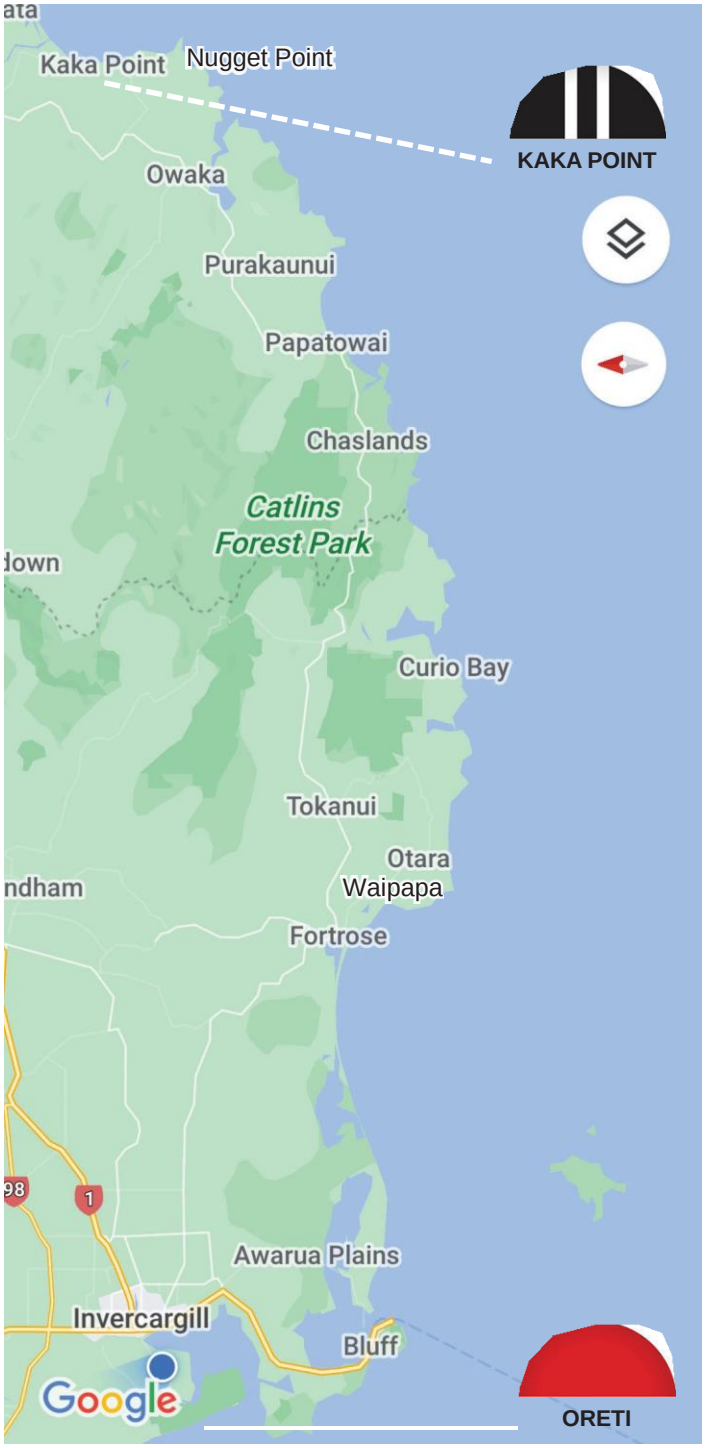
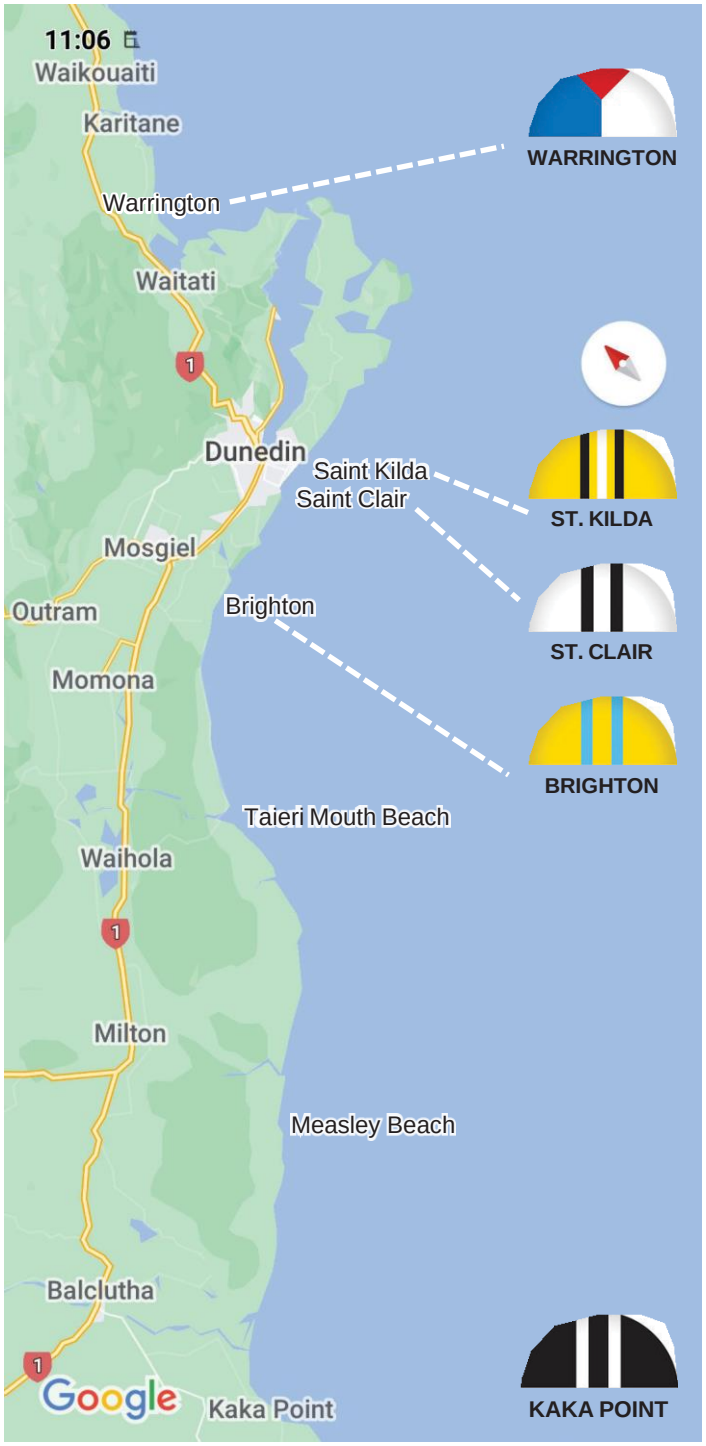


1 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
	Saturday 10 February	Bluff		
1	Saturday 10 February	Fortrose	40 km	
		Waipapa	8 km	
2	Sunday 11 February	Curio Bay	22 km	
3	Monday 12 February	Purakaunui Bay	41 km	
4	Tuesday 13 February	Nugget Point	20 km	
		Kaka Point	10 km	
			141 km	

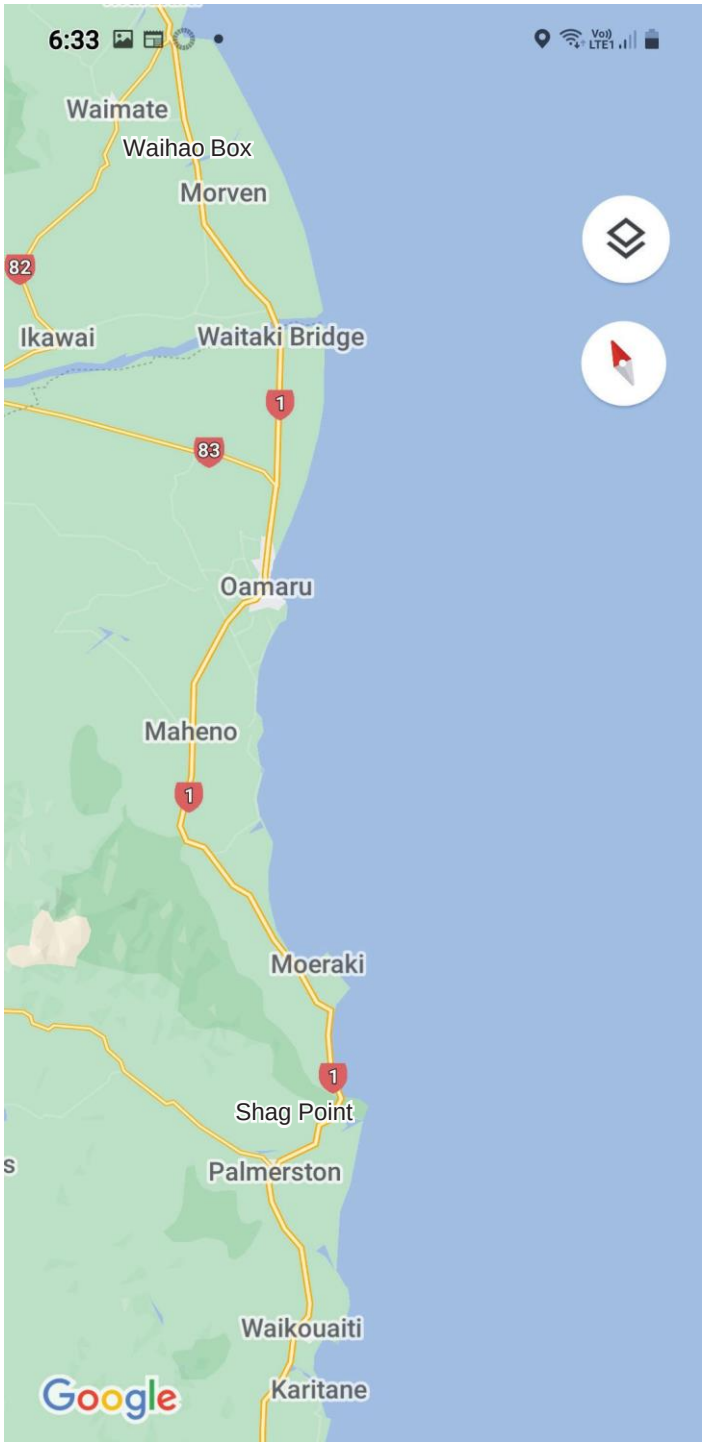
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



2 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Kaka Point		
5	Wednesday 14 February	Measly Beach - Toko	25 km	
6	Thursday 15 February	Taieri Mouth Beach	25 km	
	Friday 16 February	SPARE DAY		
7	Saturday 17 February	Brighton Surf LS	16 km	
8	Sunday 18 February	St Kilda Surf L S - Tomahawk Papanui Inlet	16 km 20km	
		Harrington Pt Otago Harbour Entrance to Dunedin	10 km	
	Monday 19 February	SPARE DAY		
9	Tuesday 20 February	Warrington Surf LS	12 km	
		Karitane (inside Harbour)	10 km	
			134 km	

