

Lake Malawi Sailing Marathon

2023

5th – 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 an epic 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 2023 the Lake Malawi Sailing Marathon will be a 6-day sailing race starting in the southern parts of Lake Malawi and following the western coast, then across to Likoma Island and ends at Chintech Beach in the North.

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 itinerary will be as follows:

Day 1: Saturday August 5th: Registration and opening of the Lake Malawi Sailing Marathon at Chembe Eagles Nest (Cape Mclear)

Day 2: Sunday August 6th: 7 a.m. start from Chembe Eagles Nest (Cape Mclear) to Senga Bay Salima- Overnight Stay at Livingstonia Beach Hotel

Day 3: Monday August 7th: 7 a.m. Start from Senga Bay Salima to Nkhotakota. Overnight stay at Nkhotakota Pottery Beach Lodge.

Day 4: Tuesday August 8th: Start from- Nkhotakota.to Dwangwa. Overnight stay at Dwangwa Beach Cottages and Kasassa club

Day 5: Wednesday August 9th: 7 a. m. Start from - Dwangwa Beach to Likoma Island . Overnight stay at Mango Drift.

Day 6: Thursday August 10th: 7 a.m. start from Mango Drift and race around Likoma Island . Second overnight stay at Mango Drift.

Day 7: Friday August 11th: 7 a.m. start from Mango Drift to Chintech Beach.
Closing ceremony, Prize giving and Overnight stay at Chintech Inn.

Day 8: Saturday August 12th: 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.



Fees and Accommodation

Entry fees are as follows:-

US\$ 600 per sailor

US\$300 per ground crew member

This will cover the following:-

- Opening and Closing Ceremony Dinners
- Soup on arrival, Dinner and breakfast on racing days
- Camping Fees at each resort.

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

Participants who do not wish to camp should make their own bookings for rooms with the respective lodges using the following contact details:

Chembe Eagles Nest:	chembeenquiries@gmail.com
Livingstonia Beach Hotel:	catherine@sunbirdmalawi.com
Nkhotakota Pottery:	office@nkhotakota-pottery-lodge.com
Dwangwa Kasasa Club:	Kasasareception@broadbandmw.com
Likoma Mango Drift:	samantha@greensafaris.com
Likoma Pure:	reservations@purelikoma.com
Chintech Inn:	gift@sunbirdmalawi.com

The Marathon Committee have negotiated reduced rates - please mention in your communication that you will be participating in the marathon. Note that there are limited rooms available and the resorts are working on a first come first served basis.

Registration payments must be made before the **31st May 2023** 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 as follows:-

ACCOUNT NAME:	SAIL NYASA LIMITED
ACCOUNT NUMBER:	9100002454170
BANK:	STANDARD BANK

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 31st of May 2023!!

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 Saturday 5th August, until breakfast on Saturday August 12th. 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.

For the International Sailors a bus will be organised that will collect sailors to and from the airport and carry ground crew and all sailors luggage and gear along the marathon route. This will come at an extra fee of **100USD per person** entering. Kindly sign up for this in good time to assist the committee with planning.

A charter boat has been booked to carry ground crews from Dwangwa to Likoma and back for the stay at Likoma. The costs per person for the return trip is **160USD**. Kindly sign up for this in good time to assist the committee with planning.

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 (TNM or Airtel)
- f) a two-way portable marine standard radio

*Flares are available from the committee against a deposit of **25USD** for each set of two flares (pencil and smoke) which is refundable on return*

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 two competitions within the 2023 Marathon for the following classes:-

- Spinnaker
- Non Spinnaker

Within the classes, boats will be rated according to a handicap system prescribed by the committee. There will be a daily winner for each class competition, and two class 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'.

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 directly.

Registration/Entries	Arie Veen	arie@hejackson.com	+265 999987802
Bridge Officer	Paul Jackson	paul@hejackson.com	+265 999966480
Accommodation	Duncan Smith	manager@bluezebra.mw	+265 993717288
Logistics	Bouke Bijl	B.Bijl@agricane.com	+265 999960481

View previous 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:	