

# Lake Malawi Sailing Marathon *SPRINT*

## 2020

### 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.

The decision to alternate between a full sailing marathon and the *SPRINT* (half sailing marathon) is simply based on adjusting and cooperating with other regional and global sailing events (Tanzacat which will be held in October).

#### 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

**Day 1:** Thursday 2nd July : Registration and opening at Chembe Eagles Nest .

**Day 2:** Friday 3rd 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:** Saturday 4th July: 7 a. M. Start from Chembe Eagles Nest - around Thumbi, Mumbo and Zimbabwe Islands Race. Overnight stay at Chembe Eagles Nest.

**Day 4:** Sunday 5<sup>th</sup> July: 7 a.m. start from Chembe Eagles Nest to the Cannery - Senga Bay. Closing ceremony and prize giving.

**Day5:** Monday 6<sup>th</sup> July: Return home!

Please note: Race start times may vary with weather conditions

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

## Fees and Accommodation

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

- Boat entry fee
- **Accommodation dinner and breakfast at Chembe lodge** (note rooms are limited at Chembe and will be issued to those that register and pay their fees the soonest!)
- Dinner- Closing ceremony and breakfast at the Cannery

Note: lunch and drinks 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 **31<sup>st</sup> of May 2020** and can either be paid by cheque or deposit into the marathon account:-

**ACCOUNT NAME:** SAIL NYASA LIMITED

**ACCOUNT NUMBER:** 9100002454170

**BANK:** STANDARD BANK

**Note:** For international transfers - sailors should contact the committee for details.

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](mailto:lakemalawisailing@gmail.com).

**Registration Deadline is 31<sup>st</sup> May 2020.**

## Catering

The entry fee includes the provision of dinner and breakfast every day, commencing with dinner at the day of arrival on Thursday 2<sup>nd</sup> July and breakfast on the day of departure on Monday 6<sup>th</sup> July. 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 most of the day. We will provide each boat with a ration of drinking water and lunch 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 the empty trailers between each leg up to the finish.

**Commented [BB1]:** Needs to be reviewed based on feedback from resorts and cannery - Arie to advise!!

If you need any assistance please contact [lakemalawisailing@gmail.com](mailto: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 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.

## Climate

July 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 2020 Marathon sprint 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'.

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.

## 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	Paul Jackson	Paul@hejackson.com	+265 (0) 999 966 480
Accommodation	David Pinto	David@skyband.com	+265 (0) 999 962 500
Bridge Officer	L. Fitzmaurice	fitzmaurice@africa-online.net	+265 (0) 999 960 303
Logistics	Bouke Bijl	b.bijl@agricane.com	+265 (0) 999 960 481

**Registration Form, send to: [lakemalawisailing@gmail.com](mailto:lakemalawisailing@gmail.com)**

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

# LAKE MALAWI SAILING MARATHON