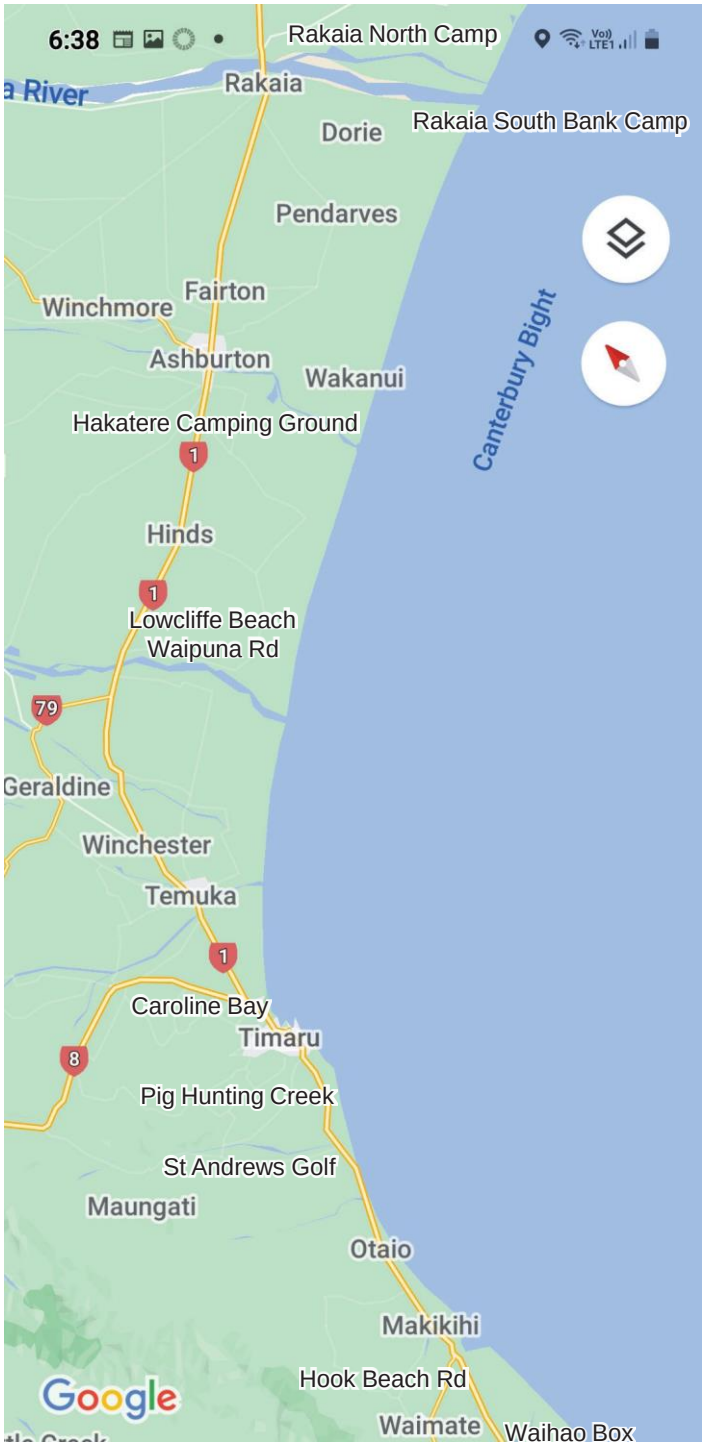
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



3 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Karitane		
10	Wednesday 21 February	Shag Point	23 km	
		Moeraki	12 km	
11	Thursday 22 February	Oamaru	30 km	
	Friday 23 February	SPARE DAY		
12	Saturday 24 February	Waihao Box	40 km	
			105 km	

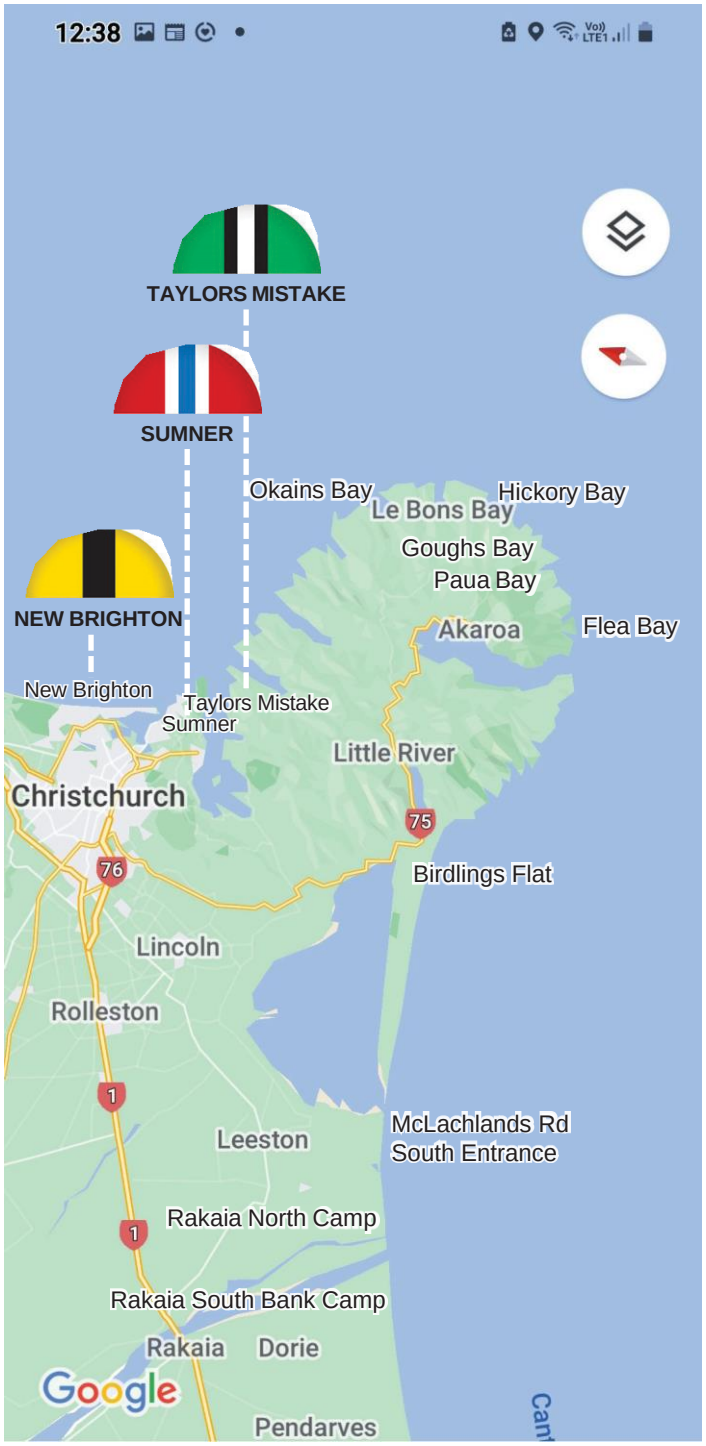
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



4 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Waihao Box		
13	Sunday 25 February	Hook Beach Road	10 km	
		Makikihi River	5 km	
		St Andrews Golf	13 km	
14	Monday 26 February	Pig Hunting Creek	6 km	
		Caroline Bay Timaru	10 km	
	Tuesday 27 February	SPARE DAY		
15	Wednesday 28 February	Lowcliffe Beach, Waipuna Rd	41 km	
16	Thursday 29 February	Hakatere Camping Ground Ashburton River Mouth	17 km	
		Wakanui Creek	5 km	
		Rakaia South Bank Camp	29 km	
			136 km	

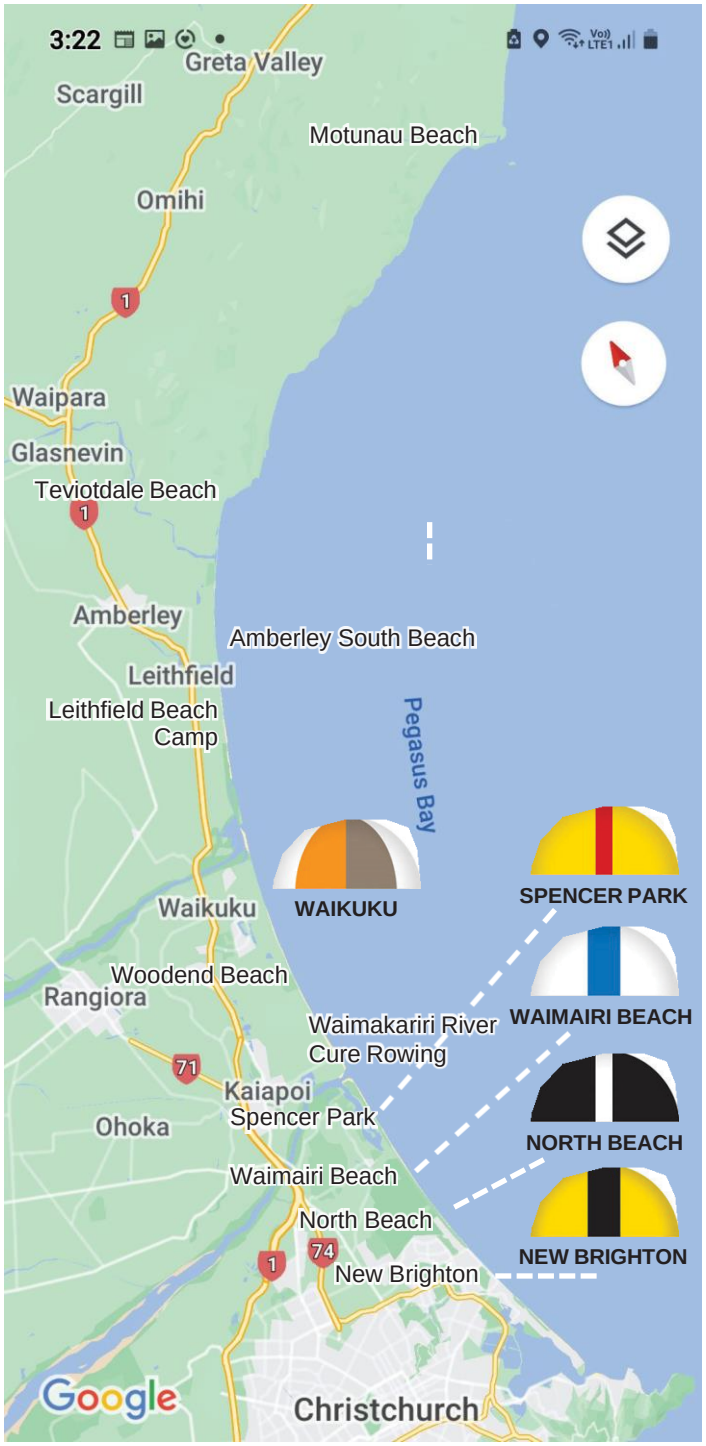
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



5 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Rakaia South Bank Camp		
17	Friday 1 March	Rakaia North Camp	5 km	
		McLachlans Rd South Entrance Taumutu	9 km	
		Birdlings Flat Peraki Bay	26 km 7 km	
18	Saturday 2 March	Akaroa Wharf	26 km	
	Sunday 3 March	SPARE DAY		
19	Monday 4 March	Flea Bay	15 km	
		Paua Bay	9 km	
		Goughs Bay	6 km	
		Hickory Bay	2 km	
		Le Bons Bay	8 km	
		Okains Bay Camp	6 km	
20	Tuesday 5 March	Taylors Mistake Surf Club	28 km	
	Wednesday 6 March	SPARE DAY		
21	Thursday 7 March	Sumner Surf LS	2 km	
		New Brighton Wharf Surf LS	7 km	
	Friday 8 March	SPARE DAY		
			156 km	

