

# Lake Malawi Sailing Mini Marathon 2024

Info - Sheet



To: All SAILORS

## Introduction

The Lake Malawi Sailing Marathon is an event that is organised annually during the time of the Mwera winds. The event alternates between a full marathon (6 day event) and a Mini Marathon (3 day event) each year. This year we will hold the shorter **3 day MINI MARATHON** between 5<sup>th</sup> and 8<sup>th</sup> July around Cape Mclear and ending in Salima as per the Itinerary below.

## Itinerary

**Day 1:** Friday 5<sup>th</sup> July 2021 : Registration and opening at Chembe Eagles Nest .

**Day 2:** Saturday 6<sup>th</sup> July : 7 a.m. start from Chembe Eagles Nest Lodge - around the Chinankwazi and Chinankwezi Island's Race. Overnight stay at Chembe Eagles Nest.

**Day 3:** Sunday 7<sup>th</sup> July : 7 a.m. Start from Chembe Eagles Nest - around Thumbi, Mumbo and Zimbabwe Islands Race. Overnight stay at Chembe Eagles Nest.

**Day 4:** Monday 8<sup>th</sup> July: 7 a.m. start from Chembe Eagles Nest to the Wheel House - Senga Bay. Closing ceremony during lunch and prize giving.

Please note: Race start times may vary with weather conditions

Please also note: depending on wind conditions and sailors appetite we may organise shorter bay-bouy races in the afternoons of Day 2 and Day 3.

Maps showing the race routes and descriptions have been attached to this info sheet.

## Fees and Accommodation

### Fees:

Entry fees are **USD 300 per sailor** participating. This will cover the following:-

- Boat entry fee
- Soup at the end of each race
- Dinner and breakfast at Chembe lodge
- Closing lunch at the Wheel House

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

Entry fee for Ground Crew and supporting teams is **USD 125 per adult (kids under 12 USD 85)**.

### Accommodation:

**Camping is free** at Chembe Eagles Nest

For those interested in booking a room at Chembe - please contact Nita de Klerk directly on :-

Email: [enquires@chembenest.com](mailto:enquires@chembenest.com)

Tel: +265 999966507

Note that the rooms are at participants own expense and must be settled directly with Chembe Eagles nest. Room availability is limited and will be provided on a first come first served basis.

### **Finish at Wheel House Senga bay**

The Wheelhouse

Tel: +265 999963347 Jenna

Email: [jenna\\_dacosta@hotmail.com](mailto:jenna_dacosta@hotmail.com)

Please check with Jenna for accommodation in Salima.

## Registration and Payment

**Registration Deadline is 20<sup>th</sup> June 2024** and we request that payments must be made before the 25<sup>th</sup> of June 2024 and deposited into the following account:

<b>ACCOUNT NAME:</b>	<b>SAIL NYASA LIMITED</b>
<b>ACCOUNT NUMBER:</b>	<b>9100002454170</b>
<b>BANK:</b>	<b>STANDARD BANK</b>

Please send a copy of the deposit slip as proof payment and attach to the registration form (see second last page) and send to [b.bijl@agricane.com](mailto:b.bijl@agricane.com).

## Catering

The entry fee includes the provision of dinner and breakfast every day, commencing with dinner at the day of arrival on Friday 5<sup>th</sup> July and lunch after the last race on Monday 8<sup>th</sup> July. You are advised to bring snacks and energy bars along for the three legs.

Full bar facilities are available at Chembe and the Wheelhouse.

## 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 the empty trailers between each leg up to the finish.

## Safety and Insurance

A rescue team equipped with inflatable boats and radios will be on hand throughout the marathon.

Strobe lights; trackers and limited (expired) flares will be available on loan basis.

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 bilharzias 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.

## 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 knife
- c) a whistle

Sailors will be issued with strobes; trackers and smoke flares on loan

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 2024 Mini Marathon for the non spinnaker class. 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.

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'.

Depending on the weather, we may organise a bay racing afternoon following the Official Dart Association race course and rules.

