

Ray Clarke. 8189609



# AUCKLAND CANOE CLUB NEWSLETTER

*May 1998*

Here's an issue of the Newsletter coming out early, to give time to remind you all about the AGM which is on the 19th of this month. Hope to see you there, but meanwhile onto more prosaic matters.

One good thing about kayaking is that it has so far left me injury free. The novelty has not yet worn off.

What a contrast to my running career. As you know most runners spend most of their lives in a prone state at the physio's office having one ailment after another being treated. Their friends know better than to ask them about their health because the answer is usually detailed and lengthy, and boring. My own specialty is injuries between the feet and the shoulders. I will tell you about them one day when I'm really hard up for something to say in the Newsletter. On second thoughts I won't because there isn't usually enough space.

So kayaking sounds almost too good to be true. But I've had a little think about what could go wrong.

You could, for example, suffer a broken heart, as the paddler of your dreams paddles off into the sunset with your best friend. This is a tricky one for even the most accomplished physio. An extreme case, maybe.

What about the excruciating pain around your hip bone (near where the wallet is kept) when you realise that the new season's polypro has gone up in price? And only exceeded by the pain of actually paying out for all the new gear. Better buy a big box of anti inflammatories at the same time.

There must be lots of cases of bruised shins from paddlers leaping out of their boats at feeding time. When you're in a rush to unload the goodies from hatch to tummy it's easy to make a wrong footing. Mind you with your thoughts on the pleasures ahead the potentially numbing pain may not get noticed for a while. Carry ice at all times, just in case.

Also a stiff neck from attempting to sleep in an upright position could be uncomfortable and strained neck muscles take a long time to heal. I've advised in the past against sleeping while in the cockpit, so here's another reminder. You don't go out kayaking to rest, do you?

Sunburn (rather unlikely just now), strained eyes from staring at the horizon, tired hands from gripping onto the paddle, I suppose it can all mount up. Could be more unhealthy than you thought. It's funny really - my physio asked the other day if I had ever thought of taking up kayaking.....

Yours in paddling

*Julia*

## Your Club Officers

President ..... Trevor Arthur 817 7357  
Secretary.....Margaret Thwaites 292 7883  
Canoe hire/storage/races... Laurie Bugbee 813 1223  
Editor..... Julia Thorn 575 3099  
Sunday paddles..... Matt Crozier 276 7049  
White water..... George Gerard 818 5066

## CALENDAR MAY - JUNE

**9 May Feast on Rangitoto** Paddle over, walk to the summit, enjoy a shared dinner while the sun sets, return homewards in the dark. How could you spend a nicer Saturday evening?

Meet at Okahu Bay boat ramp at 2.30 pm for a 3.00 pm departure. Sunset is at 5.28 pm, high tide is at 6.25 pm. Bring walking shoes, warm clothing, something to contribute to a shared dinner, a torch to light your way down from the summit plus a light for your kayak.

The trip is suitable for beginners. If the weather looks doubtful phone Colin for a decision on whether or not to go.

Trip leader is Colin Quilter tel 528 0747.

**10 May St Heliers to The Noises** Meet at the Eastern end of St Heliers at 7.30 am for an 8 am departure.

This will be a tide assisted trip of approx 50 kilometres. Please come equipped with normal safety gear. Estimated return 5 pm depending on return route. The wind may make a Rangitoto channel return more pleasant.

This is a good opportunity to trawl a line. Please ring Trevor 817 7357 in advance so that if there is a change of plan you can be kept informed.

**10 May ASKNET Tiri Tiri Matangi Island** Paddle to Tiri (about 50 minutes) to visit the lighthouse and explore the rock gardens on the eastern side. Meet at Army Bay at 9.30 am for a 10 am departure.

The trip leader is Peter Sommerhalder tel 815 2073.

**10 May Meadow Lea Superdune** multisport race, features 26 km bike, 5km run and 6 km paddle in the Waitakeries, at Bethells Beach. Contact Waitemata Multisports Club

for info.

**12 May** This is Committee meeting evening, but it's a perfect night tide, moon etc for a trip around Rangitoto through Gardiners Gap if you feel so inclined. *Go on*, says our fearless leader and Club President, *get out there and do it*.

