

Lake **Malawi** Sailing Marathon

2017

6th – 12th August

Info - Sheet



Introduction

The Lake Malawi Sailing Marathon (LMSM) has taken place since 1984. The idea was born by a group of sailors, in the form of a casual sail northward up the Lake. The LMSM is more than just a race up the Lake, it is a challenge, an adventure, an opportunity to experience the country of Malawi from a perspective witnessed by few, and a chance to enjoy the camaraderie shared on this sailing safari. The numerous sailors who return annually to the shores of Lake Malawi to take part confirm its attraction. Over the years, Lake Malawi Sailing Marathon has grown, not only in popularity abroad but also within its own boundaries. It simply and proudly forms part of the Malawian Lake-culture and is one of the biggest sporting events in the country and region.

In 2017 the Lake Malawi Sailing Marathon will be a 6-day sailing race in the southern parts of Lake Malawi.

Lake Malawi

Lake Malawi, the third largest lake in Africa, dominates the land known as "the warm heart of Africa". Fully 600 km long and 90 km wide, this lake covers one fifth of Malawi's surface area. It is the southern most of the Lakes formed by the Great Rift Valley and has some of the deepest waters of any lake at over 700m - the lake bottom is estimated to be some 300m below sea level.

Not surprisingly, such a mass of fresh, warm water offers much to the water sports enthusiast. The Marathon falls in the season of the *Mwera*, a strong south-easterly wind, which can blow up without any warning and provide very exciting sailing for even the most skilled and experienced sailor.

The lake is home to an estimated 1000 species of fish, more than the total species found in the fresh waters of North America and Europe combined. This provides not only excellent diving in the clear waters but also a major source of protein available to Malawi's population. To the visitor, it is an unspoilt Eden, with sandy beaches, spectacular scenery, water sports, equable climate and a relaxed friendly atmosphere. For those taking up the challenge of the Marathon, there will be a yearning to return and see much more.

Itinerary

This year's event will follow a different format to previous year's in that the routes will all be in the southern part of the lake and offering some diversity in routes and sailing conditions. The itinerary will be as follows:

Day 1: Sunday August 6th: Registration and opening of the Lake Malawi Sailing Marathon at Club Makokola Retreat.

Day 2: Monday August 7th: 7 a.m. start from Club Makokola Retreat to Chikuli Camp , Malindi (via Panji Island). Overnight stay at Chikuli Camp

Day 3: Tuesday August 8th: 7 a. M. Start from Chikuli Camp to Chembe Eagles Nest (Cape Mclear) Overnight stay at Chembe Eagles Nest.

Day 4: Wednesday August 9th: 7 a. M. Start from Chembe Eagles Nest - around the Chinankwazi and Chinankwezi Island's Race back to Chembe Eagles Nest. Overnight stay at Chembe Eagles Nest.

Day 5: Thursday August 10th: 7 a.m. start from Chembe Eagles Nest to Chipoka and back to Chembe . Overnight stay at Chembe Eagles Nest.

Day 6: Friday August 11th: 7 a.m. start from Chembe Eagles Nest to Salima - Cannery. Overnight stay at the cannery.

Day 7: Saturday August 12th: 7 a.m. start from Cannery to Makanjira Point and back to the Cannery. Closing ceremony and Price giving. Overnight stay.