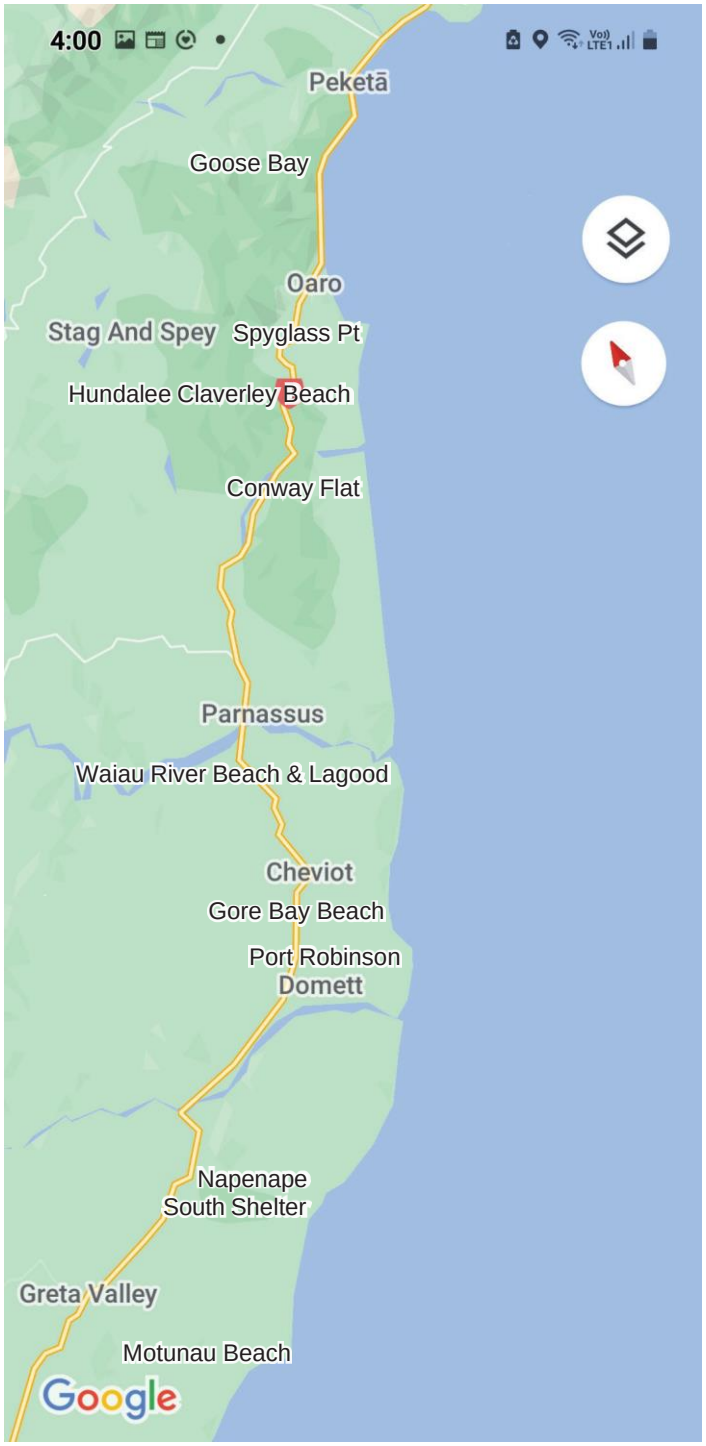
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



6 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		New Brighton Wharf Surf LS		
22	Saturday 9 March	North Beach Surf LS	1 km	
		Waimairi Surf LS	1.5 km	
		Spencer Park Surf LS	6 km	
		Waimakariri River Cure Rowing	3.5 km	
		Woodend Beach	6 km	
		Waikuku Surf LS	5 km	
23	Sunday 10 March	Leithfield Beach Camp	9 km	
		Amberley South Beach	4 km	
		Amberley North Beach	.5 km	
		Teviotdale Beach	2.5 km	
24	Monday 11 March	Motunau Beach	21 km	
			60 km	

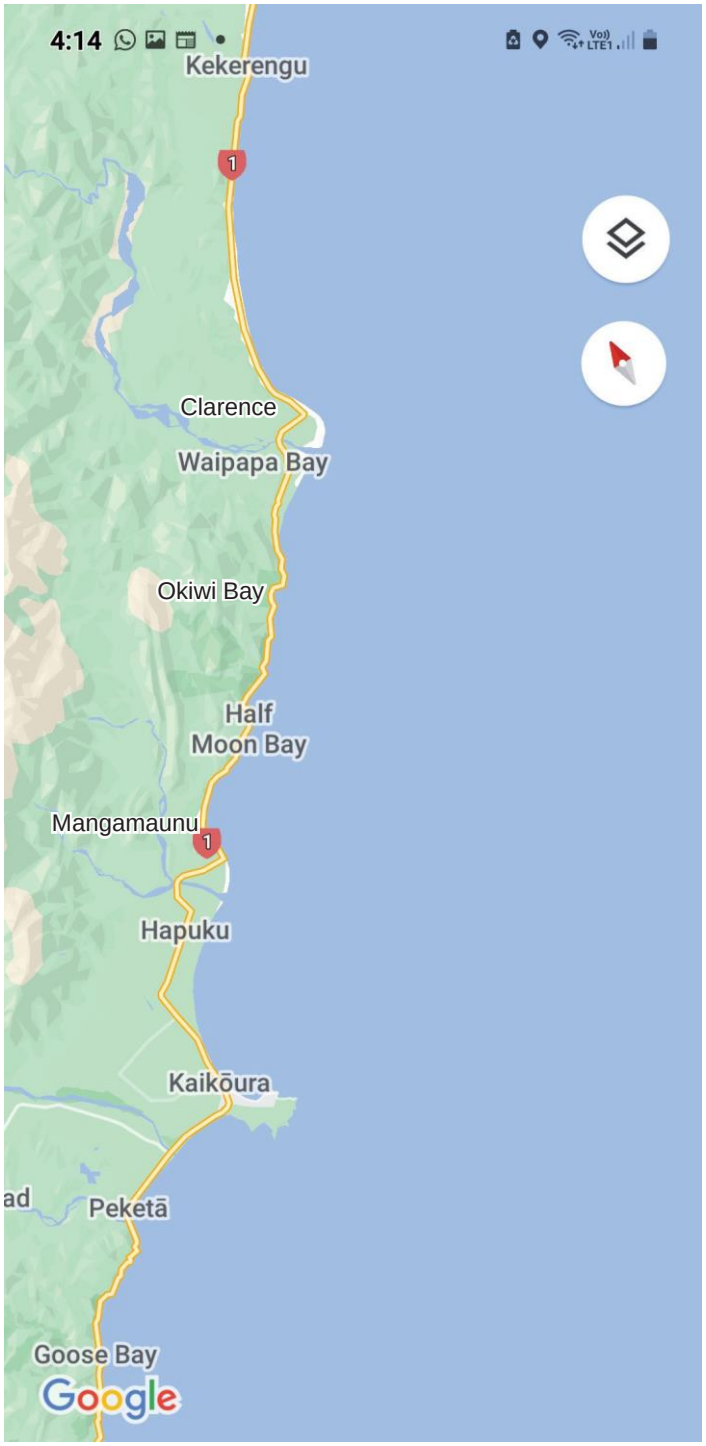
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



7 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Motunau Beach		
25	Tuesday 12 March	Napenape,	17.5 km	
		Port Robinson	9.5 km	
		Gore Bay Beach	2.5 km	
26	Wednesday 13 March	Waiau River, Beach & Lagoon	9.5 km	
		Conway Flat	17 km	
		“Hundalee” Claverley Beach	5 km	
27	Thursday 14 March	Spyglass Point (Piripaua)	5 km	
		Oaro - Goose Bay	8 km	
		Peketa	8 km	
	Friday 15 March	SPARE DAY		
			82 km	

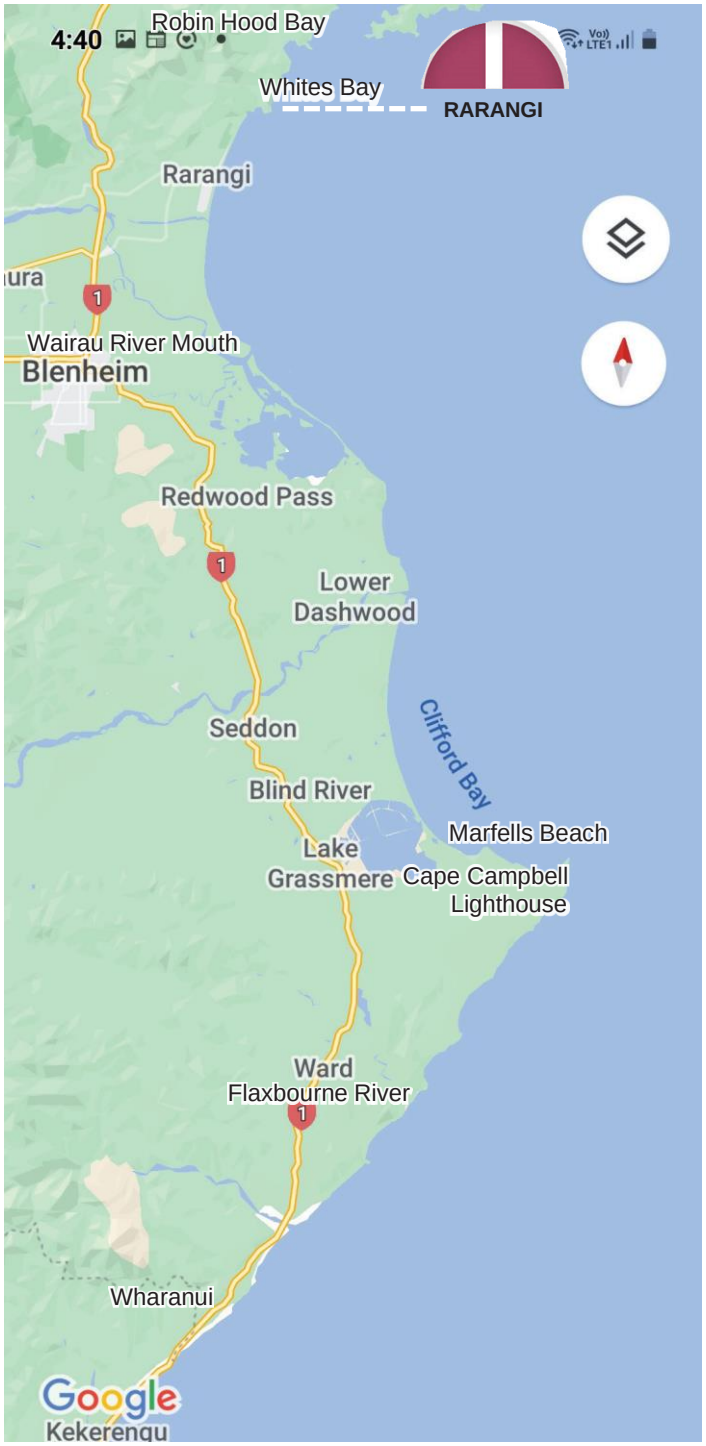
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



8 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Peketa		
28	Saturday 16 March	Kaikoura	18 km	
29	Sunday 17 March	Mangamaunu	14 km	
30	Monday 18 March	Halfmoon Bay	6 km	
		Okiwi Bay	5 km	
		Waipapa Bay Boat Ramp	2 km	
		Clarence	7 km	
31	Tuesday 19 March	Kekerengu	20 km	
			72 km	

