



# Meridian South Island Rowing Inc. Newsletter



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November 2014

Principal Sponsor

## Aoraki 1000 Regatta

This regatta is a low-key event that includes many novice rowers. It is kept to 1000 meters, which means crews race close to the shoreline. Day 1 started out fine as can be seen from the pictures at right. There was a windbreak of three hours in the middle of the day, after which the regatta resumed and a full days racing ensued. A very enjoyable barbeque tea followed, thanks to Trevor, Catherine and the team. Day 2 continued until about 1100 hours when the weather precluded any further racing and the remaining events were abandoned.



## Coffee Stands

Providing real coffee has been an ongoing issue for some time. We know that both the participants and visitors like decent coffee, but the locations where this can be bought has been a problem. It was decided to make a couple of specific locations for the coffee vans.

Here pictured on the right shows the coffee van on the recently constructed pad. The wooden top on the lakeside doubles as a seat. Another such stand has been built further to the east. This coupled with the coffee from the Row Shoppe now provides such such venues.



## First Aid

At the early season regattas and especially with novice crews, there is an inevitability that someone will tip out. The Aoraki Regatta was no exception with a double crew baling out just passed the finish line. The First Aid team of volunteers are well equipped and on hand to meet what ever need is necessary.

The picture on the right tells the story with the safety boat berthed at the wharf and the First Aid Buggy in attendance. The two first aid volunteers, Marion and Tracey are wrapping blankets around the rowers to help prevent hypothermia – the most likely ailment from a tip into the water. The upturned double can be seen in the background. The relative calmness of the water demonstrates just how easily a tip into the water can be happen.



While thinking of first aid, it is with great sadness we record the passing of Graeme Palmer.

Graeme, along with his wife Marion, have been tireless in their support of the rowing activities on the lake by manning the first aid facilities. Their efforts have been greatly appreciated by all the rowing fraternity...especially those who have needed their specialised services.

There will be a memorial service for Graeme at the Meridian Rowing Centre on Saturday 6th December at 1pm, followed by light refreshments.



*Graeme Palmer*

## Tent Sites

The Board decided that the cost of tent sites would again remain the same as previous year – \$275+GST for the season. The “permanent” site holders will have their invoices during the second week of November. If you have not received an invoice please advise the Treasurer ([treasurer@ruataniwha.co.nz](mailto:treasurer@ruataniwha.co.nz)).

The site allocation can be found on the website ([www.Ruataniwha.co.nz](http://www.Ruataniwha.co.nz)). The intention is to regularly update this information so that the allocation is fully visible to all. Any correspondence on the allocation should be directed to [secretary@ruataniwha.co.nz](mailto:secretary@ruataniwha.co.nz)

## Hard Labour Weekend

This event took place over Labour Weekend, and was an opportunity to raise funds for the new Medical Centre for Twizel. Rowers, supporters and volunteers all make use of the centre from time to time and it is appropriate that SIR support the fund-raising. A number of SIR people were involved in various capacities with this event which proved to be quite successful.

## New Entrance Pictures

The entry into the complex has a number of 800mm by 1200 mm pictures of some of our well-known rowers. Unfortunately they deteriorated significantly and were rather dated.

With the assistance of rowing New Zealand, we have received some great replacements featuring some of our recent medal-winning rowers. The picture below shows the result.



## Medals

Following a lot of feedback regarding the medals there has been a change in design. For this season they will all be made of the lighter material but 60mm in diameter and 3.5mm thick to give it much the same weight as the earlier medals. The ribbon attachment will be like the more traditional bar and the ribbon will be 25mm wide. The front side will have all the information required by the regatta owners leaving the plain reverse side available for the individuals to "personalise" it.

The medal outline is shown on the right. We expect to take delivery of the medals in mid January 2015.

## Motor Replacement

As many will know there have been ongoing issues with the outboard motors on some of the safety boats. A reliable motor on any safety boat is critical to the safe ongoing operation of the rowing facilities on Lake Ruataniwha. We recently received funding for their replacement with 40hp Yamaha outboard motors similar to the others recently purchased. We are very grateful to the Southern Trust for their assistance with this purchase.



## Safety

***Peter Sinclair, the Chairman of the SIR Safety sub-committee has release the following Safety update:***

The safety of Rowers and Officials at Lake Ruataniwha is paramount for our sport.

When training at Lake Ruataniwha, Clubs and Schools are responsible to ensure the safety of their rowers. Training squads must register on the day of arrival their details.

A registration book is sited in the boat park near the entrance gate.

A notification form on the South Island Rowing Website under RESOURCES also needs to be filled out and sent to the Course Manager.

### ***Training Day prior to a Regatta***

Three\* fully equipped rescue boats are required on course for 2000m training. If only one rescue boat then training is restricted from 1000m to the finish. Experienced crews for rescue craft may need to be provided by the Club/School.

South Island Rowing rescue boats will be made available provided the Course Manager is in agreement with:

- (1) Lake and conditions are safe and suitable for training.
- (2) \* Number of rescue boats required.
- (3) Rescue boat crews are experienced.

The Training flow pattern on the rowing course will be in force at ALL times other than during Regattas & Championships, this is:

Lanes 0, 1, 2 & 3 for traffic proceeding to the start.  
Lane 4 is to remain empty at all times.  
Lanes 5, 6, 7, 8 & 9 for traffic returning to the finish and boating area.

***Please read: [www.ruataniwha.co.nz/news/](http://www.ruataniwha.co.nz/news/)***

***Notice to all Club, Schools and Individuals intending to carry out training on Lake Ruataniwha***

### **Hypothermia**

Refresh your knowledge! A description and treatment for hypothermia is on the Rowing NZ website, under Safety and included in minimum guidelines for safe rowing – FISA.



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### ***Note from Meridian – Principal Sponsor***

With the rowing season now well underway, we look forward to welcoming you at the Meridian Rowing Centre at Lake Ruataniwha. Many of you will be travelling long distances to get to events, often at the end of a busy day or very early in the morning. We'd like to see everyone arrive safe and sound so please take plenty of rest stops or share the driving wherever possible.

The health and safety of all people at Meridian is taken very seriously and this extends to all those involved with rowing at Lake Ruataniwha. We wish everyone a wonderful Christmas, go safely these holidays and best of luck on the water.



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**Any contributions, comments or correspondence  
for this newsletter or website should be forwarded to the Secretary.  
([secretary@ruataniwha.co.nz](mailto:secretary@ruataniwha.co.nz))**

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