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Exploring the demarcation requirements of fish breeding and nursery sites to balance the exploitation, management and conservation needs of Lake Victoria ecosystem

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Running head: Lake demarcation requirements; M.C. AURA ET AL.

Exploring the demarcation requirements of fish breeding and nursery sites to
 balance the exploitation, management and conservation needs of Lake Victoria

3 ecosystem

4 Abstract

Fisheries resources in vital freshwater ecosystems have been reported to be under immense threat, 5 resulting in conflicts between conservation, management and exploitation. This study established 6 requirements for identifying and mapping fish breeding and nursery grounds in such ecosystems 7 in the Kenyan part of Lake Victoria. The criteria were characterised by the use of indigenous 8 knowledge, field data, literature on breeding sites, macroinvertebrates distribution, larval and 9 10 relative fish abundances, digitization, participatory mapping and periodic sampling. Data were collected from trawl and seine net surveys. Digitization and mapping of the proposed conservation 11 sites were carried out using Quantum GIS software. Participatory physical demarcation of sites 12 was done using buoys and markers. Larval and juvenile fish were diverse and abundant in all seven 13 14 river mouths and six bays surveyed with little variance; an important aspect of breeding areas. Additionally, a preponderance of macroinvertebrates and high fish diversity compared with 15 16 offshore sites in the lake strengthened the hypothesis that these are critical habitats for spawning and preferred habitats for nurseries for fish. The approach can be adopted globally to guarantee 17 the long-term integrity of critical fish habitats for sustainable fisheries management and blue 18 19 growth.

20

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Key words: Criteria, critical habitats, lake-fishery, blue economy, conflicts, integrity.

22 Introduction

Lake Victoria is the largest of all African lakes and the second largest by area in the world (length 23 of 337 km and a width of 240 km), which makes it an important focus for ecosystem conservation 24 and the growth of a blue economy. It supports numerous business and resource security 25 opportunities for the more than 40 million people that live in the basin and the greater East Africa 26 27 region (Aura et al., 2018). These include water-based transport; industrial, domestic and 28 agricultural water uses, and hydroelectric power generation. The lake basin has been designated an economic growth zone by the East African Community (EAC) (Abila, 2000), and Lake Victoria 29 supports one of the largest freshwater fisheries in the world. 30

31 Historically, the lake supported more than 500 species of fish, most of which were endemic. However, following the introduction of the large sized predatory and highly competitive Nile perch 32 33 Lates niloticus (L.) and four Tilapiine species, now known as Coptodon (Dunz & Schliewen, 2013) (Oreochromis niloticus (L.), Oreochromis leucostictus (Treewavas), Coptodon zillii (Gervais) and 34 Coptodon rendalli (Boulenger)) in the late 1950s to early 1960s, coupled with overexploitation of 35 resources and excessive environmental degradation, a large proportion of native fish species have 36 37 disappeared from the lake. It is estimated that more than 200 endemic species of fish have been lost (Njiru et al., 2012; Downing et al., 2014; Arinaitwe et al., 2016). Ostensibly, the introductions 38 39 were made to boost fisheries in Lake Victoria (Aura et al., 2013) through predatory conversion of 40 the biomass of small-sized bony cichlids, and efficient niche occupation and utilisation by the larger-sized species. At the same time, wetlands were cleared for other uses such as agriculture. 41 This reduced the natural capital and ecosystem service delivery of the ecosystem, including the 42 provision of refugia for indigenous fish species. 43

As a result, Lake Victoria, which originally supported at least 12 major commercial fish species, now supports only three (Hecky et al., 2010). These are two introduced species, Nile perch and Nile tilapia, and one native fish species, the pelagic cyprinid *Rastrineobola argentea* (Pellegrin), locally known as omena (Njiru et al., 2007). The catch and biomass of fish in the lake are currently dominated by omena and haplochromines, indicating that numbers of Nile perch and Nile tilapia, which are preferred by the export market and for domestic consumption, have declined (Hecky et al., 2010).