**13 May Around Rangitoto by night** If you didn't do it last night this is for you. Meet at 5.30 pm for 6 pm departure. High tide is at 9 pm (3.1 mtrs). This will give us a good passage through the Gap.

You'll need to bring normal safety gear, large lens flashlight, strobe or other boat light if possible, warm gear just in case, thermos for hot supper at the Gap. Return to Okahu Bay around 10 pm. The trip is weather dependent so please let leader know if you're coming and he will ring you in the daytime if the weather is stinky.

Leader is Trevor tel 817 7357, work 634 4410.

**16 May Picnic with Neal** Join Neal Wilson for another of his enjoyable Saturday trips from Okahu Bay. Time of departure is 10 am with estimated return at 3 pm.

Contact Neal for more details tel 846 1429.

**16 - 17 May ASKNET Kaipara Harbour** Starting from Port Albert and paddling to Tinopai for overnight camp at the campground there (cost \$5). Return the following day. The distance is 23 km, and there will be about one knot of tidal drag on the Saturday and one knot of tidal assistance on the Sunday.

The trip is suited to intermediate and experienced paddlers only. All party members are to be well equipped.

Meet at Port Albert wharf (it's near Wellsford) at 10 am for an 11 am departure. Safe car parking will cost \$5.

The leader is Brett Dyer tel 846 3198.

**17 May ASKNET Herald Island to Riverhead** Take an easy trip up the Harbour to Riverhead and perhaps carry on up the river if tide and party mood allow.

Meet at Herald Island at 9.30 am for a 10 am departure. The trip leader is Justin Sanson-

Beattie tel 278 8090.

**19 May Club AGM** This is a major 'not to be missed' event, so please come along, with a plate for supper afterwards. You will NOT be press ganged into anything, the President assures me, and it's a great chance to chat to Club members and find out what the Club is all about. Time is 7.30 pm and location is the Multihull Yacht Club rooms, upstairs

next to Fergs Kayaks at Okahu Bay (same place as last year).

**24 May Three islands for the price of one!** A day trip taking in Crusoe Island, Motuihe and Browns Island and including what must certainly be the Hauraki Gulf's smallest beach. We leave Bucklands Beach with the ebb tide to carry us out of the estuary, then out to Crusoe Island in the channel between Motuihe and Waiheke. Home via Motuihe and Browns Island with afternoon tea somewhere on the way.

Meet at Bucklands Beach at 10.15 for a 10.30 am departure. Bring lunch and snacks. The trip is suitable for everyone in fine weather, but not suitable for beginners if there is a bit of wind about.

Contact Trevor Arthur 817 7357.

**30 May - 1 June Lake Tarawera - Hot Water Beach** for Queens Birthday weekend.

If you've been before you'll already be waiting to sign on. If you haven't, you'll undoubtedly have heard all about the 40 person tailor made polythene spa pool, the awesome climb and views from Mt Tarawera, the paddle and bushwalk to the re-emergence of the Tarawera River from its underground passage out of the face of the canyon wall, the portage and paddle across to Lake Rotomahana and the Waimangu thermal valley. All this plus the great company make this a **MUST DO** trip.

We leave Tarawera car park by the ramp at 9 am on Saturday. 1 1/2 - 2 hours will see you at our camp site. Return Monday afternoon. This is suitable for all levels of paddlers.

Ring Trevor 817 7357 for more details.

**7 June Cambridge to Hamilton race** Hosted by Auckland Canoe Club, this is the one you are not allowed to miss. 23 km on the lovely Waikato and the current helps.

Entry form and more details are with this Newsletter. More info from Laurie Bugbee tel 813 1223.

**14 June APCC Waiuku 12 km** Starts at Waiuku Yacht Club at 12.45 pm. Contact Jerry Kuggeleijn at Manukau Canoe Club tel 235 9927.

**17 June Slide evening at Auckland Canoe Centre** Slides by Roy Dumble and Hilary Chisholm of sea kayaking in the Auckland Islands and Britain. starts at 7 pm. Refreshments afterwards and time to chat. No entry fee.

RSVP by 16 June to Auckland Canoe Centre, 502 Sandringham Rd, Sandringham, tel 815 2073, fax 815 2074.