## 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.

## 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.

## Contact details

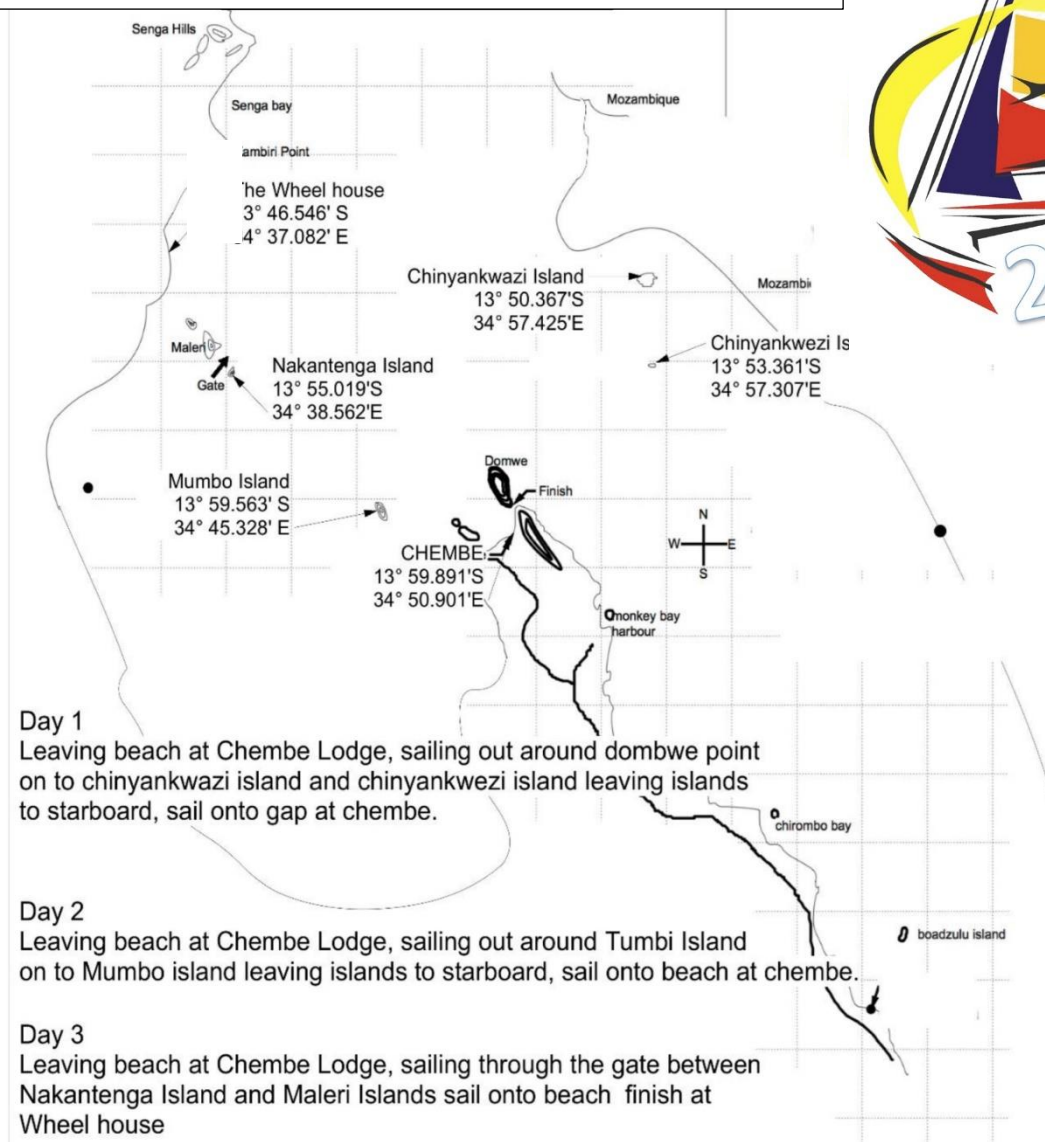
***All registration forms and proof of payment :*** [b.bijl@agricane.com](mailto:b.bijl@agricane.com)

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	Pim Kremer	<a href="mailto:pim@kiboko-safaris.com">pim@kiboko-safaris.com</a>	+265 (0) 999 828384
Accommodation	Arie Veen	<a href="mailto:Arie@hejackson.com">Arie@hejackson.com</a>	+265 (0) 999 987802
Logistics	Bouke Bijl	<a href="mailto:b.bijl@agricane.com">b.bijl@agricane.com</a>	+265 (0) 999 960 481

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

# LAKE MALAWI MINI MARATHON 2024 - ROUTES



## Day 1

Leaving beach at Chembe Lodge, sailing out around Dombwe point on to Chinyankwazi island and Chinyankwezi island leaving islands to starboard, sail onto gap at Chembe.

## Day 2

Leaving beach at Chembe Lodge, sailing out around Tumbi Island on to Mumbo island leaving islands to starboard, sail onto beach at Chembe.

## Day 3

Leaving beach at Chembe Lodge, sailing through the gate between Nakantenga Island and Maleri Islands sail onto beach finish at Wheel house