	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



9 Rowing for Life Aotearoa NZ

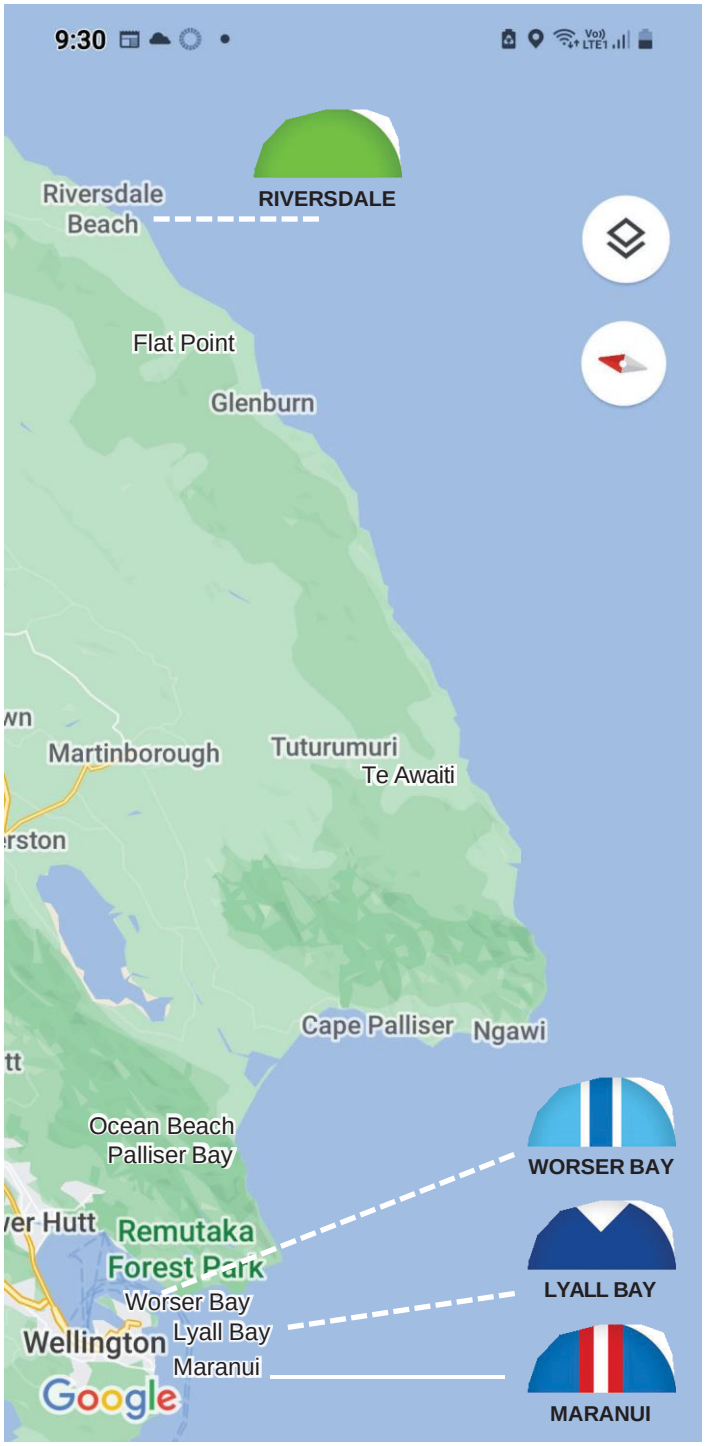
Row	Date Est.	Destination	Distance	
		Kekerengu		
	Tuesday 19 March	Wharanui Bay, Old Church	12 km	
		Flaxbourne River - Ward Beach	11 km	
32	Wednesday 20 March	Cape Campbell Lighthouse	16 km	
		Marfells Beach	7 km	
33	Thursday 21 March	Wairau River Mouth	23 km	
		Whites Bay Rarangi Surf LS	12 km	
	Friday 22 March	SPARE DAY		
			81 km	
		SOUTH ISLAND - TOTAL	**967 km**	

	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER

10 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Whites Bay Rarangi Surf LS		
	Friday 22 March	SPARE DAY		
34	Saturday 23 March 21 - 29 March (Best Days)	Cook Strait - Lyall Bay Wellington	64 km	
		SOUTH ISLAND plus COOK STRAIT - TOTAL	**1031 km**	

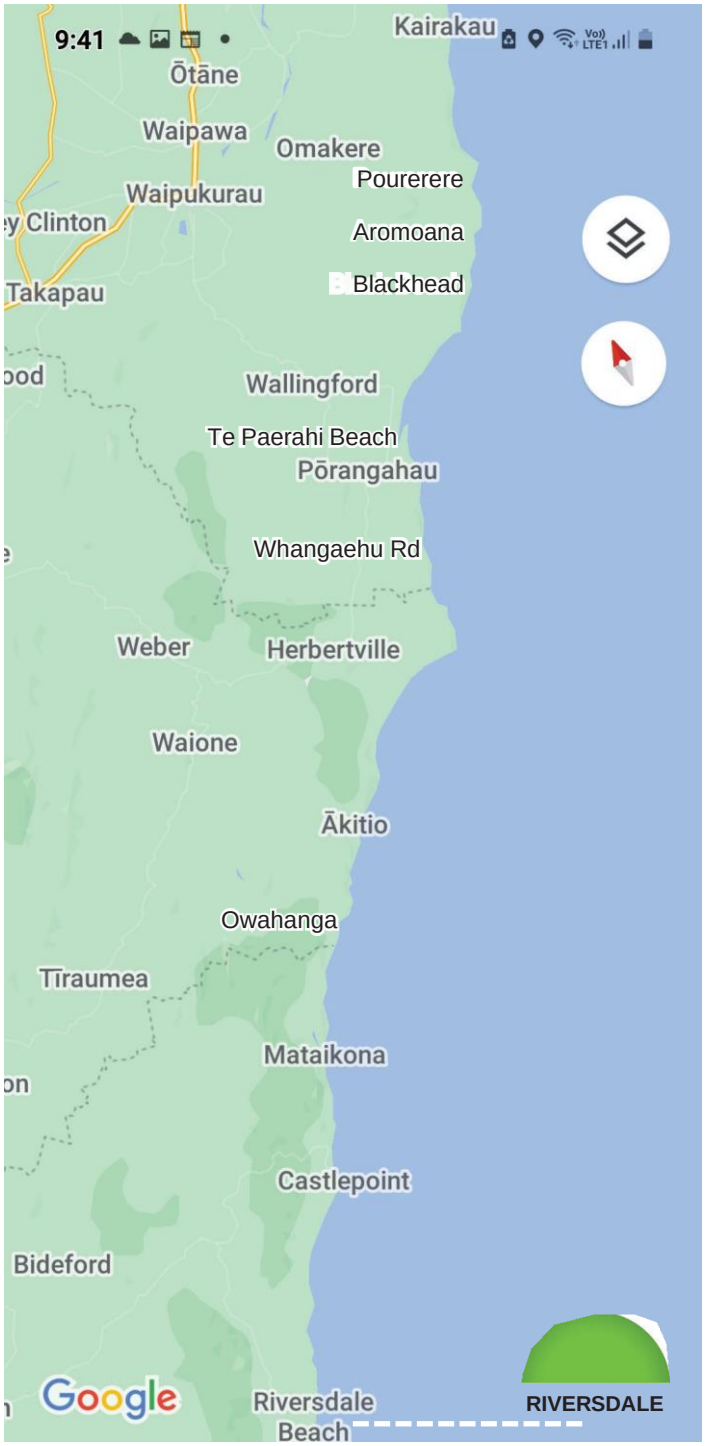
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



11 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		LYALL BAY WELLINGTON		
	24-25 March	SPARE DAYS		
35	Tuesday 26 March	Ocean Beach Palliser Bay	30 km	
36	Wednesday 27 March	Ngawi	30 km	
	Thursday 28 March	SPARE DAY		
37	Friday 29 March Easter	Te Awaiti - Manurewa Pt Around Cape Palliser	32 km	Easter
38	Saturday 30 March	Glenburn Rd	32 km	Easter
39	Sunday 31 March	Flat Point	6 km	Easter
		Riversdale Beach Surf LS	20 km	Easter
			150 km	

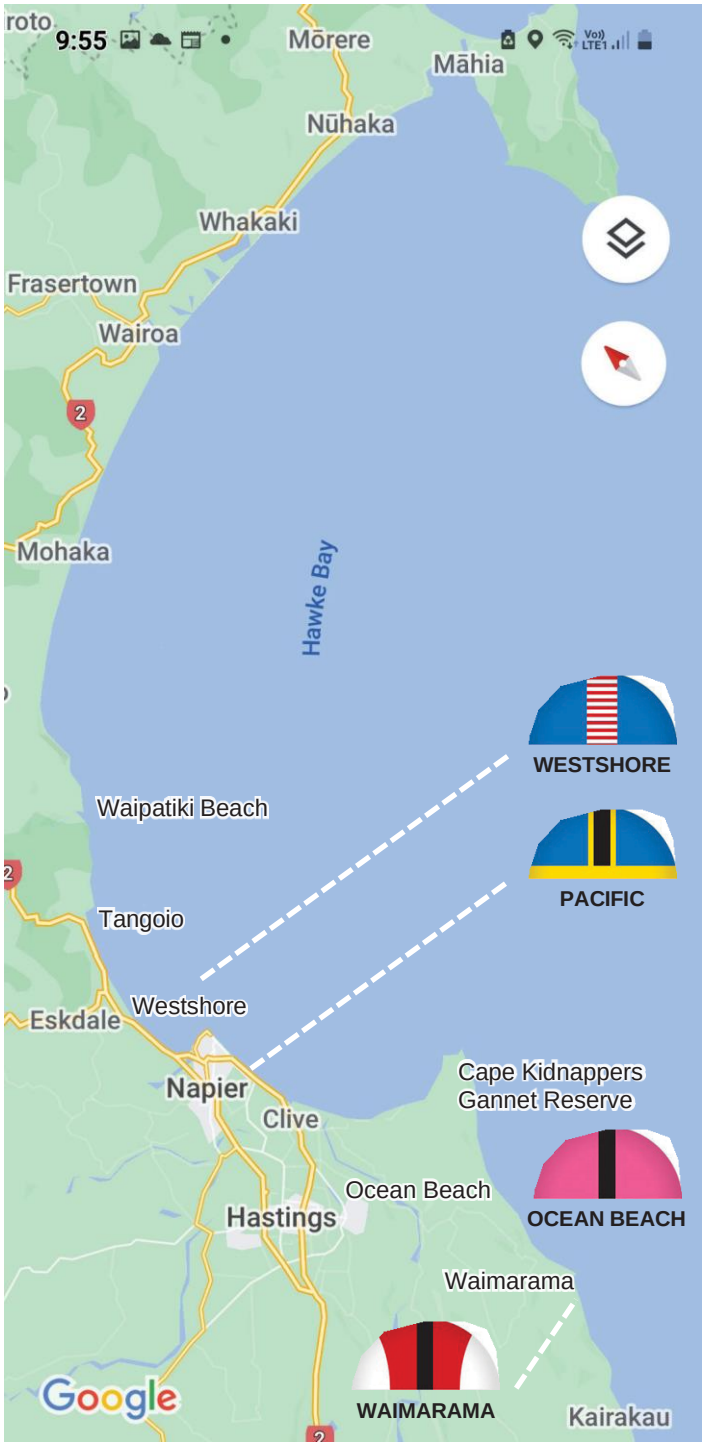
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



12 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Riversdale Beach Surf LS		
	Mon 1-2-3 April	3 SPARE DAYS		
40	Thursday 4 April	Castlepoint Lighthouse	25 km	
41	Friday 5 April	Mataikona	12 km	
		Owahanga (Papauma Marae)	13 km	
	Saturday 6 April	SPARE DAY		
42	Sunday 7 April	Akitio Campground	10 km	
		Herbertville Campground	17 km	
	Mon-Tues 8-9 April	2 SPARE DAYS		
43	Wednesday 10 April	Whangaehu Road	16 km	
		Te Paerahi Beach	11 km	
44	Thursday 11 April.	Blackhead	21 km	
		Aramoana	2 km	
45	Friday 12 April	Pourerere	6 km	
		Kairakau Beach	20 km	
			153 km	

