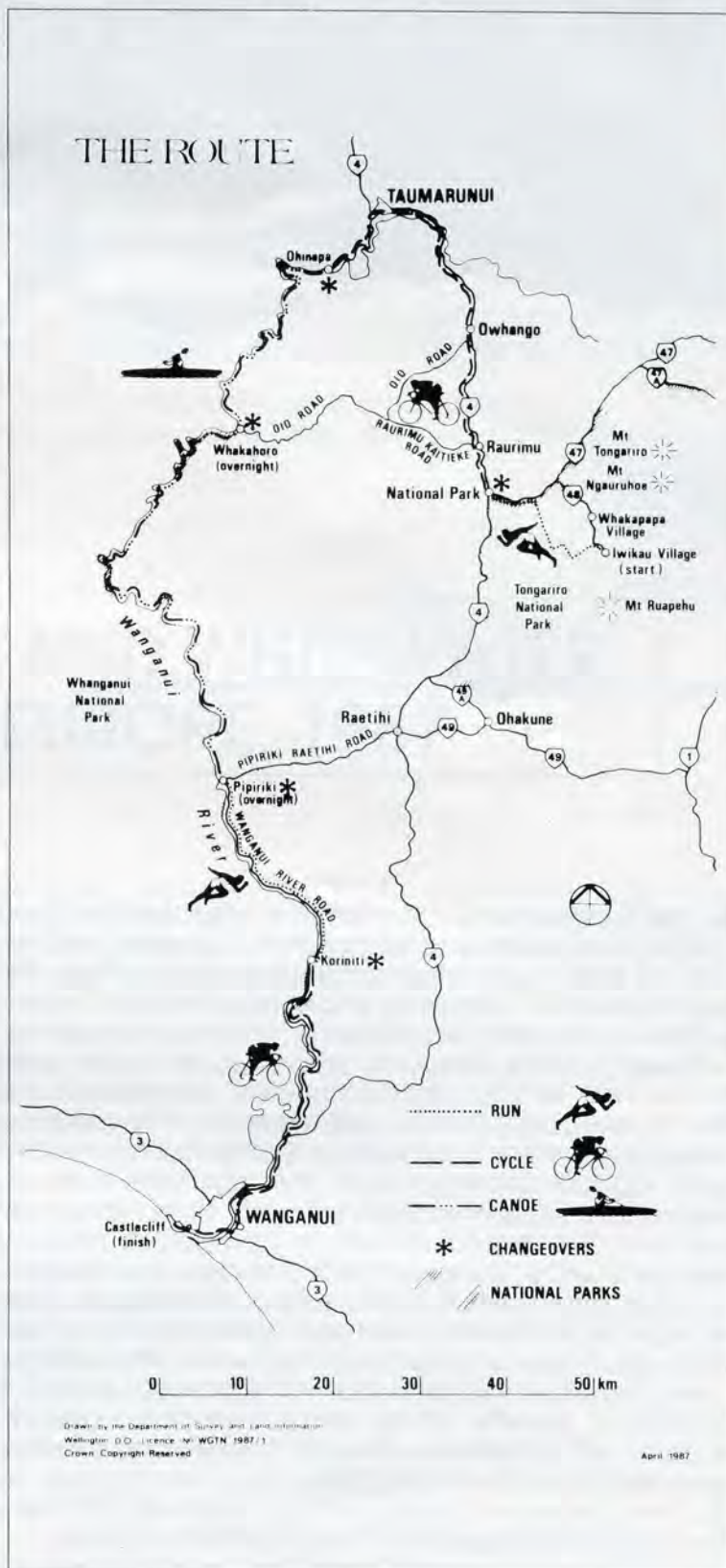
We set off on the drive to Pipiriki nervous about Max's chances of finishing, knowing the evil one would give no mercy, and the thought of Max coming out at dusk by jet boat is just too terrible to contemplate. Murray was looking terrible and slept in the back of the van till Raetihi where he forced down a cold meat pie and felt more terrible. There is no truth in the rumour that Murray for whom 8am seldom exists, was just allergic to the break of dawn starts. We really knew he was bad when a full leg massage by Alan's team-mates could raise no more than the faintest of grins.

We arrived at Pipiriki in ample time to set up camp and get nervous waiting for Max. Andrew Martin, Mike Basset, and the surprise performer of the event, top slalom paddler Paul de Rijk, shot down the last rapid, winged paddles flying, in little over 6 hours. Max looked great as he took two places in the final rapid with a straight line and continuous paddle strokes, unlike so many bunnies who were forced to back paddle and wobbled their way down this moderately boily rapid, and ahead of Alan and the Evil Meenie. Not even a dastardly 45 degree manoeuvre by the Evil One could stop Max from taking the fastest RWWC time, he climbed slowly out of his boat on a mighty high, his task was completed. Alan climbed out and immediately celebrated with a vow of abstinence from bananas and health food. The Evil One staggered trembling from his, wondering how stop the flying trio. That night the non-serious teams and supporters treated themselves to a superb hangi, while for the others it was another height of bananas, pasta and all sorts of brews designed to create a desired state of masochism in the hope that performance would result.