Day 8: Sunday August 13th: Departure

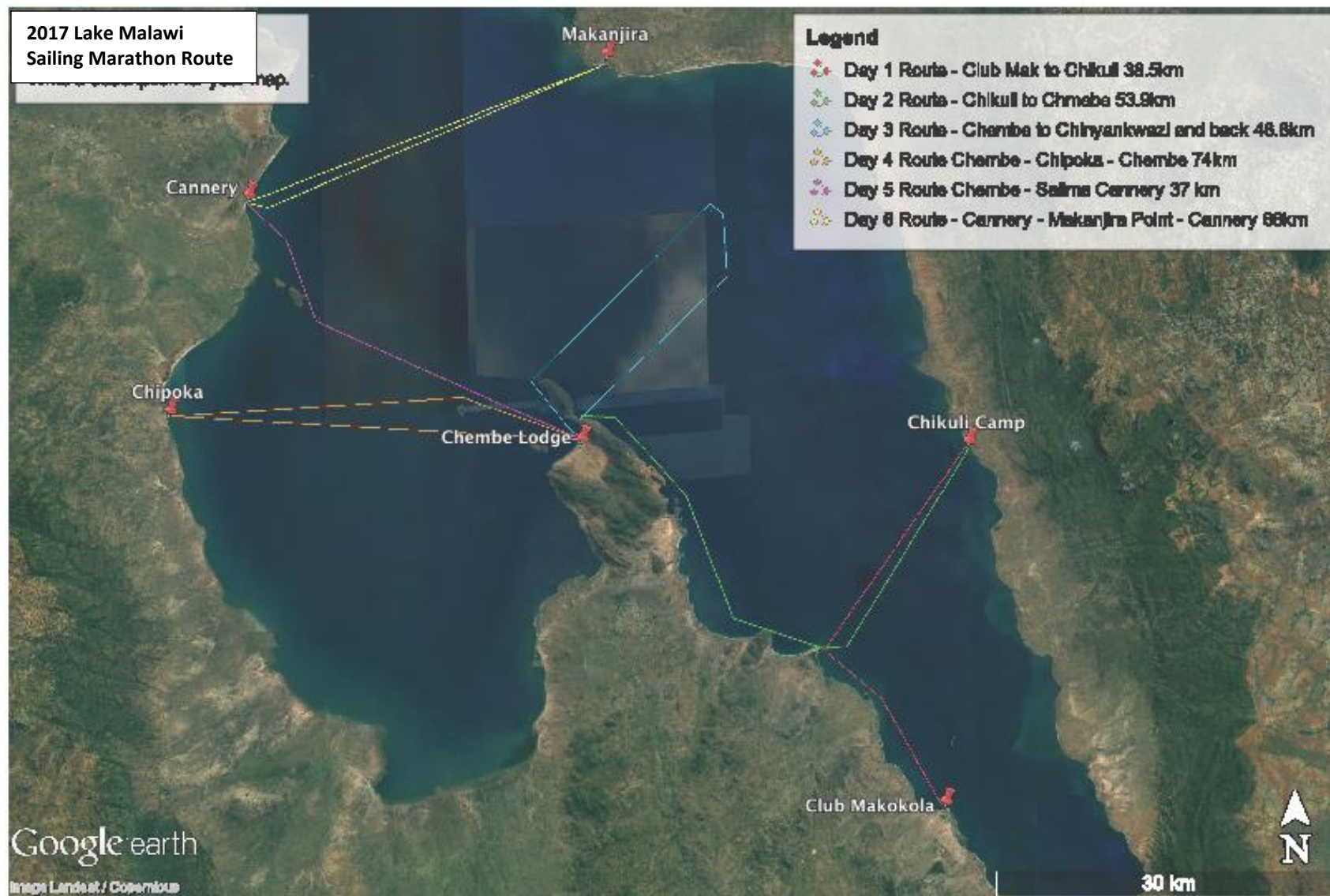
Please note: Race start times may vary with weather conditions

A map showing the race routes has been provided overleaf and has also been attached as a Google Earth kml file.

2017 Lake Malawi
Sailing Marathon Route

Legend

- Day 1 Route - Club Mak to Chikuli 38.5km
- Day 2 Route - Chikuli to Chembe 53.9km
- Day 3 Route - Chembe to Chinyankwazi and back 48.6km
- Day 4 Route Chembe - Chipoka - Chembe 74km
- Day 5 Route Chembe - Salima Cannery 37 km
- Day 6 Route - Cannery - Makanjira Point - Cannery 66km



Fees and Accommodation

Entry fees are USD 600/per person. This will cover the following:-

- Accommodation, dinner and breakfast at Club Makakola Retreat (rooms have been pre-booked)
- Camping Fees, dinner and breakfast at Chikuli, Chembe lodge and the Cannery Salima

For those that do not want to camp - bookings for rooms can be made directly as follows:-

- **Chikuli Camp** (only 2 chalets available as it is a new camp) - www.normancarrchikulu.com email: taffy@africa-online.net ; tel: +265 999207506
- **Chembe** - enquiries@chembenest.com- +265 9999 60628).
- **Cannery** - enquiries with the Organising Committee (lakemalawisailing@gmail.com.)

Note: lunch and drinks at all locations will be on the participants own account.

The above rate applies for both sailors and ground/support crew. The entry fee is payable by all persons taking part in the event, whether sailors, crew, ground support or supporters.

Payments must be made before the **14th July 2017** and can either be paid in Malawi Kwacha at the going cash selling rate on that day - or in USD. Please deposit entry fees onto the Marathon account - details have been provided on the last page of this info sheet.

Please send a copy of the deposit slip as proof payment and attach to the registration form (see second last page) and send to lakemalawisailing@gmail.com.

Registration Deadline is 30th June 2017!!

Catering

The entry fee includes the provision of dinner and breakfast every day, commencing with dinner at the day of arrival of most sailors on Sunday August 10, until breakfast on Sunday August 13th. You are advised to bring snacks and energy bars along especially for the longer legs where in light airs you may be on the water for most of the day. We will provide each boat with a ration of drinking water and snack packs. Full bar facilities are available at every resort.