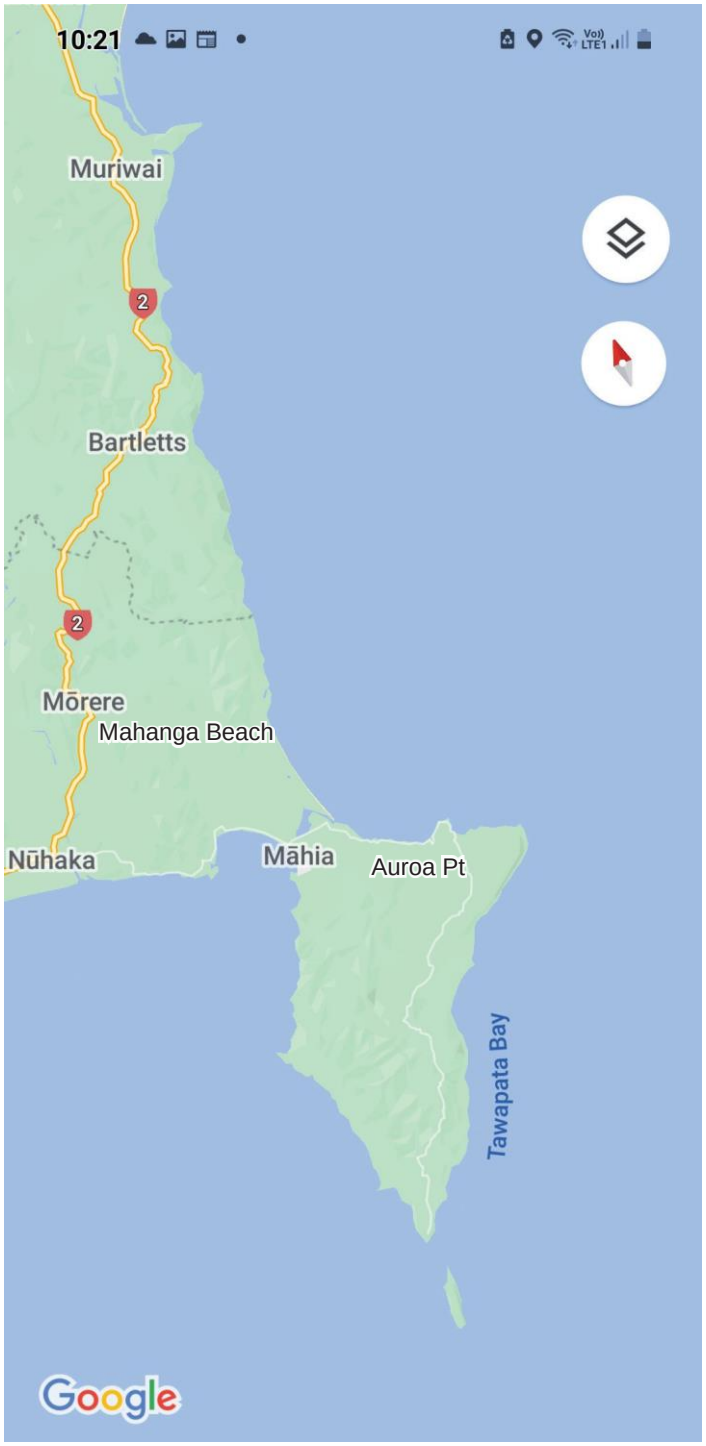
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



13 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Kairakau Beach		
46	Saturday 13 April	Waimarama Surf LS	16 km	
	Sun-Wed 14-17 April	4 SPARE DAYS		
47	Thursday 18 April	Ocean Beach Surf LS	8 km	
		Cape Kidnappers“Gannet Reserve” Round Cape to Te Awanga	12 km 18 km	
	Fri-Sat 19-20 April	2 SPARE DAYS		
48	Sunday 21 April	Pacific Surf LS Westshore Napier Surf LS	16 km	
	Monday 22 April	SPARE DAY		
49	Tuesday 23 April	Tangoio	15 km	
		Waipatiki Beach	8 km	
50	Wednesday 24 April	Wairoa	46 km	
51	Thursday 25 April Anzac Day	Nuhaka	30 km	Anzac Day
52	Friday 26 April	Mahia Beach	10 km	
	Saturday 27 April	SPARE DAY		
			179 km	

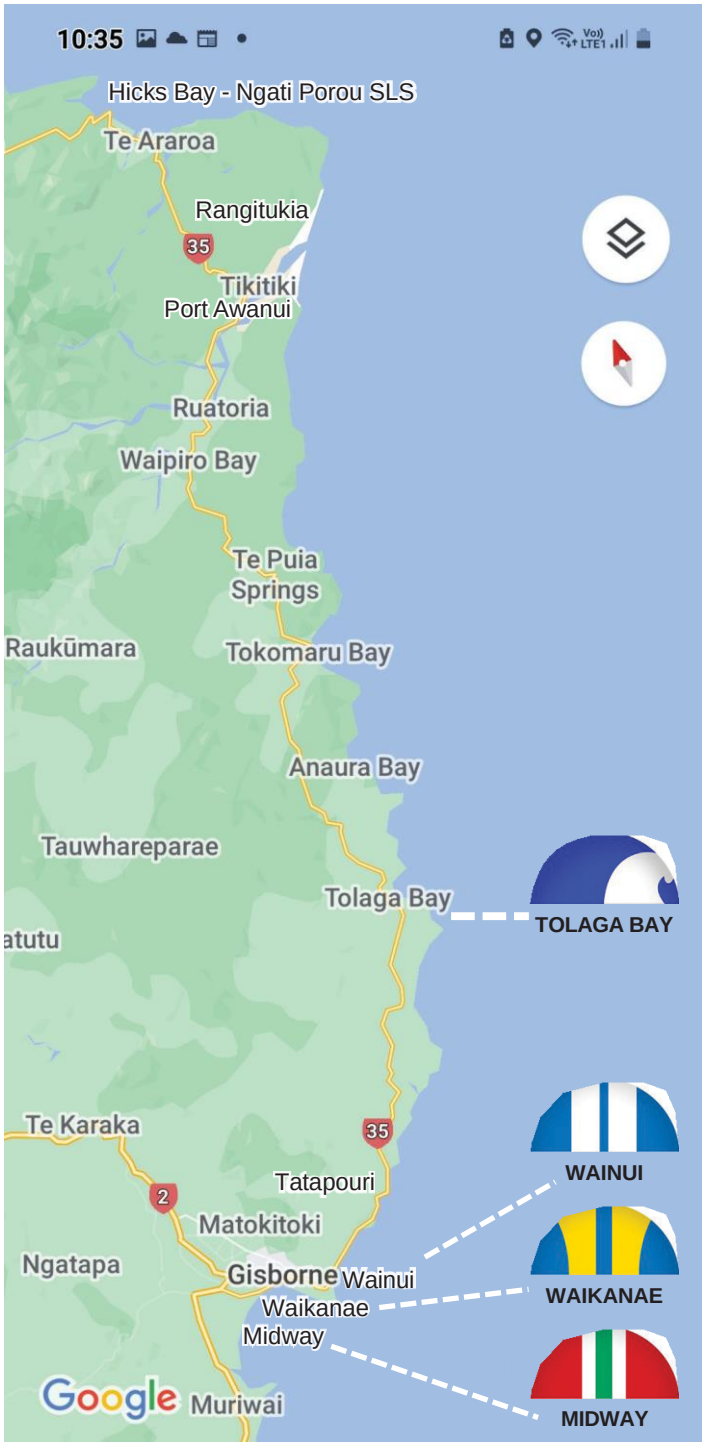
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



14 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Mahia Beach		
53	Sunday 28 April	Auroa - Mahia, around Peninsula	46 km	
54	Monday 29 April	Mahanga Beach Happy Jacks Boat Harbour	10 km	
55	Tuesday 30 April	Muriwai - Wherowhero Lagoon Surf LS	30 km	
			86 km	

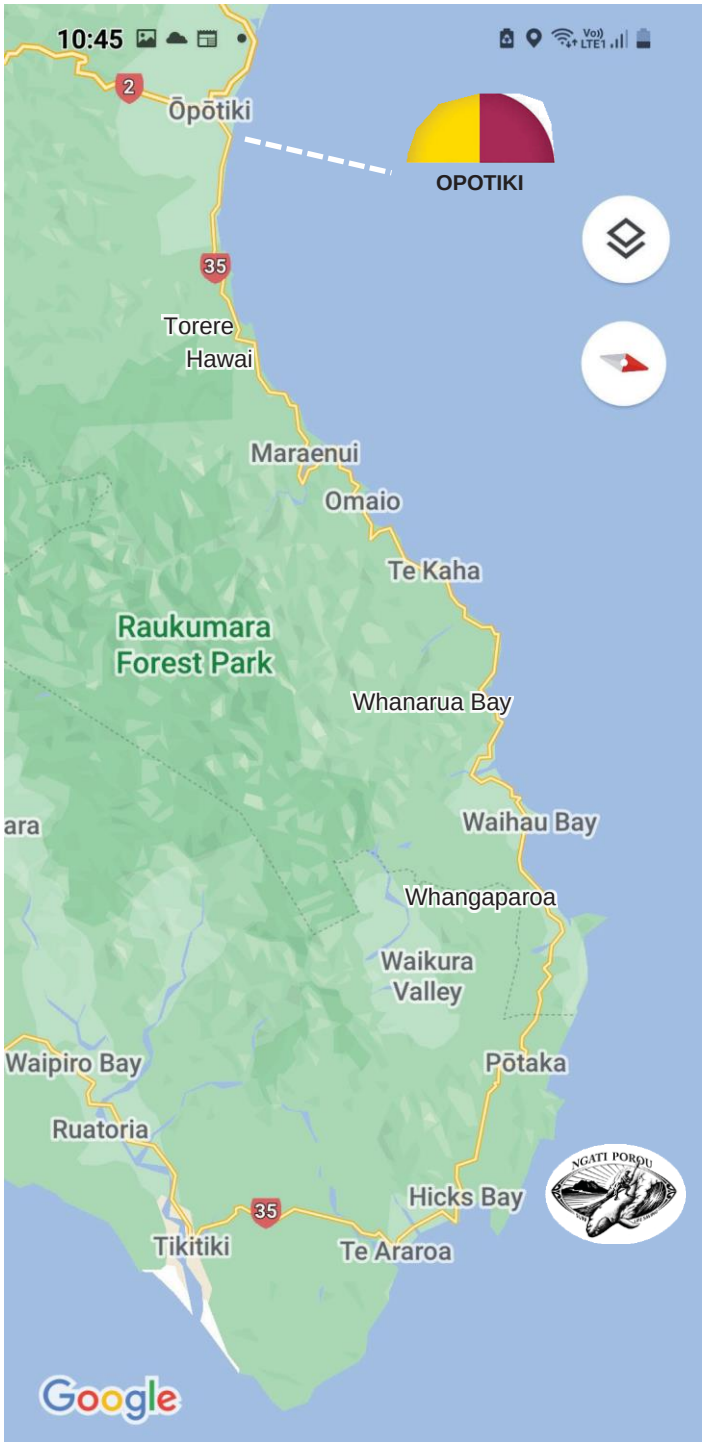
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



15 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Muriwai - Wherowhero Lagoon Surf LS		
56	Wednesday 1 May	Gisborne Surf LS	10 km	
	Thursday 2 May	SPARE DAY		
57	Friday 3 May	Tatapouri	15 km	
58	Saturday 4 May	Whangara	10 km	
		Tolaga Bay Surf LS	20 km	
	Sunday 5 May	SPARE DAY		
59	Monday 6 May	Tokomaru Bay	27 km	
60	Tuesday 7 May	Waipiro Bay	15 km	
61	Wednesday 8 May	Port Awanui	25 km	
62	Thursday 9 May	Rangitukia, Waiapu River Mouth	7 km	
	Friday 10 May	SPARE DAY		
63	Saturday 11 May	Te Araroa around East Cape Ngati Porou Surf LS	30 km	
	Sunday 12 May	Hicks Bay	10 km	
	Monday 13 May	SPARE DAY		
			169 km	