51 Natural fish stocks in Lake Victoria have declined due to the interaction of multiple stressors such as species introductions, eutrophication, pollution, and habitat change from over-52 53 exploitation, overfishing, and illegal and unregulated fishing in critical habitats (Njiru et al., 2012). The most important critical habitats in the lake are fish breeding sites (Njiru et al., 2007), which 54 require wide-ranging changes in management practices to ensure the future sustainability of the 55 56 fishery and the lake ecosystem. Realizing the full potential of the lake now requires a paradigm shift in management to embrace a new, responsible and sustainable approach that is more 57 environmentally, socially and economically effective. This has come at a crucial time when 58 population growth rapidly increasing the demand for food and resources from the lake. It is widely 59 believed that the development of a sustainable blue economy in this area needs to be supported by 60 the better conservation and management of fish breeding sites. 61

Previous studies that have addressed conservation and management issues in relation to designing reserves and critical habitats include those of Ezenwa and Ayinla (1994), Salmi et al. (2000), Harding *et al.* (2001), Crooks (2002) and Gumm et al. (2011). Few studies have also been carried out to establish the spawning periods and spawning sites for the three-commercial species. Surveys showed that both Nile perch and *Coptodon* bred during the rainy season (Hughes, 1992;

Goudswaard et al., 2011; Cornelissen et al., 2015). This was characterized by reduced movement 67 of fish and their abiding in particular sites for longer periods of time. It was established that during 68 rainy seasons food is more abundant and water temperatures are low, reducing the need to seek 69 out more favorable, distant foraging sites. Rastrineobola argentea on the other hand bred 70 throughout the year with peaks between March and June; December. The species were found to 71 move into shallower waters (offshore) to spawn (Ojwang et al., 2014). However, these studies 72 73 provide little information on the methodological frameworks required to identify and map 74 lacustrine fish breeding and nursery grounds for conservation purposes and to protect the fishery and the ecosystem on which it depends. This is because the sustainable utilisation of fisheries in a 75 76 lake calls for a balance to be struck between the protection of critical habitats, such as fish breeding areas, and exploitation by the fishing community, which is generally poor and with low individual 77 incomes. This study aimed to identify the prerequisites for mapping and demarcation of critical 78 79 fish breeding, nursery and fishing grounds to support the more sustainable use of resources and to 80 reduce user conflicts, using Lake Victoria, Kenya, as a case study.

Activities of the study were to establish criteria for identifying and mapping fish breeding 81 sites and nursery grounds in lacustrine ecosystems with a particular focus on offshore areas, river 82 mouths and sheltered bays. Such critical areas are known to be associated with increased diversity 83 and abundance of biota (e.g. Dejen et al., 2017). This is because one conceptual driver of inland 84 fisheries, such as Lake Victoria, is the widely held vision of an inevitable demise of inland fisheries 85 in the face of escalating human impacts, which is reflected in studies from all continents (Friend 86 et al., 2009). In Lake Victoria, catches are on the decline with the main driver being increased 87 demand for fish, leading to illegal fishing in critical sites (Aura et al., 2018). 88

89

90 Materials and methods

91 Study area

Lake Victoria delivers important ecosystem services to more than 40 million people in the three 92 riparian countries. These include fisheries, transport, and water for domestic, agricultural and 93 industrial uses (LVFO, 2015). With a surface area of over 68,500 km², Lake Victoria is the world's 94 95 second largest freshwater lake and is shared by the three East African countries: Tanzania, Uganda 96 and Kenya. It lies at an altitude of 1134 m above sea level, and is relatively shallow, with a maximum depth of about 84 m and an average depth of about 40 m (Aura et al., 2013). The highly indented 97 shoreline of the lake is estimated at about 3,440 km in length. Kenya has the smallest part of the 98 lake by area (approximately 4,128 km²) and a shoreline of about 550 km. The Kenyan part of the 99 lake includes the Winam Gulf (Kavirondo Gulf or Nyanza Gulf), which is joined to the main lake 100 101 by the Rusinga channel. The Winam Gulf is purported to have been the area where the rapid increase in the Nile perch population began. The Kenyan waters, especially the Winam Gulf, were 102 also the first part of Lake Victoria to exhibit shallow-water hypoxia and associated fish kills, and 103 the first area to experience overfishing of the Nile perch population (Okely et al., 2010; Kundu et 104 105 al., 2017; Aura et al., 2018).

106 The Kenyan part of Lake Victoria was used as a case study to demonstrate the criteria that 107 are useful for identifying and demarcating lacustrine critical habitats The investigated areas 108 included river mouths and associated wetlands, fringe wetlands, rocky habitats, bays and areas 109 with extensive/dense macrophyte cover.