With the four M. Grants in our party, we should have been right for the final day, but it was the South Islander who shrugged of the evil eye, and calmly announced he would bike the final 54km. Not for Murray the body-fitting cycling gear with cut down track suit pants, tee shirt and running shoes. It took a lot of hard talking to keep him from wearing Alan's faithful straw canoeing hat. It was then that the evil one played his trump card, the Spider. The sight of those legs ascending to impossible heights made me identify with Jack and his beanstalk, and our 22 minute lead looked shaky indeed.

The final run was 32km on gravel, with a couple of heartbreaking hills for those whose thighs were still painfully jelly from the first days run. With careful attention to drinking I finished the run in good time feeling great, sent Murray on his way ("where's the bell"), and received the celebratory hug from Alan's cyclist Vicky Eastwood.

The final day was rough on the Grants nerves as they had to leave the river road in advance of the arrival of any competitors and wait at the S.H.4 turnoff with no news of our progress until we turned up. We all had a grave doubt about Murray's ability to get to the top





Donald Johnstone Ngaawaparua 1988 Whitewater Nationals

of the Gentle-Annie hill, similar to the Saddle Road, and then to descend safely the sharp corners and narrow road to S.H.4. The relief, elation, and surprise was evident as I got out of the first army truck bringing the runners out. And after a short wait Murray arrived and vanished again towards Wanganui and a safe finish at Castlecliff Beach. The event finished with a lunch worthy of the attention of people who had completed the gruelling event.

Several points may be of value to those wishing to take part in this or similar long endurance events. An enthusiastic, competent support crew is essential and we truly had that in Margaret, Sandy, and Melanie. Pay careful attention to drinking, and start before you need to. The same applies to eating during the cycling and canoeing stages. In events with such rugged running stages, the legs take a real hammering and an ideal combination for teams is to have members who are both runners and cyclists. It was an eye-opener for us to see one top individual with a competent physio in his support team. Nearly all the fast paddlers were using winged paddles and seemed able to move quickly in spite of the obvious lack of white water skills of many users. Most competitors paddled down-river racers, of all possible makes, but there were several surf skis, Venturers, a Scorpion, Dura, and to top them all, one guy came down in a "wave-rider" with his paddle tied on to the front grab loop!

We all rated this as a truly memorable event, full of challenge, drama, thrills, fun, good company, friendly rivalry, perfect weather, and marvellous scenery. The organization was superb, with admirable attention to detail, and well worth the \$300.00. It was the sort of event to give new life to the old brigade.

| | |
|---|----------|
| For the record Roger Nevatt was the first individual: | 16.09.06 |
| Mike Bassett's team was the first team: | 14.43.21 |
| We were 8th team, 13th overall: | 16.53.03 |
| the Evil Meenies Tarantulas, 10th team: | 17.01.09 |
| Alan, Vicky Eastwood, and Vicky Adams were 2nd mixed team: | 18.11.45 |

NGAAWAPURUA

There are now new toilets at Ngaawapurua, provided by funds donated from North Island Canoe Clubs. They were constructed in Palmerston North by the 'Bishop Construction Co Ltd' and trailered up to the site by 'Humphreys Transport' Wanganui.

Having used these delightful long drops I find that the construction of these toilets is a positive step for the North Island Canoe Clubs to take, in heavily trafficked canoeing areas. It took many years and unhealthy human pollution before toilets were even built on the Kawerau/Shotover rivers down South. Health hazards are noticeable at many popular rivers throughout New Zealand.

River access at Ngaawapurua is an improvement with an excellent track having been made to the rapid.

The Ngati Tahu trustees and Dept of Conservation (D.O.C.) are going to erect a fence approximately thirty metres from the river edge and trees will be planted to help stop future river bank erosion.

It is many canoeists worries that the excessive erosion of the rock surfaces that form the rapids is caused by the Electricorp varying the Waikato river level twice a day from a one metre gate (low) to a twenty-two metre gate (high)

If you were subjected to these conditions I feel that you would soon erode away!

A very good Whitewater Nationals was run there at Easter 1988 but more on this in the next magazine.

THE NEW ZEALAND WHITEWATER TEAM IN EUROPE, 1987

New Zealand achieved two of its best ever results in the World Whitewater Canoeing Championships when they were held at Bourg St Maurice in France in July. Donald Johnstone placed 5th in the very competitive K1 Mens Slalom event, and Michael Bassett, in his first World Champs, placed 19th in the equally competitive K1 Mens Downriver Race.

Andrew Martin, who had won a downriver race in Switzerland prior to the Worlds, was expected by the New Zealand Downriver Team's coach, the legendary French downriver paddler Luc Verger, to do well, but he had all the ill fortune to eddy out late in the race when he was lying in about 12th place, and finished 43rd and Ron Cole 46th in a field of 67.

The Downriver Worlds were held downstream of the slalom site on the Isere River in the Haute Savoie area of France chosen for the 1992 Winter Olympics, and the K1 Mens event was won by Antoine Goetschy of France. Rolf Kilian of West Germany was 1.46 seconds behind (over a 14 minute course!), with Cesare Mulazzi of Italy third, less than 2 seconds further back.

Don Johnstone had placed 3rd at an international slalom at Mezana in Italy in June, and was lying 3rd behind Yugoslavian Marjan Strukelj and Richard Fox of Great Britain after a clean first run in the World Championships. However he could not improve on it, and Toni Prijon of West Germany and Jernej Abramic of Yugoslavia moved up into 1st and second place on 2nd runs, leaving Strukelj 3rd, Fox who hit gate 13 in both runs, 4th, and Donald in 5th, by far the best placing New Zealand has achieved in the World Champs.