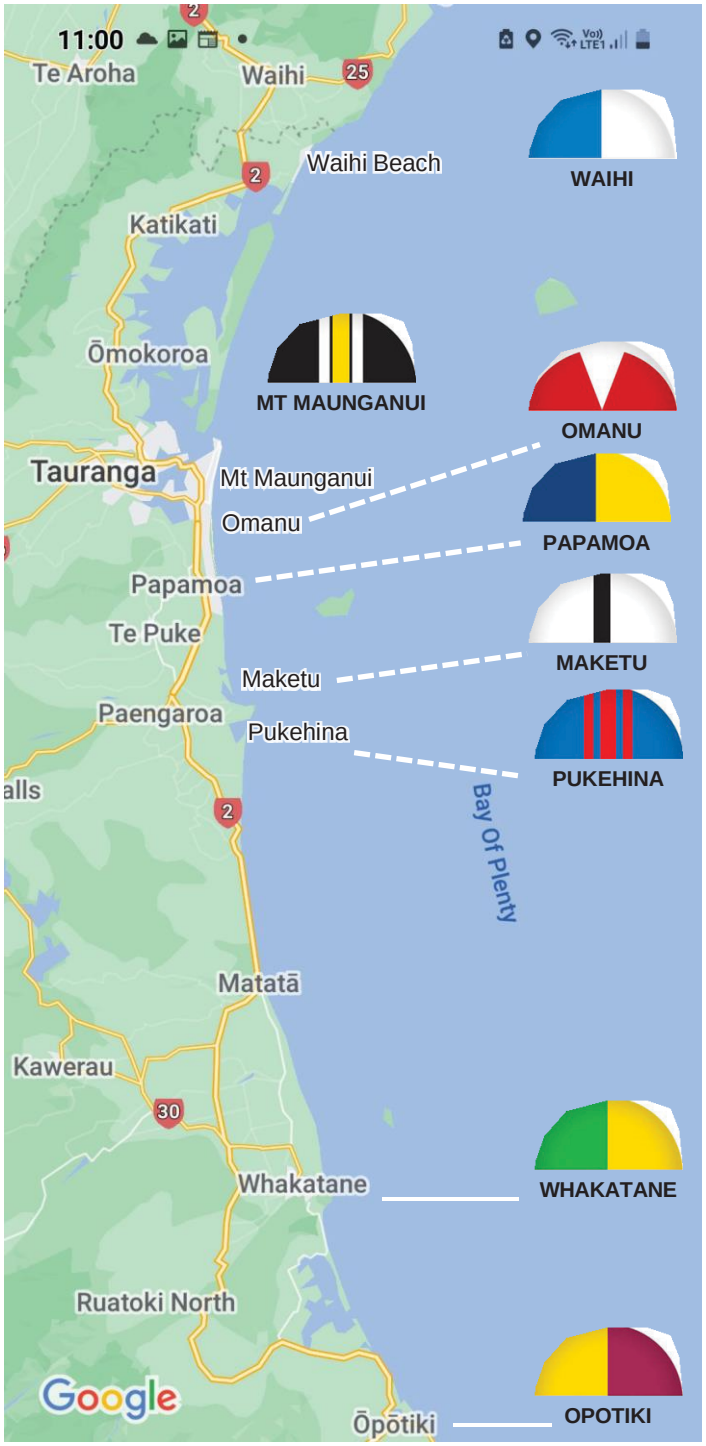
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



16 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Hicks Bay		
64	Tuesday 14 May	Whangaparoa Marae	35 km	
65	Wednesday 15 May	Waihau Bay	7 km	
		Whanarua Bay	10 km	
		Te Kaha	15 km	
	Thursday 16 May	SPARE DAY		
66	Friday 17 May	Omaio	10 km	
		Hawai	15 km	
		Torere	5 km	
67	Saturday 18 May	Opotiki Surf LS	20 km	
			117 km	

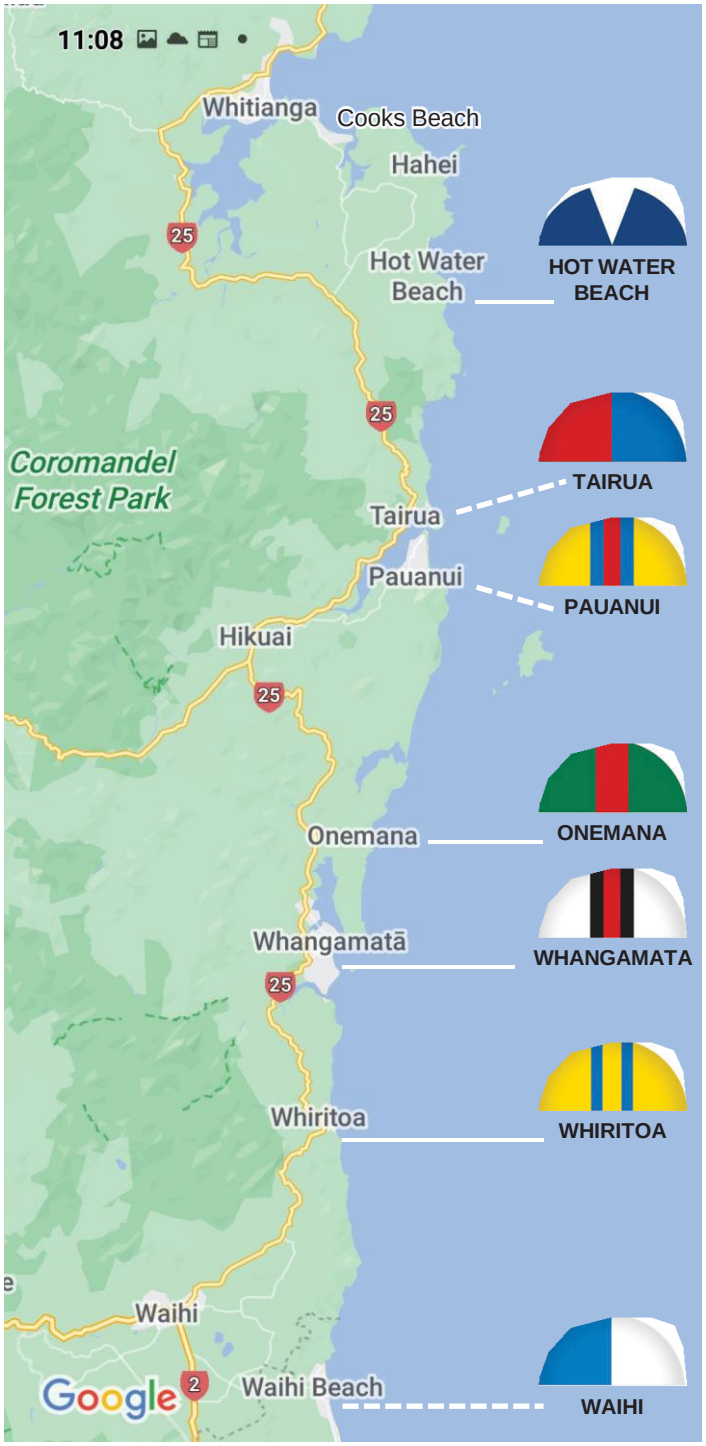
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



17 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Opotiki Surf LS		
68	Sunday 19 May	Whakatane Surf LS	25 km	
	Monday 20 May	SPARE DAY		
69	Tuesday 21 May	Matata	25 km	
70	Wednesday 22 May	Pukehina Surf LS	25 km	
	Thursday 23 May	SPARE DAY		
71	Friday 24 May	Maketu Surf LS	5 km	
		Papamoa Surf LS Omanu Surf LS	14 km	
		Mt Maunganui Surf LS	15 km	
	Saturday 25 May	SPARE DAY		
72	Sunday 26 May	Katikati Through Tauranga Harbour	25 km	
73	Monday 27 May	Waihi Beach Surf LS	16 km	
			150 km	

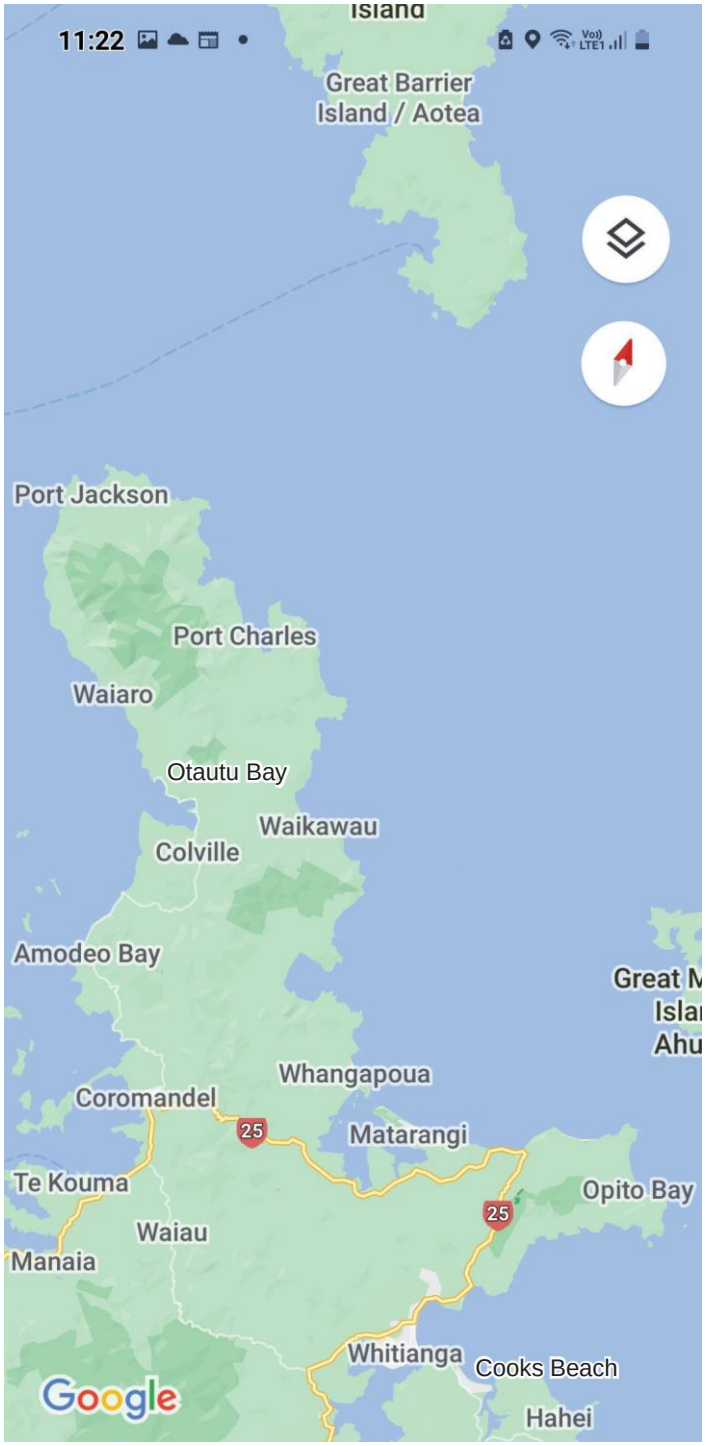
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



18 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Waihi Beach Surf LS		
	Tuesday 28 May	SPARE DAY		
74	Wednesday 29 May	Whiritoa Surf LS	15 km	
		Whangamata Surf LS	8 km	
75	Thursday 30 May	Onemana	7 km	
		Pauanui Surf LS	15 km	
	Friday 31 May	SPARE DAY		
76	Saturday 1 June Kings Birthday weekend	Tairua Surf LS	5 km	
		Hot water Beach Surf LS	13 km	
		Ha Hei	5 km	
77	Sunday 2 June (KB)	Cooks Beach	8 km	
		Whitianga	4 km	
			80 km	