**21 June Waiwera to Mahurangi** Meet at the south end of Waiwera Beach at 8.30 am to be on the water at 9 am. Paddle up past Wenderholm, Te Muri Beach to Mahurangi Harbour and Saddle Island etc. We'll see what the weather allows.

One suggestion is to try some safety exercises on the way home with the knowledge that there are hot pools to warm up in afterwards; things we seldom try like towing - single, double, in line, transfer paddlers from one boat to another. It's always easier when the pressure is off and it's a social group. Things to bring: safety gear - tow line if possible, lunch and swim gear if hot pools are on the agenda for you.

Contact Trevor 817 7357 for more details.

**28 June APCC race Wenderholm** Starting from the boat ramp at Wenderholm Regional Park, kayak up to the Puhoi road bridge and return, distance 14 km. Starts at 10 am. Hosted by North Shore Canoe Club.

## REGULAR EVENTS

Evening paddles occur on Tuesdays and Thursdays at 5.30pm from Okahu Bay. You can simply turn up for these trips, and if you want to hire a kayak you should phone Laurie Bugbee 813 1223. It is now getting dark so early that a group leaves at 4.30 too.

Sunday morning paddles from Okahu Bay start at 9.15 to be on the water by 9.30, unless an alternative time is stated here. Destination is usually by consensus and depends on the weather. You should be finished by lunchtime. These trips are for novice and intermediate paddlers.

There is no need to let anyone know in advance if you are coming. However if you feel better speaking to someone beforehand you are welcome to phone Matt Crozier for more info; if he is not going along he will put you in touch with someone who is. Phone Matt on 276 7049.

Kayak hire arrangements are as for weekday paddles, and Trevor Arthur can also arrange assistance with this. Phone 817 7357.

## LAURIE'S COLUMN

These lovely autumn evenings have seen a good turn out for our Tuesday night paddles. I hope the fine weather continues. I am not looking forward to winter, I hate cold blustery conditions. but for now there seems to be nothing nicer than to wander out to Bean Rock or Achilles Point as darkness deepens, to look back and see the last traces of sunlight beyond the Waitakeries, to hear the splash of paddle entering water and the chatter of one's fellow hedonists. All too soon it is return to Okahu Bay, pack up your gear and return to reality.

Reality was to the fore last Sunday for ten of us. We were all able to stand on the bar at the Manukau Heads - not for the unwary or faint hearted. We paddled down Middle Deep with the banks on our left in near perfect conditions and we watched hair-brained Colin playing in the waves on the bar. Then within seconds conditions changed completely. We were in some of the worst lumpy, confused seas I have experienced in a single kayak. There was still no wind but it was probably the moment the tide turned that caused these conditions, with the incoming water from the ocean meeting the outgoing waters of the harbour. Anywa we turned back and headed over the sandbanks where we were able get (fall) out of our boats into knee deep water and hold onto our boats while waves came at us from both sides of the bar.

**JUNE 7TH** Don't forget to return your IR5's by that date and above all leave that date clear in your diaries for the Cambridge to Hamilton race. Your Club organises the race and it is without doubt the best race on the APCC racing calendar. This year the national canoeing representatives will be there as part of their training schedule. But you lot don't have to worry about them. You will find a boat class that will suit you fine, so you have no excuse. We are expecting paddlers from all the main districts in the North Island. Hot showers, hot soup and other culinary delights will be awaiting you in Hamilton when you finish. So be there, fill in the entry form and get it back to me ASAP so that I can arrange trophies and refreshments with

confidence.

After the race there will be an auction which you are invited to attend, to raise funds for the NZ international training squad (the Olympic squad) to help with their overseas travel.

Laurie B

## DIPS N DUNKS

### Your Editor

My name is Julia Thorn and I can be reached at 14 Paunui St, St Heliers, tel 575 3099. Give me a call or drop me a line when you have something to tell or ask.

### AGM AGM AGM

Very important social and business occasion: Auckland Canoe Club AGM is on 19 May at 7.30 pm at the usual place: Multihull Yacht Club rooms in the upstairs of the building that houses Fergs Kayaks. Please come along to meet your Club officers, and to stand for office if the spirit moves you - no pressure applied, honest!

Bring a plate for supper after the business side of things is over.