The other New Zealand slalom paddlers found the slalom course steep, fast and difficult, as did many of the other competitors. After disappointing 1st runs they managed to improve somewhat in their second runs, with Ian Jones 70th (in a field of 77th), not a true reflection of his abilities.

The famous French pairing of Pierre and Jaques Calori took the C2 event from Haller and Mc Ewan of USA (Jamie McEwan won the bronze medal in C1 at the Munich Olympics in 1972), and Hajduck and Kucera of Czechoslovakia. In C1 the Americans cleaned up: Jon Lugbill won his 4th individual gold from 1985, and Bruce Lessels celebrated his first Worlds by winning bronze in the individuals and gold in the teams. The 4th American C1, Jed Prentice, could only (!) manage 6th.



Peter Percy Olympia kayak Citreon Rapid New Year 1988. Photo by Sarah McRae



Liz Sharman of Great Britain won the Women's K1 by 2 seconds from Myriam Jerusalem of France, who was in New Zealand with Richard Fox last Summer, while West Germany's Elisabeth Micheler emulated Bruce Lessels' feat by taking the individual bronze and team gold in her first World Champs. France was 2nd and USA 3rd in Womens Teams. In K1 Mens Teams Richard Fox led the Great Britain team to victory ahead of Yugoslavia and France. New Zealand, minus Don Johnstone, placed 15th in a field of 19. In C1 the French team were only 6 seconds behind USA, with the Czechs 3rd, while in C2 the French were 1st, the Czechs 2nd, West Germany 3rd.

Other international events attended by the NZ Slalom Team were:

Merano, Italy:

Donald Johnstone placed 24th,

Barry Webb 41st,

Peter Shea 44th,

Ian Mercer 64th, and Rick McGregor 65th in a field of 92 in K1 Mens;

Phil Dove placed 22nd out of 32 in C1;

Gill Wratt placed 18th out of 24 in K1 Womens.

Mezzana, Italy:

In addition to Donald's 3rd placing (behind Fox, who also won at Merano), Barry came 31st, Peter 33rd, Ian Jones 35th, Ian Mercer 42nd, and Rick 43rd in K1 Mens;

McPhil came 21st in C1; and Gill came 18th in K1 Womens.

Augsburg, West Germany (after the World Champs):

Shea placed 32nd, Jones 33rd, and McGregor 42nd; and NZ was 8th of 16 teams.

Expatriate New Zealander Hans Vlaar also completed at Merano (48th), Mezzana (37th), and Augsburg (46th, and 4th in teams with 2 Italians).

THE ALL NEW ALPHA BY QUALITY KAYAKS

USAGE - Whitewater Kayaking

LENGTH - 3.70m

WEIGHT - 13.5kg

Designed by Australasian Slalom Champion Donald Johnstone.

This radical new whitewater kayak has introduced a new dimension to whitewater kayaking. This is a forward pivoting boat which ensures fast and smooth turning plus true big wave surfing. The straight rear hull shape gives the Alpha a longer water line when moving forward, thus giving the excellent speed and tracking ability. For true excitement in rough water the Alpha 'calls the tune'.



Alpha Kayak Xmas 1987 CITREON RAPID on the Kowarau River

Quality Kayaks International

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EDITORS NOTE:

In several years of kayaking I have seen many shoulder injuries, the kayakers most common serious injury! Whether or not they are major or minor it is ironic that most shoulder injuries are more preventable than curable but most of us pay little attention to prevention, due to ignorance - until it is our arm in the sling.

Several friends have suffered dislocations, three of them have 'popped' their shoulders not once but with such regularity that operations were needed to rectify the problem. Those that have suffered the excruciating pain of shoulder injuries wish they had known more about avoidance of the problem area. Remember the old cliché 'PREVENTION IS BETTER THAN CURE'

Even so, fully healed shoulders can tend to pop out again unless we exercise the necessary caution needed. Reading the rest of this article may give you an idea of how to look after your shoulders — I found it rather interesting.

SHOULDERING THE BURDEN

Why are the shoulders so vulnerable? And why are there such dramatic differences in the permanence of recovery?

The shoulder is the most mobile joint in the body. To see how it accomplishes this, take a piece of wood the size of your scapula (shoulder blade), hammer a golf tee into the side edge of the plank, and place a golf ball in the shallow depression of the tee. Glue the ends of four strips of elastic on to the ball so that they hang around it like a grass skirt. Stretch each piece of elastic and attach the loose ends to the scapula. In life, the elastic strips are bound to each other with connective tissue and the whole group is called the rotator cuff. The golf ball can rotate almost any direction, but it depends on those weak strands of elastic to keep it in the socket.

When a shoulder is dislocated, the arm bone is pulled out of the socket, coming to rest beside it. If the shoulder is only 'subluxed', the bone drops back to the socket after a partial dislocation. In either process, the rotator cuff is stretched, torn, or split. Fortunately, the rotator cuff is not only ligaments - which can grow back - but also muscles, which a kayaker can strengthen and enlarge.