110 Demarcation criteria for fish breeding sites

Figure 1 shows a schematic representation of the criteria used in the demarcation of fish breedingsites within this study. This involved:

113	i.	raising community awareness of the importance of demarcating and protecting the breeding
114		areas;

- ii. interviewing fishers and other stakeholders on potential fish breeding grounds usingindigenous knowledge;
- 117 iii. identifying key breeding areas and nursery grounds;
- iv. reviewing secondary literature on fish species, breeding period and distribution (Table 1and Table 2);
- v. collecting field data on fisheries and relevant limnological information such as relative
 abundance of fish eggs and larvae, maturity status of fish, diversity indices, and
 macroinvertebrate occurrence inside and outside of the potential fish breeding sites for
 demarcation;
- vi. digitizing and mapping of fish breeding sites using a Geographical Information System(GIS); and
- vii. physically delineating the sites with markers and buoys, in collaboration with stakeholders,
 and periodically monitoring the sites inside and outside of the demarcated fish breeding
 grounds to assess the effects of demarcation.

To identify fish breeding, nursery and fishing grounds, data and literature on larval and relative fish abundance was obtained from trawling, seine netting and net trawl surveys. Several authors (Table 1) recorded that fish breeding occurs in sheltered bays and river mouths (Manyala et al., 2005). For example, they noted that cichlids usually establish their nests in sandy beaches; carps and catfishes migrate to denuded floodplains for breeding; and lungfish breed in marginal swamps. Sampling periods and areas of the current study were established based on the secondary literature (Table 1) and indigenous knowledge sourced from

stakeholder interviews and structured questionnaires, (Table 2). Spawning periods were mainly 136 mentioned (75% of respondents) as occuring in the rainy season i.e. March - May and October 137 - December. Sampling was undertaken during such periods to capture a wider and robust 138 pattern. Field sampling entailed geo-referencing using hand held GPS (Garmin), biophysical 139 characterisation and description of each of the areas considered critical, and verification using 140 indigenous knowledge from resource users and experienced fishers. Relative abundance and 141 142 maturity status of fishes (including species of economic importance, namely Nile perch, Nile tilapia and Dagaa - R. argentea), and habitat uniqueness in terms of sheltered, and open; were 143 used as factors to determine habitat suitability as a breeding ground for mouth brooders and 144 145 broadcasters, such as Nile perch (L. niloticus) and Dagaa or omena (R. argentea).

The Shannon diversity index (*H'*) was used to characterize species diversity in a different
habitats (i.e. river mouths, sheltered bays and offshore areas). The index was defined as:

148
$$H' = -\sum_{i=1}^{3} P_i - Ln(P_i)$$

where P_i is the relative abundance, i.e. the number of individuals for each species divided
by the total number of individuals for all species (S) in each sample (Begon et al. 1990).
Differences in median H' in the different sites was tested using Kruskal–Wallis test. Dunn's Test
(1964) was used to pinpoint which specific median H' were significantly different from the others.
Additionally, the Simpson index, inverse Simpson index, Species richness, rarefaction were
employed following Oksanen et al. (2018).

155 The GIS software Quantum GIS Desktop Version 2.18.11 was used to calculate the area of 156 each demarcated fish breeding site, after applying a WGS84 projection to the data layer and the underlying map data. The field calculator function in QGIS was then used to provide the area (in
km²) of each region of interest (QGIS Development Team, 2009).

159

160 **Results**

Analysis of benthic macroinvertebates revealed differences in diversity and abundance across different habitat types in Lake Victoria (Fig. 2). Sheltered bays and river mouths were found to have the highest diversity score in relation to the Shannon Weiner index, with differences in the index being significant ($\chi^2 = 7.159$; p = 0.028) across the three habitats. Dunn's (1964) test of mulitiple comparisons revealed no significant difference (p = 0.72) in benthic invertebrate diversity between sheltered bays and river mouths. However, diversity in river mouths was significantly different (i.e. p = 0.05) from offshore sites.

On the other hand, sheltered bays and river mouths had higher median fish diversity scores than offshore sites in the lake (Fig. 3), indicating that river mouths and sheltered bays are preferred by fish, and hence critical habitats for their survival. Given the relatively high abundance of fish eggs and larvae in these areas, it can be deduced that river mouths and sheltered bays are also important fish breeding areas (Fig. 4a).