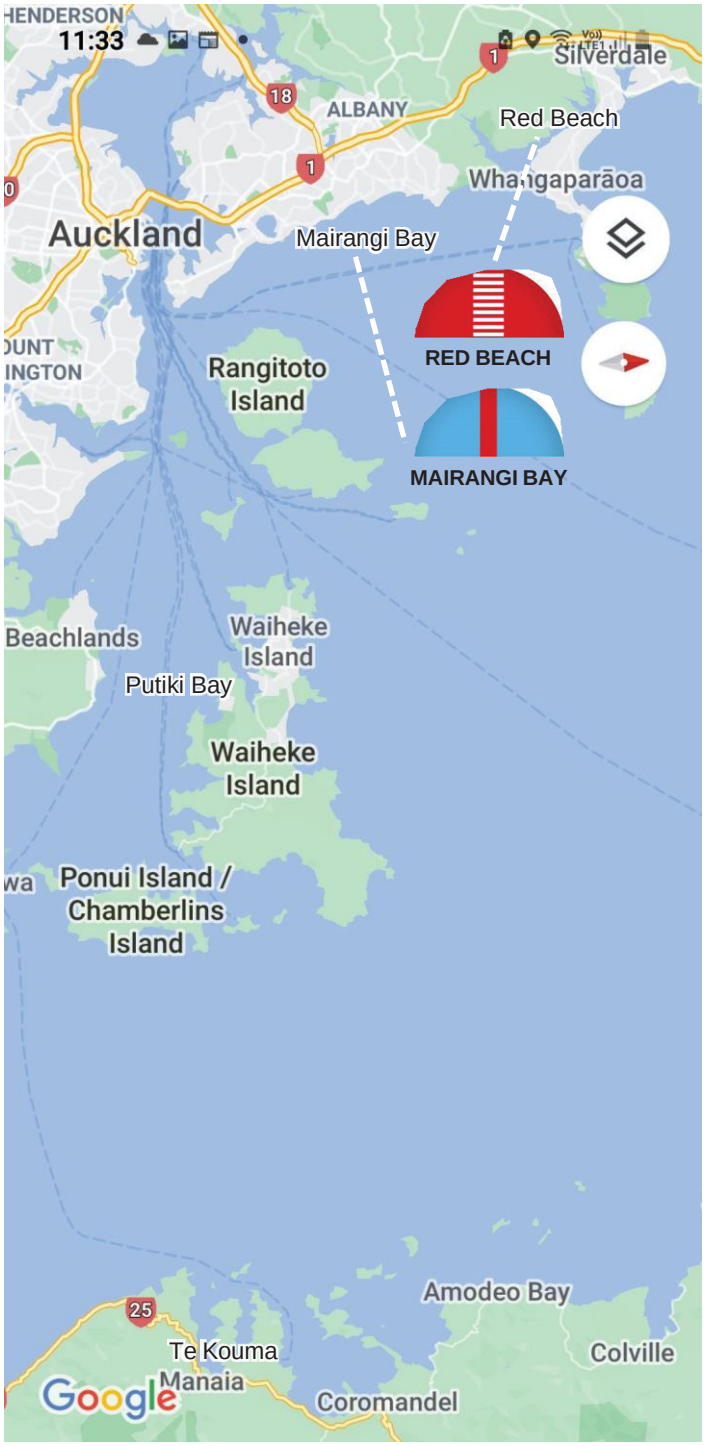
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



19 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Whitianga		
78	Monday 3 June Kings Birthday	Opito	22 km	Kings Birthday
79		Matarangi Whangapoua	15 km 4 km	
	Tuesday 4 June	SPARE DAY		
80	Wednesday 5 June	Little Bay - Waikawau Bay	17 km	
81	Thursday 6 June	Port Charles	13 km	
82	Friday 7 June	Port Jackson	18 km	
		Otautu Bay Wharf - Colville	24 km	
83	Saturday 8 June	Coromandel	22 km	
84	Sunday 9 June	Te Kouma Auckland Ferry Wharf	6 km	
			141 km	

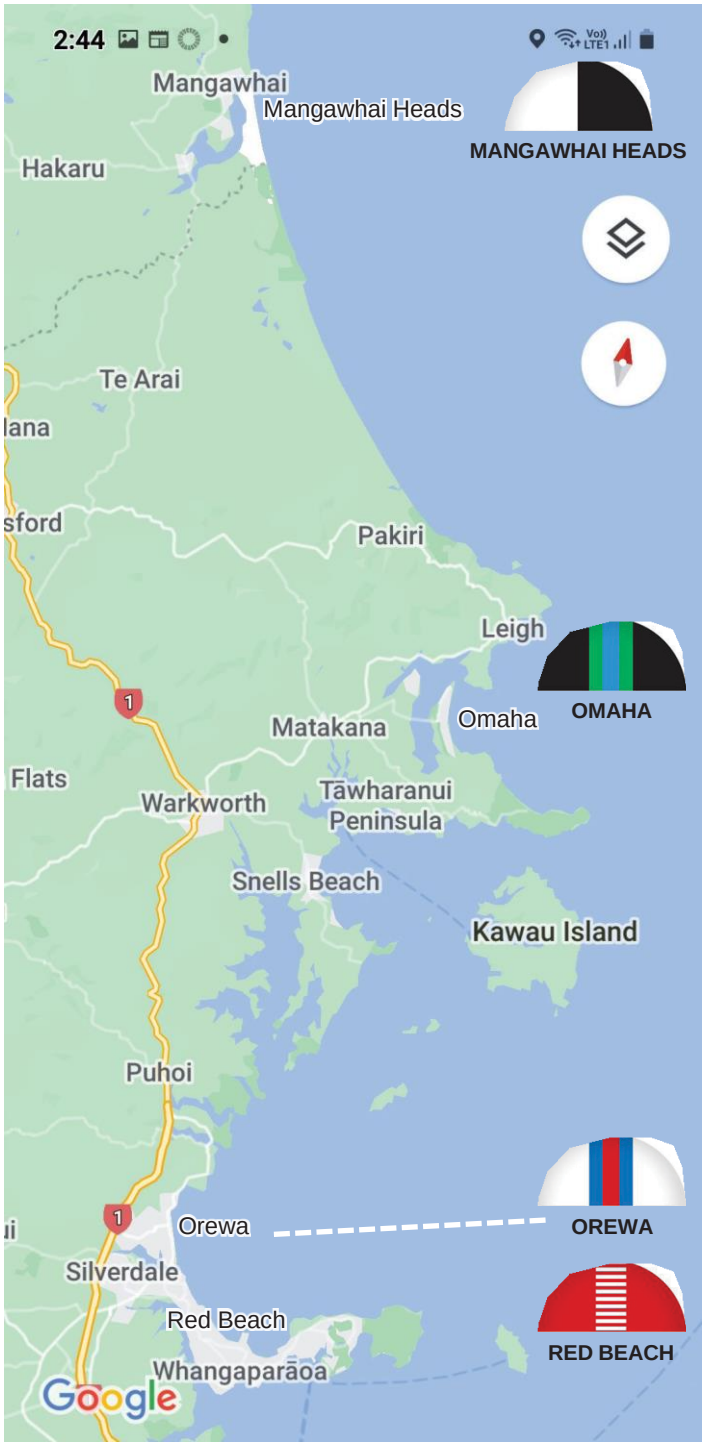
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



20 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Te Kouma Auckland Ferry Wharf		
	Mon-Tue 10-11 June	2 SPARE DAYS		
85	Wednesday 12 June	Waiheke - Putiki Bay	40 km	
	Thursday 13 June	SPARE DAY		
86	Friday 14 June	Auckland	25 km	
	Sat-Sun 15-16 June	2 SPARE DAYS		
87	Monday 17 June	Mairangi Bay Surf LS	14 km	
88	Tuesday 18 June	Red Beech Surf LS Around Peninsula	30 km	
			109 km	

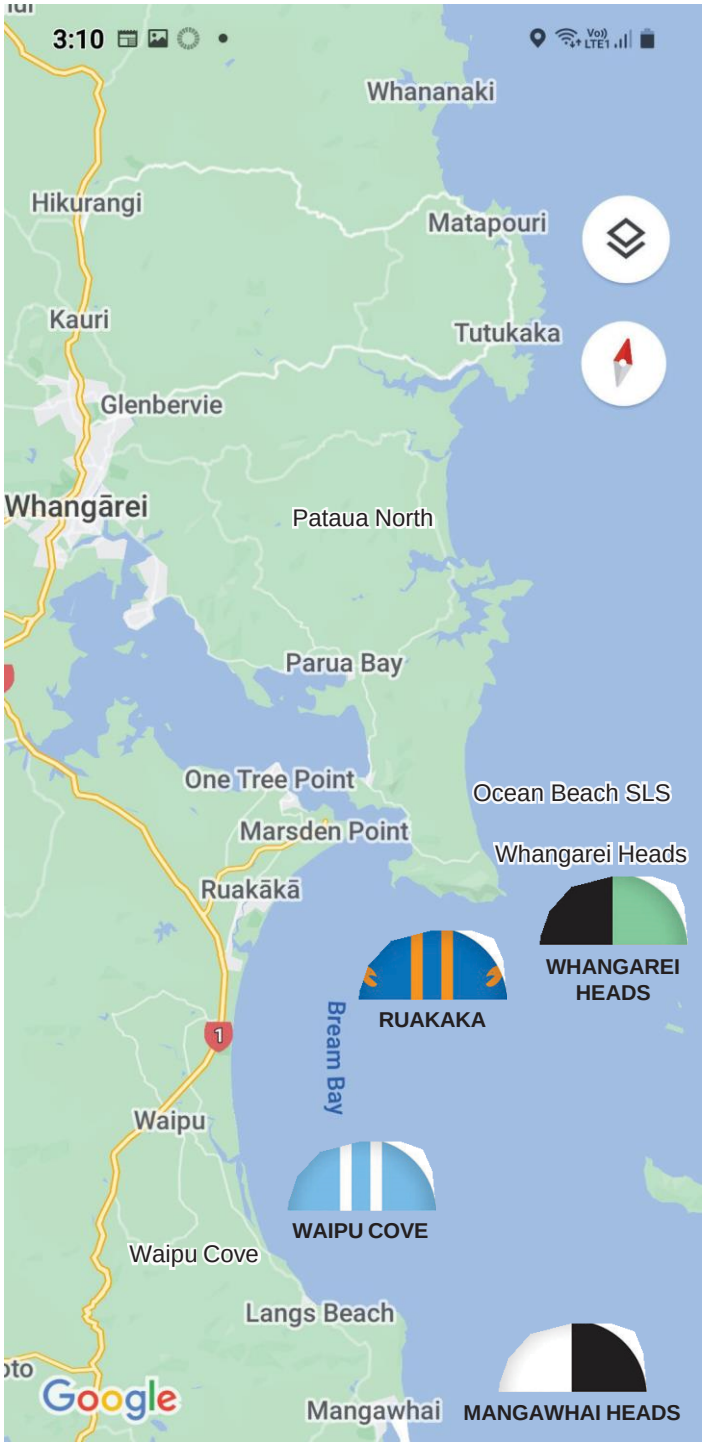
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



21 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Red Beech Surf LS		
89	Wednesday 19 June	Orewa Surf LS	4 km	
		Snells Beach	22 km	
90	Thursday 20 June	Omaha Surf LS Around Peninsula	24 km	
91	Friday 21 June	Leigh	11 km	
92	Saturday 22 June	Mangawhai Heads Surf LS	30 km	
	Sunday 23 June	SPARE DAY		
			91 km	