Not surprisingly, the people who have strengthened the four little muscles of the rotator cuff through a vigorous rehabilitation program are the ones that are unlikely to dislocate again. Better yet, this suggests principles for *preventing* the dreaded dislocation.



Exercises for strengthening the shoulder
(left to right): external rotation, internal rotation, abduction, and adduction.

Strengthen your rotator cuff and upper body muscles. The exercises are to be repeated, as with most body-building schedules. Increase the amount of weight you are lifting until your muscles fatigue after 10-15 repetitions. Rest after each set of 15, adjusting the weight as necessary so that you can perform three sets without causing pain.

The exercises for building just the rotator cuff are those which emphasize rotation around the axis of the upper arm. With your elbow at your side, the motion used to pull a lover's waist toward you is called internal rotation. The opposite motion, as when parting the bodies in a crowd of people, is external rotation.

The illustrations for internal and external rotation show a kayaker lifting weights while lying on his side, but the exercises can also be done while standing, by pulling against a weight held by a rope run through a pulley, or using an electric cord such as surgical tubing. Whatever method is used, it is essential to keep the elbow in one place, so that the upper arm bone rotates along its long axis but does not change its location. "Flapping your wings", or abduction (up) and adduction (down), not only use the small rotator cuff muscles, but also the more massive muscles, such as the deltoid on top of your shoulder. The big muscles can take much of the load off the little rotator muscles when paddling. Of the exercises shown here for building the rotator cuff, abduction and internal rotation are the most important ones. In addition, strengthening *all* of your upper body muscles will create a first line of defense to protect the vulnerable shoulder joint. Consider pull-ups, push-ups and overhead lat pulls, and military and bench presses. Of these, pull-ups and overhead lat pulls are probably the most

important for avoiding shoulder dislocations, and they're great for you're paddling as well.

Give you're shoulder a break if it's "talking to you". Is your shoulder a little sore even before the river runs begins? Did you feel a brief jolt of pain while paddling last week? If so, you may have unknowingly suffered a sublux. Subluxes can do tremendous hidden damage to the rotator cuff. In fact, Dr. William Southmayd, director of New England's largest sports medicine clinic, insists that a sublux does as much damage to a rotator cuff as a complete dislocation. Even a small injury makes a big injury more likely to occur. If your shoulder is talking to you, listen. Heal it before you head back into the foam.

Don't get in over your head. River runners should always be prepared to admit that they're not quite ready for a given river or rapid. In relation to shoulders however, you especially want to avoid getting into a hole big enough to require a brace that is literally "over your head". You greatly increase your risk of a shoulder dislocation as your arms get more fully raised. Big muscles keep the lowered arm in place; only a few weak muscles hold the upraised shoulder together. Use a low brace whenever possible. When you use a high brace, a good rule is to always keep your paddle more-or-less centred and below you're eyes.

Keep you're weight over your boat. The adage "lean downstream" forces beginners to raise the upstream edge of their boat enough to avoid being flipped upstream by the swift current that can grab the edge during a peel-out or similar manoeuvre. The disadvantage of leaning downstream is that it can't be maintained without a stroke or brace to support the over balanced body of the paddler. Expert paddlers solve both problems simultaneously by lifting the upstream hip (pulling the boat's upstream edge out of the water) without leaning the torso downstream. The expert is stable without paddling a stroke, as his centre of gravity remains over the boat. No brace is needed, and quick, powerful strokes can easily be given on either side. This improves control when side surfing, makes it easier to paddle forward or back to the side of a hole when you're finished surfing, and it brings the shoulder into a position from which a dislocation is less likely.

Keep your hands in front of the plane of your shoulders. Among gymnasts it is often said that only 11 pounds of pressure are needed to dislocate a shoulder if an arm is behind the plane of the shoulders. If you must plant a paddle blade behind you, quickly twist your torso so that you can squarely face the shaft of your paddle. You will have then rotated your shoulder away from the high-risk position.

Absorb shock with muscles, not ligaments. This is the key to prevention. By avoiding extreme postures, you insure that the unexpected jolt is absorbed by big robust muscles. If both arms are bent and in front of you, you'll have plenty of muscular freedom to cope with the unexpected.

Let go. If all else fails, let go. If one arm is pulled out straight, release that hand. Most likely you will need to follow this manoeuvre with a roll, but isn't rolling better than suffering an injury that could limit your recreation.

ON-THE-RIVER FIRST AID

A shoulder dislocation is a medical emergency requiring prompt evacuation. In our experience, emergency-room physicians are reluctant to reduce a shoulder dislocation on a river, as they prefer the malpractice protection afforded by X-rays and a hospital environment. Very rarely, a nerve or artery gets pinched by a dislocation or its reduction. If a person loses sensation or blood flow to an extremity, the limb may be lost if blood flow is not restored within about 90 minutes.

Such complications are very uncommon, however, and reducing a dislocation in the field may be less risky than a dangerous evacuation with an incapacitated victim. Moreover, delay in reducing the dislocation allows the muscles to spasm, greatly prolonging the pain and complicating the eventual reduction. Many people feel that a delayed reduction can make the cuff heal more slowly. The decision as to whether to reduce a dislocation in the field is a complex one that cannot be adequately addressed in a magazine article.