Furthermore, offshore sites had almost negligible proportions (< 2%) of juvenile and mature fish that mainly consisted of Nile perch and Dagaa which are known to breed in such zones (Fig. 4b, c). Among the juveniles, *Synodontis victoriae* (33%) and *O. niloticus* (6%) were the most and the least dominant, respectively, in the sheltered bays. Mature *Clarias gariepinus* (24%) and *S. victoriae* (10%) dominated the sheltered bays and river mounths, respectively (Fig. 4c).

Both sheltered bays (0.45) and river mounths (0.50) had relatively high proportions of juvenile and mature fish, indicating that they are also nursery grounds for these fish. Based on the findings above, together with local indigenous knowledge and secondary literature, a set of criteria
was established for defining and mapping fish critical habitats, and fish breeding and nursery
grounds (Table 2 & Fig. 5).

Of the 13 sites identified, the breeding areas comprised seven river mouths and six bays. The Kuja River mouth (89.15 km²), Nyakach Bay (68.73 km²) and Nzoia River mouth (64.82 km²) were the largest habitats, providing extensive fish breeding and nursery grounds. The least extensive habitats (< 10 km²) were found in Oluch River Mouth, Kendu Bay and Kisumu Bay.

187

188 Discussion

In the current study, a preponderance of macroinvertebrates and high fish diversity were observed in sheltered bays and river mouths compared to offshore sites in the lake. High diversity of macroinvsertebrates in sheltered bays and river mouths could be linked to availability of suitable food for larval fish (Aura et al., 2010). This could be because fish larvae tend to aggregate in areas with sufficient food to increase their chances of survival and their distribution occurs in areas that are near or at the breeding grounds due to difficulties in swimming (Aura et al., 2013).

Previous studies (e.g., Hughes 1992; Ojwang et al., 2014) have found negligible proportions of juveniles in offshore sites and mature fish that mainly consisted of Nile perch and Dagaa. Furthermore, in consistent with the current study, *Synodontis victoriae* and *O. niloticus* juveniles were found to be the most and the least dominant, respectively, in the sheltered bays, whereas, mature *Clarias gariepinus* and *S. victoriae* dominated the sheltered bays and river mounths, respectively (Fig. 4c; Ojwang et al., 2014).

The higher species diversity scores in the river mouths and sheltered bays indicated that these are critical habitats for fish. Similarly, relatively high proportions of juvenile and mature fish

indicated that they are also nursery grounds for fish. Additionally, the relatively high abundance 203 of fish eggs and larvae in the same habitats strengthens the observations that river mouths and 204 sheltered bays are fish breeding areas. These could be because sheltered bays are characteristically 205 206 calm with relatively warmer waters than elsewhere which confers upon them great importance as nursery grounds for fish, while the high nutrient content of river water provides food for larval, 207 juvenile and adult fish. Apart from the abundant food, river mouths and bays are often fringed with 208 209 macrophytes, giving them a structural complexity that provides excellent shelter against predators 210 (Nagelkerken et al., 2000).

In addition, river mouths and shallow bays have relatively turbid waters, which decreases the foraging efficiency of visual predators (Robertson & Blaber, 1992). In combination, these attributes define areas that are important refugia for all stages of fish and, therefore, important and critical habitats. As such, fishing needs to be restricted in these areas to allow for the breeding and maturation of fish, and to sustain sufficient stocks of fish to support a growing blue economy.

In summary, these attributes, combined with local indigenous knowledge and secondary 216 literature, were used to identify and map fish breeding and nursery grounds. Of the 13 sites 217 identified, breeding areas comprised seven river mouths and six sheltered bays. Larger river 218 219 mouths and bays provided more expansive fish breeding grounds than less extensive areas. It is hypothesised that limiting access to the demarcated sites by humans (e.g. fishers) will lead to 220 increased fish recruitment and fish abundance in such areas, and eventually in the entire lake. 221 However, conservation of the targeted sites using this approach can only be efficient with sufficient 222 time, financial and scientific resources. Furthermore, local indigenous knowledge and 223 commitment from Kenyan Beach Management Units (BMUs) members, may be too limited to 224 contribute to effective management actions (Gumm et al., 2011). 225

There is a need to explore other biota (such as flora) that were not covered in this study to ascertain their abundance and diversity in relation to fish breeding and nursery grounds for the conservation and management of these sites. The demarcation approach outlined above could be adopted globally to aid the conservation and protection of the integrity of critical fish habitats to achieve the ultimate aim of achieving sustainable fisheries management, and hence a healthy, growing blue economy.