Transport

All sailors will be expected to sort out their own transport to, from and during the event. Ground crews will be required to transport camping gear and the empty trailers between the different lodges.

If you need any assistance please contact lakemalawisailing@gmail.com for details.

Safety and Insurance

A rescue team equipped with inflatable boats and radios will be on hand throughout the marathon. All entrants including ground crew are advised to make their own personal insurance arrangement covering injury and medivac, as well as boat and equipment cover in respect of loss or damage.

Health

Malaria is endemic in Malawi; it is advisable to take prophylactics and use insect repellents.

There is a risk of contracting bilharzia in Lake Malawi; consider taking a dose of praziquantel 3 months after the exposure. Water from the taps in lake shore resorts is not safe to drink; bottled water is available in all resorts. Bring a good quantity of sunscreen lotion with a high protection factor. Bring your own first aid kit. An additional medical kit, as well people trained in First Aid will be on hand.

Children

Children are most welcome but a responsible adult who is not sailing must accompany them.

Climate

August is in the windy dry season and the days are generally warm and sunny and rain is unusual. Temperatures rarely go below 18° C, and water temperatures are around 20° C.

Safety

Sailors are advised that they *must* carry the items listed below. All equipment will be checked at the boat check and may be re-checked at any time during the race.

Each crewmember shall have on his/her person at all times on the water:

- a) life jacket
- b) a set of pencil flares (can be purchased during registration)
- c) a smoke flare (can be borrowed)
- d) a knife
- e) a whistle

Each boat shall carry:

- a) a floating tow rope (minimum 15 metres)
- b) a Paddle
- c) a Torch (Waterproof)
- d) a G.P.S.
- e) a mobile phone with a Malawian sim card (Telekom or Airtel)

Each boat must be in good condition. The committee may disqualify boats that they consider to be not seaworthy. It is advisable to carry an emergency pack containing high energy bars, matches, money, space blanket, etc.

Capsize Drill

All teams will have to prove their efficiency in righting their boats from a capsize position. This is to ensure that all competitors are capable of righting their boats and that the masts are watertight.

The Competition

There will be a single competition within the 2017 Marathon for classes that do not carry spinnakers. Within the competition boats will be rated according to a handicap system prescribed by the committee. There will be a daily winner for each competition, and two competition winners at the end of the event, based on shortest elapsed time corrected by handicap.

If there are more than two boats in any class, sailors will also compete in a class competition. There will be one winner per class at the end of the Marathon, based on the shortest elapsed time.

Boats will normally start from, and end on, a beach - but safety will be paramount and may dictate a water start on any day. Special timing arrangements will be made by the Bridge for boats that cannot start from the beach.

More information will be given during the daily 'skippers briefing'.

Daily Routine

6.00am	Breakfast is served from 6am. Sailors are advised to have their boats fully rigged and ready to go <u>before</u> breakfast.
6.30am	If any change to the start of the race other than stated on the daily map or delayed start; you will be notified at this time by means of a long sound signal and the hoisting of the blue flag. The onus is on the sailors to look at the notice board for new instructions.
7.00am	Race starts for non-spinnaker classes. If it is a 'water start' it is the responsibility of the crew to launch their boat and get to the start line in good time for the start.

Contact details

All registration forms and proof of payment : lakemalawisailing@gmail.com

The Marathon Officials will be introduced to you at the marathon briefing. If you have any issues to discuss please contact the respective person.

Registration/Entries	Johannes Lebede	lakemalawisailing@gmail.com	+265 (0) 888 205 620
Bridge Officer	Paul Jackson	hej@africa-online.net	+265 (0) 999 966 480
Accommodation	Erik Schouten	eschouten.mw@gmail.com	+265 (0) 992 951 468
Logistics	Bouke Bijl	bcbijl@africa-online.net	+265 (0) 999 960 481

View last years event?

<https://www.youtube.com/watch?v=9JHT7QVFqts>

Name Skipper:	
Address:	
Email:	
Tel:	
Name Crew 1:	
Address:	
Email:	
Tel:	
Names family member/friends:	
Address:	
Email:	
Tel:	
Boat type:	

Payment instructions

CURRENCY	ROUTING INSTRUCTION	
MK	PAY:	Lake Malawi Yachting Marathon First Merchant Bank A/C NO 0200 305 001 Box 2711, Blantyre
USD	PAY:	Citibank N.A., New York, 111 Wall Street, Swift Code: CITIUS33 ABA Routing Number: 021000089
	FURTHER CREDIT:	First Merchant Bank Ltd, Blantyre, Malawi SWIFT CODE: FMERMWMW USD A/C NO. 36154853
	BENEFICIARY:	Lake Malawi Yachting Marathon A/C NO. 0200 305 114