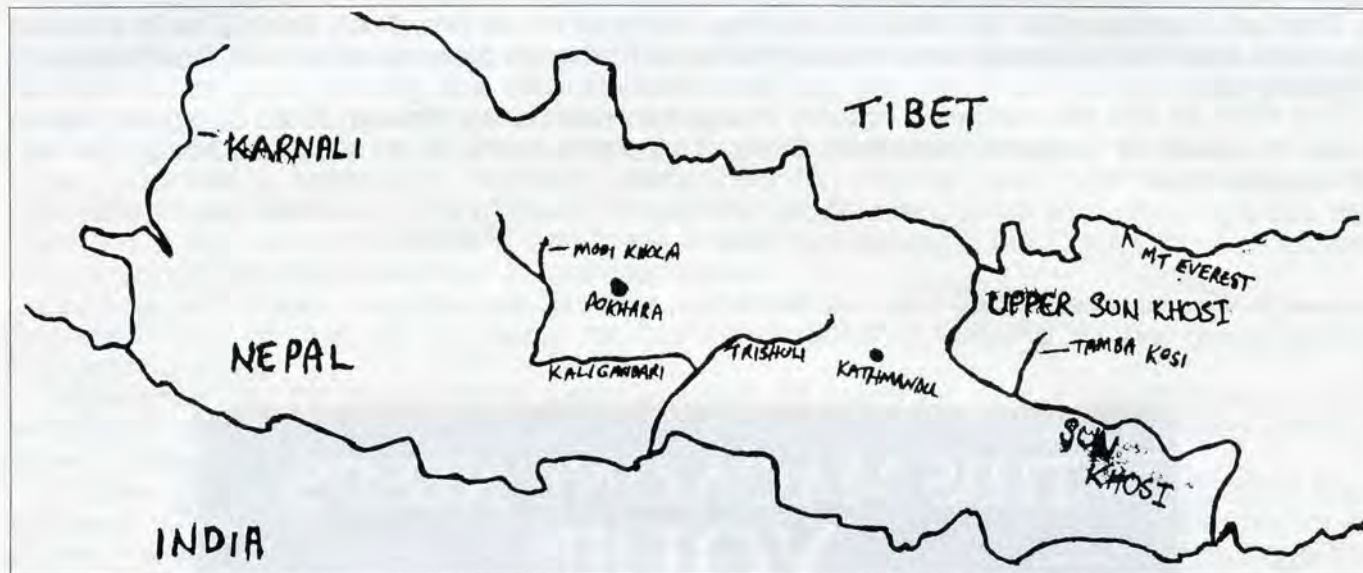
If the dislocation can be reduced, the person will feel an overwhelming, even religious, sense of relief, but it's not time to finish the river trip.

Whether reduced or not, the limb should be restrained with an arm sling held against the chest by an ace bandage wrapped around the chest and damaged upper arm. Swelling will quickly stiffen the joint and the relief felt immediately after reduction may be replaced by dull pain. Get the victim to medical assistance as rapidly as is practical, use no aspirin (aspirin retards clotting of any internal bleeding, and apply ice 20 minutes every few hours for the first 24-48 hours to reduce swelling. After that, use pain as a guide, and strengthen the damaged rotator cuff through several weeks of rest, then range of motion movements and progressive exercises. Use ice after exercises or if swelling occurs. With time and training the cuff muscles can be rebuilt, in some cases to a condition better than the original.

KKKK '86 NEPAL TRIP

This is the story of a group of people and a Government. A less than cooperative government. In fact, in my more charitable moments I think of them as a bunch of bureaucratic bastards who'll be first against the wall when the revolution comes.

The Kathmandu Kiwi Kayak Klub was made up of a group of mainly New Zealand canoeists who all had vague intentions of paddling bits of the Karnali, a river in Western Nepal (see map). You may have guessed from the above piece of vitriolic invective that we were denied access to the river by the Nepali Government. Quite why is anyone's guess. About a year ago they arbitrarily decided to close all rivers in Nepal to rafting, except for six: the Trisuli, Sun Kosi, Tamba Kosi, Arun, Kali Gandaki and Seti Gandaki, which are accessed by permits costing U.S. \$5 per person.



So after a month of impatiently stamping our little feet and holding our breath until the Ministry of Tourism turned blue with laughter, we decided to cut our losses and go and paddle some rivers. We hired a raft from Encounter Overland (a great bunch of people) and headed for the Sun Kosi and Tamba Kosi.

After a couple of days on the upper Sun Kosi near Barabise, which is roughly grade 3-4, the group split up, with Mike Savory, Tim Densem, Andy Campbell, Greg McFetridge, Quentin Mitchell and Martin Bell heading for the Tamba Kosi while the others nobly (in retrospect gratefully) took the raft down the Sun Kosi to the confluence with the Tamba Kosi.

The Tamba Kosi is a pleasant two day paddle down grade 3-4 water — or so we'd heard. In fact it turned out to be some of the steepest and most difficult water most of the group had paddled. Andy, Quentin and Tim all had swims, with Quentin saved from disappearing (probably permanently) into a bus-sized hold by Mike. Tim's was a ricochet affair, playing pinball with every rock in the river until he dragged himself ashore. There followed some drastic equipment "rationalisation" in order to lighten the boats, and all eventually made it to the confluence with the Sun Kosi.