### Subscriptions

Yep, it's that time of year again. Club subs are due now for the year ending March 1999. There's a membership renewal form at the back of this Newsletter.

You old hands probably remember Club policy but here's the story for newer members: you'll be getting two more Newsletters regardless of whether you have re joined the Club, but after that the supply is cut off unless you have paid your subs. Please please pay your subs as soon as possible, so the Club can continue with its good work.

### To Martin Girling

On behalf of all our members and particularly those on the Easter trip we would like you to know our thoughts are with you after your accident. Anyone wanting details on visiting hours and mailing details please ring Trevor 817 7357.

### Wairoa River flow dates

#### 1998

May	10,	24	
September	13,	27	
October	11,	25	
November	08,	22	28/29
December	13,	27	

#### 1999

January	03,	10,	17,	24,	31
February	07,	14,	21,	28	
March	07,	14,	21,	28	
April	11,	25			
May	09,	23			

# AUCKLAND CANOE CLUB CAMBRIDGE HAMILTON WAIKATO RIVER RACE

Sunday 7th June 1998

An APCC EVENT

This Event will be raced in class divisions and incorporates two short portages for all competitors except those racing in the recreational single and doubles classes.

**Buoyancy Aids:**

Must be worn by all competitors, both Senior and Junior.

**Race Start: Seniors:** 11:30 am.

**Location:**

Waikato River Bridge South of Cambridge.

**Carparking:**

River Reserve. Western side of highway.

**Launching:**

Please Note!!! Vehicles are now prohibited from entering the reserve from the State Highway.

**Briefing:**

Access to the reserve must be via side streets, thru into the rear of the reserve.

**Race Start: Juniors:** 12:30 pm.

**Location:**

The Narrows.

Turn West towards the Airport on

Highway One at Tamahere and cross the River Bridge.

Carpark on river side of road.

**Carparking?**

**Launching:**

**Briefing:**

**Finish Line:**

Left bank of river at Hamilton Harriers Clubhouse.

**Portages:**

Two portages must be made at the specified locations by all competitors except Senior and Junior Recreational Paddlers.

**Entries:**

Written Entries should be made before Friday June 5th on the Entry Form Attached.

Phone Entries will be accepted on Saturday June 6th.

Cheques should be made out to: THE AUCKLAND CANOE CLUB.

**Seniors: Singles and Doubles.**  
\$15.00 per seat.

**Senior Phone Entries Paid On Race Day:**  
\$20.00 per seat.

**Senior Entries On The Day:**  
\$25.00 per seat.

**Juniors: Singles and Doubles.**  
\$5.00 per seat.

**Phone Entries Paid Race Day and On The Day Entries.**  
\$10.00 per seat.

There must be a minimum of three entries to constitute a class, division or category. Outrigger and other multi-crewed boats are welcome (Ring the Race Director)

127 604  
127 432  
172

127  
127 32  
~~273~~  
445

ENTRY FORM

# CAMBRIDGE HAMILTON

# WAIKATO RIVER RACE

Sunday 7th June 1998. An APCC EVENT

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I will not hold the Auckland Canoe Club or its Officers or Officials responsible for any injury to myself or for loss or damage to my boat or equipment.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone No: \_\_\_\_\_ Club: \_\_\_\_\_

Tick [ ] Snr Women      Snr Man      Vet Women  
          Vet Man        Jnr Women    Jnr Man

Class:    K1 Div I      Inno Div I      K2  
Racing    Div II        Div II        TK2  
          Canadian      Other

Recreational:  
          Single                  Double                  Ski

Name of Craft: \_\_\_\_\_  
I.E. Jaguar, Sprinter etc;

Entry Fee Enclosed:      \$ \_\_\_\_\_

### Disclaimer:

The Auckland Canoe Club Inc; its Officers and Officials, shall not be held liable for any injury to competitors or supporters or for the loss or damage to any boats or equipment in attendance at or participating in this race.

Return completed entry form to L Bugbee, 53a Clayburn Rd, Glen Eden, Auckland, tel 09 813 1223.

Entries received after 5 June 1998 will attract additional fees.

Entries may also be lodged at Auckland Canoe Centre, 502 Sandringham Rd, Sandringham, Auckland.