232

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236

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Table 1. Breeding characteristics of common fish species of Lake Victoria (after Manyala et al., 2005). Blanks indicate missing information.

332	

Species	Breeding Season	Breeding area	Source
Bagrus docmak	Protracted/Peaks in Jan/August	Lake Victoria	Lowe-McConnell, 1987
Barbus altianalis	Mar-Apr/Aug-Sep/Oct-Nov	Rivers/floodplains	Ochumba & Manyala, 1992
Clarias gariepinus	April-June/Sept-Oct		Lung'ayia, 1994a
Clarias gariepinus	Feb-Aug	Rivers/floodplains	Ochumba & Manyala, 1992
Clarias gariepinus	Protracted/Peaks in Jan/August	Lake Victoria	Lowe-McConnell, 1987
Clarias gariepinus	Sep-Oct	Rivers	Lung'ayia, 1994a
Haplochromis spp.	End of rainy seasons	Littoral/Sub-littoral	Witte, 1981
Labeo victorianus	Jan-Apr/Sep-Nov	Rivers	Ochumba & Manyala, 1992
Lates niloticus		Pelagic zone	Lung'ayia, 1994a
Oreochromis esculentus	April-May/Sept-Dec		Lowe-McConnell, 1987
Oreochromis esculentus	Sep-May		Greenwood, 1966
Oreochromis leucostictus	Throughout the year	Inshore	Lowe-McConnell, 1987
Oreochromis niloticus	Apr-Jun/Sep-Dec	Rivers	Ochumba & Manyala, 1992
Oreochromis niloticus		Nyanza Gulf	Lung'ayia, 1994a
Oreochromis niloticus		Offshore	Lowe-McConnell, 1987
Oreochromis variabilis	Jun-Aug	Rivers	Ochumba & Manyala, 1992
Oreochromis variabilis		15 m from shoreline	Lung'ayia, 1994a
Protopterus aethiopicus	Apr-May/Sep-Nov	Marginal swamp	Greenwood, 1966
Protopterus aethiopicus	July-Aug/Feb	floodplains	Lowe-McConnell, 1987
Protopterus aethiopicus		Marginal swamps	Greenwood, 1966
Protopterus aethiopicus		Marginal swamps	Lowe-McConnell, 1987
Protopterus aethiopicus		Papyrus swamp	Greenwood, 1966
Protopterus aethiopicus		Papyrus swamps	Greenwood, 1966
Protopterus aethiopicus		Semi-aquatic grass	Greenwood, 1966
Rastrineobola argentea	Feb-Mar	Pelagic	Lung'ayia, 1994a
Rastrineobola argentea	Oct-Nov	Pelagic	Lung'ayia, 1994a
Schilbe intermedius	Protracted/Peaks in Jan/August	Rivers/floodplains	Lowe-McConnell, 1987
Schilbe intermedius	Rainy season	Rivers/floodplains	Ochumba & Manyala, 1992
Schilbe intermedius	Sep-Apr	Rivers	Ochumba & Manyala, 1992
Schilbe intermedius		Rivers	Lowe-McConnell, 1987.
Synodontis victoriae	Apr-Jun/Oct-Dec	Rivers/floodplains	Ochumba & Manyala, 1992
Synodontis afrofischeri	Jan-Apr/Jul-Sep	Rivers/floodplains	Ochumba & Manyala, 1992
Synodontis victoriae	Protracted/Peaks in Jan/August	Rivers/floodplains	Lowe-McConnell, 1987
Tilapia zillii	Throughout the year		Lowe-McConnell, 1987