The lower Sun Kosi is a pleasant eight day drift down large tracts of flat water, interspersed by very big but moderate length rapids. It's a great river for a booze cruise, and the Avon Spirit was groaning with healthfood (i.e. chocolate) and other goodies not now needed for the Karnali. Some locally bought rakshi (the Nepali version of methylated dishwater) and a Christmas cake magically produced by Ritz turned the trip into a gourmand's delight.

At the end of the Sun Kosi we split up, some stopping off to ride elephants and dodge rhino's at Chitwan National Park, some heading off to do some trekking and six of us making for Pokhara and the Modi Khola.

We arranged for porters and a guide to carry our boats and gear to Birethanti, a day and a half's walk from the decadence of Pokhara lakeside. Our guide Hari was a shark, full of blather and excuses for not doing his job and for extracting more money from us. As well, one of our porters was arrested for stealing, fortunately not from us. Despite this the walk in was very

pleasant, with superb views of Machupuchare (Fish Tail) and the Annapurnas.

We were a bit concerned about the Modi Khola; if the maps and spot heights available were to be believed, the Modi Khola had an average drop rate of 220ft/mile! Fortunately it turned out to be not that steep, but was still guesstimated to be over 100ft/mile.

Because it was now later in the season, the river was too bony to paddle in the upper reaches, and we ended up re-employing some porters to carry down to below a gorge. (It's a tough life for rich canoeists in Nepal). Here the river was paddleable, and we had a great 4-5 hours of steep and almost continuous rapids to Dobila. The next morning we reached the confluence with the Kali Gandaki, and were greeted by the sight of four bodies lined up for cremation/burial.

The Nepali Hindu people burn or bury their dead by the side of the rivers, so their remains will be carried into the sacred Ganges. Normally one would expect to see an occasional body or pile of rocks by the side of the river, but for the next two days we passed dozens, and the smell of burning flesh was often in the air. We were not keen to catch whatever disease was causing the epidemic and camped away from villages. Luckily we all seemed to survive, although some of my friends might dispute that!

The Kali Gandaki was the end of paddling for most of us. Tim, Greg and Quentin headed for India and the Taj Mahal, and bluffed their way home on an early plane with horrific tales of family illness.

The KKKK'86 are still scattered around the globe, wandering through Tibet or cycling across India en route for England. However, some of us came back to do some paddling. See you on a river sometime!

**THIS MAGAZINE NEEDS
YOU!!!**

Send in articles, information, results, photos etc.

**To: EDITOR
NZ CANOEING MAGAZINE
PO BOX 22 350
HIGH STREET,
CHRISTCHURCH**

1ST NEW ZEALAND INTERNATIONAL REGATTA

REPORT TO THE EXECUTIVE
16th March 1988

The weekend of 19th to 21st February 1988 saw another milestone in canoeing in New Zealand with the running of New Zealand's first International Regatta.

This event being recognised by the International Canoe Federation as an official International Regatta was a natural progression of the improvements in the Regattas we have been holding.

These improvements have been manifested not only in the quality of the course we have been able to provide for the competitions but also in the quality of the paddlers we have in this country. This is demonstrated firstly in the fact that we have both World Champions and Olympic Champions among our elite paddlers and we also have a fine group of younger canoeists able to produce world class performances.

Over recent years our good summer weather and the excellent training facilities available have attracted a number of Northern visitors and old friends, and most have stayed to compete in our National competition. Competition which has served to further increase the standard of our racing canoeists. In effect this means that although our Championships lacked official recognition they have been in fact international.

Because of these factors the Racing Committee last year decided to ask our Representative on the ICF to apply for our Championship Regatta to be given official International status.

Organisationally the preparations went well with all members of the International Canoe Federation being invited in plenty of time and all were sent brochures showing general aspects of our country to encourage them to visit us.

All New Zealand Clubs were notified well in advance and reminded later to send their entries in. Clubs were also notified and reminded that our regatta would have races for all classes including WWR and Touring class, so that those paddlers would be able to have the pleasure of seeing World Champion Canoeists in action and as well the bonus of some very enjoyable racing of their own.

Responses from overseas were encouraging with several countries advising that they would not be able to attend but sending us their best wishes. It was disappointing, due to several unfortunate circumstances, not to be able to welcome a team of six Russian paddlers to our regatta but prospects are good for us being able to secure their attendance next year.

Several things occurred at a late date that made the Regatta better and gave canoeing considerable benefit.

The generous sponsorship from METLIFE and the HILLARY COMMISSION that removed any financial worries from the Regatta and enabled the course to be further improved for this year and will allow us to make next year even better. With these sponsorships it became possible to improve the services offered and it removed any necessity for individuals to be out of pocket as has been the case in previous years.

The attendance in all it's force of Television and the inclusion of two substantial showings in prime time spots, News and Sports special. The latter being a full 50 minute program.

Results have been posted to Racing Committee International Canoe Federation, Canoeing Express (An ICF bulletin), Canoeing Magazine. All Clubs, All executive members, and all competitors who supplied addresses.

In the program and results may be found details of competitors, countries and clubs attending and weather conditons over the weekend.

A de-briefing of those involved in the organisation has been held and with the experience gained this year and the financial assistance obtained from our sponsor which will enable considerable improvements to be made and more countries encouraged to attend, the organising committee considers that an even finer regatta can be held next year. It recommends that the NZCA apply again to have the regatta approved as a International event.