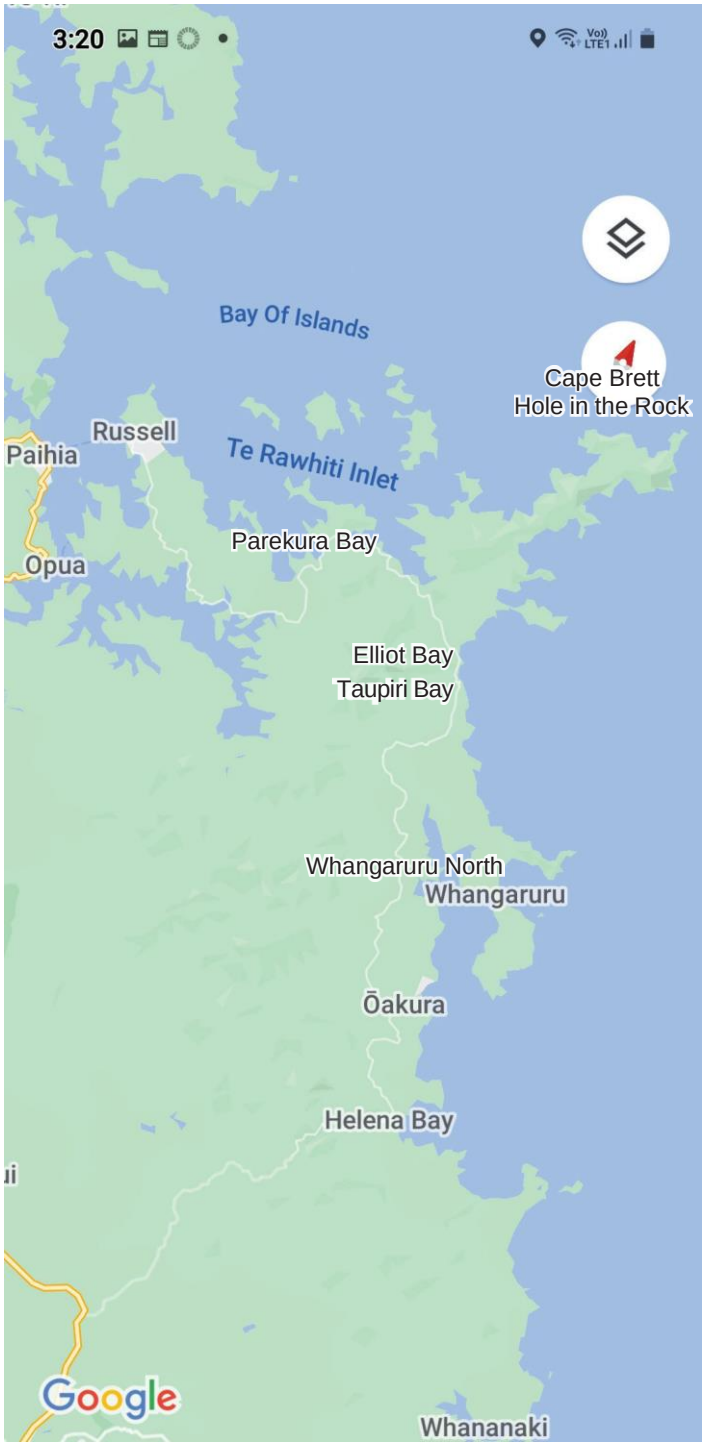
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



22 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Mangawhai Heads Surf LS		
93	Monday 24 June	Langs Beach. Waipu Cove Surf LS	10 km	
		Ruakaka Surf LS. Whangarei Heads Surf LS	17 km	
	Tuesday 25 June	SPARE DAY		
94	Wednesday 26 June	Ocean Beach	15 km	
		Pataua South Pataua North	20 km	
95	Thursday 27 June	Tutukaka	12 km	
96	Friday 28 June	Matapouri	6 km	
97	Saturday 29 June	Whananaki	6 km	
	Sunday 30 June	SPARE DAY		
			86 km	

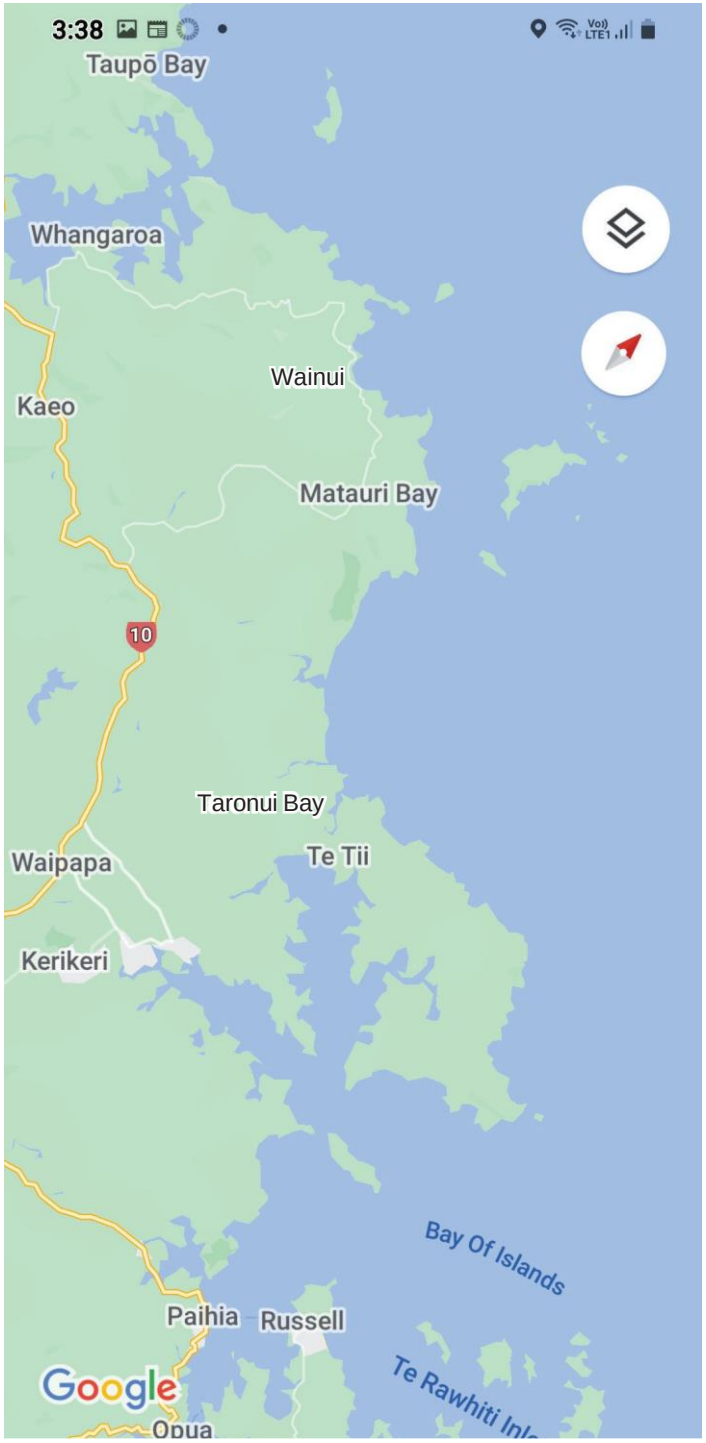
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



23 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Whananaki		
98	Monday 1 July	Oakura	30 km	
99	Tuesday 2 July	Whangaruru North	9 km	
		Ngaiotonga - Taupiri Bay Or Elliot Bay	10 km	
100	Wednesday 3 July	Cape Brett - Hole in Rock Parekura Bay	30 km	
	Thursday 4 July	SPARE DAY		
101	Friday 5 July	Russell	13 km	
	Sat-Sun 6-7 July	2 SPARE DAYS		
			92 km	

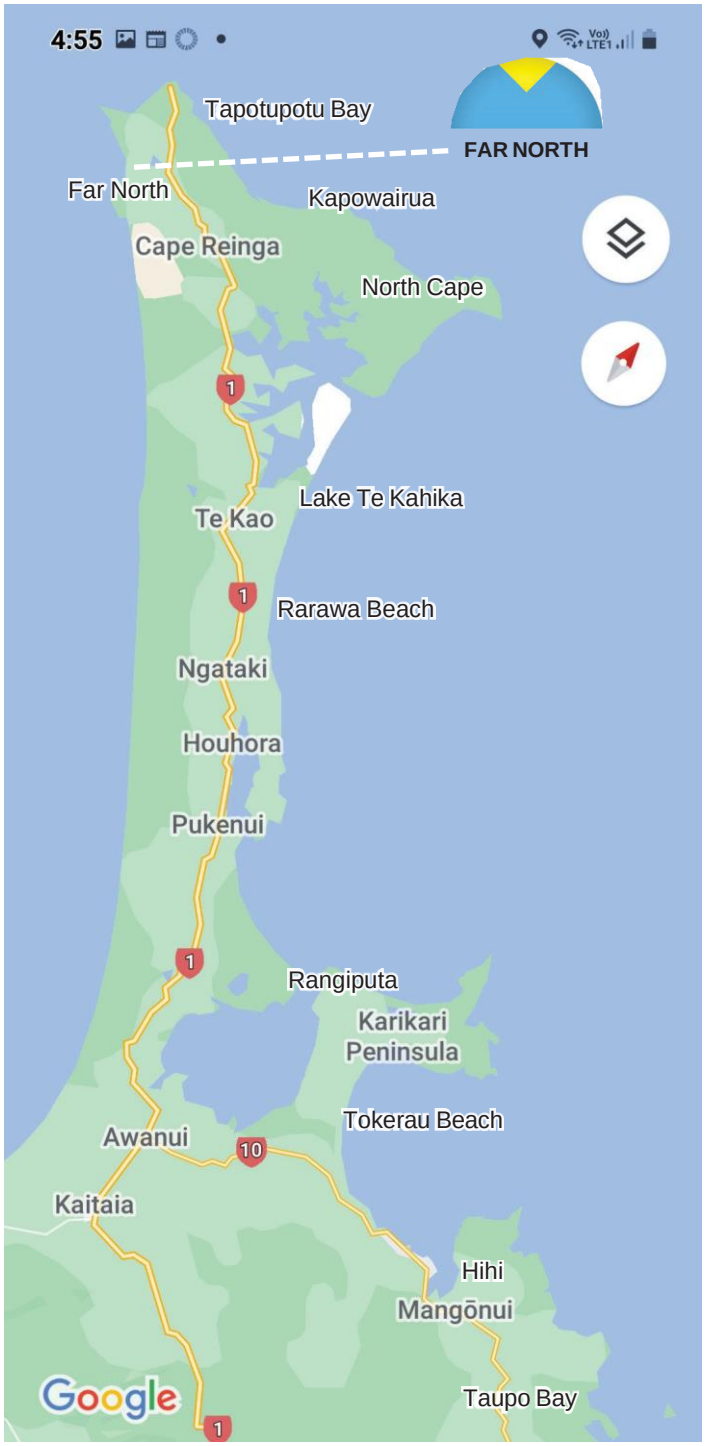
	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



24 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Russell		
102	Monday 8 July	Taronui Bay	27 km	
103	Tuesday 9 July	Wainui	20 km	
	Wednesday 10 July	SPARE DAY		
104	Thursday 11 July	Taupo Bay	17 km	
			64 km	

	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER



25 Rowing for Life Aotearoa NZ

Row	Date Est.	Destination	Distance	
		Taupo Bay		
105	Friday 12 July	Hihi	28 km	
106	Saturday 13 July	Tokerau Beach Across Doubtless Bay	20 km	
	Sunday 14 July	SPARE DAY		
107	Monday 15 July	Rangiputa Around Peninsula	33 km	
108	Tuesday 16 July	Rarawa Beach	25 km	
109	Wednesday 17 July	Lake Te Kahika	15 km	
	Thursday 18 July	SPARE DAY		
110	Friday 19 July	North Cape	25 km	
		Kapowairua	17km	
111	Saturday 20 July	Tapotupotu Bay - CAPE REINGA	17 km	
			180 km	
		NORTH ISLAND TOTAL	1847 km	
		GRAND TOTAL	**2878 km**	

	CREWS - ROWERS - WAKA AMA - OTHER	SUPPORT - SLS - COASTGUARD - LIONS - OTHER