Critical breeding habitat		GPS coordinates		Species		
Number	Name	Longitude	Latitude			
1	Sio River Mouth	33.958 E	0.171 N	Lates niloticus, Haplochromines		
		33.985 E	0.161 N	Rastrineobola argentea		
2	Nzoia River Mouth	33.954 E	0.082 N	Lates niloticus, Haplochromines		
		33.946 E	0.070 N	Rastrineobola argentea,		
		33.956 E	0.059 N			
3	Kadimo Bay	34.074 E	0.104 S	Lates niloticus, Haplochromines		
		34.081 E	0.107 S	Rastrineobola argentea, Oreochromis niloticu		
		34.093 E	0.082 S			
		34.099 E	0.076 S			
		34.111 E	0.074 S			
		34.121 E	0.079 S			
		34.123 E	0.089 S			
		34.111 E	0.102 S			
		34.111 E	0.110 S			
		34.114 E	0.118 S			
		34.118 E	0.121 S			
4	Asembo Bay	34.381 E	0.229 S	Lates niloticus, Oreochromis nilotucu.		
		34.382 E	0.208 S	Synodontis victoriae, Clarias gariepinus		
		34.389 E	0.197 S			
		34.422 E	0.192 S			
		34.463 E	0.176 S			
		34.485 E	0.174 S			
5	Kisat River Mouth	34.727 E	0.100 S	Synodontis victoriae, Clarias gariepinu.		
		34.744 E	0.108 S	Barbus sp., Lates niloticus		
6	Nyakach Bay	34.757 E	0.345 S	Synodontis victoriae, Clarias gariepinus		
		34.744 E	0.329 S	Barbus sp., Lates niloticus		
		34.739 E	0.293 S			
		34.773 E	0.276 S			
7	Awach River Mouth	34.644 E	0.344 S	Synodontis victoriae, Clarias gariepinus		
		34.652 E	0.347 S	Barbus sp., Lates niloticus		
8	Oluch River Mouth	34.492 E	0.452 S	Oreochromis niloticus, Lates niloticus		
		34.498 E	0.459 S	synodontis victoria		
9	Samunyi River Mouth	34.432 E	0.500 S	Oreochromis niloticus, Lates niloticus		
		34.444 E	0.520 S	synodontis victoria		
10	Mirunda Bay	34.275 E	0.450 S	Lates niloticus, Oreochromis nilotucus, Bagra		
		34.328 E	0.443 S	docmak		
		34.368 E	0.443 S			
11	Ngothe Bay	34.164 E	0.363 S	Lates niloticus, Oreochromis nilotucus, Bagra		
		34.188 E	0.358 S	docmak		

Table 2. Critical habitats for fish breeding and nursery grounds in Lake Victoria, Kenya.

12	Nyango Bay	34.066 E	0.629 S	Haplochromines, Lates niloticus
		34.066 E	0.571 S	
13	Kuja River Mouth	34.108 E	0.988 S	Lates niloticus
		34.111 E	0.915 S	
		34.127 E	0.885 S	
		34.161 E	0.885 S	

Site	Area (km ²)
Kuja River Mouth	89.15
Nyakach Bay	68.73
Nzoia River Mouth	64.82
Asembo Bay	40.65
Usigu Bay	34.91
Miruda Bay	30.18
Sio River Mouth	29.49
Kadimo Bay	26.58
Maboko Bay	17.35
Nyongo Bay	13.44
Samunyi River Mouth	10.38
Oluch River Mouth	6.33
Kendu Bay	5.79
Kisumu Bay	4.64

Table 3. Area of fish breeding sites in Lake Victoria, Kenya.

343	Figure Legends
344	Figure 1. Schematic representation of the demarcation process for fish breeding sites within Lake
345	Victoria, Kenya.
346	
347	Figure 2. Macroinvertebrate Shannon Weiner diversity score in different habitats in Lake
348	Victoria, Kenya.
349	
350	Figure 3. Fish diversity scores in different types of habitat in Lake Victoria, Kenya; a = Shannon
351	Weiner's, $b = Rarefaction$, $c = Simpson's$, $d = Inverse Simpson's$, $e = Alpha$ and $f = Species$
352	richness.
353	
354	Figure 4. Relative abundances in different types of habitats in Lake Victoria, Kenya consisting
355	of (a) fish eggs and larvae abundance, (b) juveniles, and (c) mature fish by species.
356	

Figure 5. Demarcated fish breeding sites in Lake Victoria, Kenya.

Figures



Figure 1.



Figure 2.



Figure 3.







Figure 5.