It should be noted that again all classes will be catered for and several ideas are being considered to make the WWR and Touring paddlers racing even more enjoyable.

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INCIDENT REPORT: UPPER WAIAU

25 October 1987

The Situation

It is a fine sunny day. There are two groups of us on the water today, 7 people from Wellington and 7 from Christchurch. This is the first trip to use 4WD access to get into the Waiau via Mallings Pass. In the past people have had to walk or fly into here. We are trying to keep the two groups apart on the river as it is fairly small and has some continuous white-water sections. One group left the camp-site about 45 minutes ahead of the others but we have just caught up at the bottom of the second gorge. There is a large pool at the bottom of the gorge but there appears to be a large bouldery rapid immediately below.

The Incident

The two people in front pull over into the last eddy. Most people cut out above. The two people climb out of their boats and relieve themselves. Two others seeing this head into the top of the rapid. The first person ends up with his boat sideways on a large boulder. The second rolls a number of times and catches an eddy behind a rock a bit further down the river.

The Reaction

The two people relieving themselves run down the bank but cannot get to the wrapped boat. People hop out on both sides of the river and produce throwlines, but none are long enough to reach the boat. Some of the better paddlers paddle down to the wrapped boat and cut out in the eddy behind the rock. Meanwhile the kayaker on the rock is trying to free himself. He is pinned facing the rock, with the cockpit of the boat against the rock. His head and body are above water but the nose of the boat is below in the current. He cannot get a grip or sufficient force on the rock to dislodge himself. One of the adjacent kayakers tries to help but cannot get into a good position and manages to drop his paddle while trying to push. The rescue kayaker then climbs out of his boat onto the rock and lets his own boat float off downstream. Once onto the rock the rescue kayaker succeeds in sliding the wrapped boat off from the rock. The rescued kayaker floats off downstream without a paddle and ends up swimming his boat ashore. The rescuer jumps onto someone else's boat for a tow into the bank. The rescuers boat was found jammed against rocks at the bottom of the rapid and his paddle was found in an eddy miles down river.

For Next Time

The rescue took a long time to occur and it was lucky that the persons head was above water. If the throw line on the true left bank had been longer then it could have been clipped onto the protruding tail by one of the rescue kayakers and the boat pulled off the rock and swung into the eddy.

More boats should have been positioned below the incident to collect gear that floated off, however most people stayed in the top eddy as they did not feel confident enough to paddle down to the rescue site and didn't want to end up being rescued themselves.

Communications between rescuers and people on both banks were difficult due to the noise.

People should practice getting out of their boats and onto rocks on the middle of rapids as this is a useful skill.

REMEMBER
People appreciate good
photographs.

**If you have one you think is
worth printing, send a copy to
the editor**

*For those of us interested in various other
forms of newsletters, Graham Egarr is
producing two new newsletters.*

The Sea Canoeist Newsletter (Cost \$6)

The Open Canoe Newsletter (Cost \$5)

You can contact Graham at
50 Tahi Street,
Mapua,
Nelson.

Editors Note:

This letter written to Electricorp by the Palmerston North Canoe Club and the Ruahine White Water Club ask questions on most canoeists minds and the reply from the Chairman of Electricorp states their current policy.

16 December 1987

Mr J. Fernyhough
Chairman
Electricity Corporation
Private Bag
WELLINGTON

Dear Sir

We are writing on behalf of the above Clubs and also all recreational river users and white water enthusiasts.

The wild and scenic rivers of this country have, in the past twenty five years of this country's history, been subject to 'the brunt of progress'. We feel this trend will continue unless positive steps are taken to accommodate recreational interests.

This country has a limited number of wild and scenic rivers especially those containing white water. Each river is unique so every endeavour should be made to preserve our natural heritage for future generations.

This letter defines our past losses, our present problems, and those we foresee in the future.

The major rivers that have been destroyed forever are:

Waikato (large middle section); Rangitaiki (middle); Upper Waitaki; Lower Waitaki; Lower Clutha; Middle Clutha and Lower Kawarau (with commissioning of the Clyde dam).
plus numerous other small rivers, eg. Patea.

The major rivers that have diverted or controlled river flows are:

North Island - Waikato, Wairoa, Rarangitikei, ngitaiki, Waikere-Taheke, Mokau, Tongaririp, Whakapapa, Moawhango/Whangaehu, Wanganui, Mangahao/Mamawatu.

South Island- Waihopai, Takaka, Pukaki, Tekapo, Ohau, Waitai, Clutha, Hawea, Taieri, Waiau, Monowai, Waipori.

In summary very few of our principle rivers have not been affected.

These rivers have to varying degrees in the past been available for recreational interests. However, after the corporatisation of the Electricity Division (Ministry of Energy) resulting in Electricorp, and with Electricorp obliged to operate under the State Owned Enterprises Act, Electricorp has stated that all generation facilities will be operated as economically as possible. This means that the recreational users cannot expect to order water on any of the hydro-controlled rivers for any reason, e.g. competitive slaloms, recreational trips etc. This generation policy will affect water flows on all the aforementioned rivers and will effectively exclude the availability of three of our seven North Island national slalom sites. This was demonstrated with the recent forced cancellation of the New Zealand Canoeing Association national ranking slalom situated below the Mangahao power station.

Electricorp has also stated that if any recreational user wants the Corporation to deviate from this generation policy, they will have to 'foot the bill' i.e. user pays. This is naturally beyond any amateur organisation to attempt to fund.

This decision by Electricorp, along with the pending transfer of Water Rights, seems to tell us a number of things:-

1. The Electricity Corporation's commercial aspirations will take precedence over every other activity, even though these aspirations could to the detriment of ecological, recreational, tourism and aesthetic values.
2. That these values can only be reinstated by reimbursing Electricorp with huge cash payments.
3. That a common amenity - water- administered by the Crown on behalf of the people of New Zealand, will by virtue of the sale of assets to Electricorp, cease to be a common amenity.

It can easily be concluded from these observations that the recreational groups and the historical common right of the public to have access and to to enjoy the natural facilities of this county will be severely constrained under corporatisation.

Obviously the amateur recreational groups do not have the time, the money or the legal expertise to counter the efficient commercially orientated corporations. Even so, this shouldn't exclude them from their rights.

We believe the sale of assets, and by association the water to operate them, involves three parties: the Paliament, Electricorp and the Public. Yet one party, the Public have not been given privy to the consultations. This is even though provisions of the Water and Soil Conservation Act 1967 gave the public an absolute right to be heard when distribution of water, for whatever purpose, was the subject matter.

The State Owned Enterprises Act states:

State-Owned Enterprises
PART I
PRINCIPLES

1986, No. 124

4. Principal objective to be a successful business-

(1) (c) An organisation that exhibits a sense of social responsibility by having regard to the interests of the community in which it operates and by endeavouring to accommodate or encourage these when able to do so.

But we did not see any evidence of this clause when the N.Z Canoeing Association's national ranking white water slalom below the Mangahao Power House was cancelled on the weekend of 7th and 8th November 1987.

The Rt Hon Roger Douglas, Minister of Finance, has stated that the districts must survive on the resources and raw materials within that district. One wonders how a town such as Turangi, which is no longer need for the Tokaanu Power Scheme, can survive if the Tongariro river suffers through Electricorp policy.

It is very easy for Electricorp to counter any arguments for inefficiency in the hydro system, in order to fulfil recreational requirements by quoting a specific lost revenue figure. But who can put a finger on, say, our unique natural heritage or the tourist and leisure industries potential income? Who can say what facilities and natural features this country is graced with? To what extent should we follow the overseas example for higher living standards?

We feel that all the above questions will be influenced by the Electricorp policy. We consider a controlled or preplanned calendar of water available for recreational usage does not seem unreasonable. A provisional request for water releases on Electricorp controlled rivers (for kayaking and canoeing purposes) has been sent to Dr Ian Johnstone, N.I. Hydro Group environmental manager, Hamilton, by the New Zealand Canoeing Association.

We therefore ask you, as Chairman of the Electricity Corporation, to consider the National Associations request and to consider and consult all recreational groups with any impending policy that will affect these groups.

Thank you for your time.

Yours faithfully

W.M BISHOP
Club Captain
Palmerston North Canoe Club

M.R. PARKER
Club President
Ruahine Whitewater Canoe Club

Electricity Corporation of New Zealand Limited

26 January 1988

Our ref.: JB3/11

Mr W.M. Bishop
Club Captain
Palmerston North Canoe Club
P.O. Box 1126
PALMERSTON NORTH

Mr M.R. Parker
Club President
Ruahine White Water Club
71 Salisbury Street
ASHHURST

Dear Messrs Bishop and Parker

Thank you for your letter of 16 December 1987 where you expressed your concerns as to the future availability of water for recreational usage and at the cancellation of the slalom competition on the Mangahao River in November last year.

I would like to say that it has always been an important aim for the Electricity Division (now the Electricity Corporation) to reach a balance between the costs to the electricity consumer and the value to recreational users. I can assure you that it is not the intention of the Electricity Corporation to alter the policy on the release of water for recreational activities from that the former Electricity Division. Water has been made available whenever the cost of releasing that water has been considered acceptable from the point of view of good economic management in conjunction with overall water stewardship.

The Electricity Corporation's policy will be to individually evaluate each request for the release of water for recreational and other non-generating activities on its own merits whilst also considering the state of the hydro storage and what it would cost to provide that water.

It is, however, not the intention of the Electricity Corporation to charge for the cost of the water released rather to have it considered as a form of sponsorship for the activity. Even so, it must still be understood (as in the past) that there will be occasions that the state of the electricity system will make it impractical to release water even when ample notice has been given and a general agreement has been made to make water available.

As the Electricity Corporation regards very seriously its obligations to those principles under which it must work as set by the State Owned Enterprises Act, Dr I Johnstone, the Electricity Corporation's Group Environmental Manager, Hamilton, has been discussing these issues with the New Zealand Canoeing Association. These discussions have been held to ensure the positions of both parties are clear and that future requests for the release of water occurs within an agreed framework.

I am sure that a co-operative relationship between the Electricity Corporation and the New Zealand Canoe Association can be established.

Yours sincerely
C John Fernyhough
CHAIRMAN

New Zealand Canoe Association - Publications

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Richard Fox, three times World Champion, Nationals Buller Slalom, New Year 1987 (Rear Cover)

