

Lake Malawi Sailing Half-Marathon

2016

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 half sailing marathon is simply based on adjusting and cooperating with other regional and global sailing events. The next full Lake Malawi Sailing Marathon will be held in 2017.

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.

Fees

Entry fee -crew, supporters, family members *	per person	US\$ 200
(* children up to 12 years pay 50%)		
Entry fees per boat		US\$ 200

The entry fee includes dinner and breakfast, camping fees at each stop-over. The entry fee is payable by all persons taking part in the event, whether sailors, crew, ground support or supporters. Please contact sailmarathon@webmail.mw in case you would like to pay entry fees in another currency (Malawi

Kwacha, US Dollar, Euro and ZAR are accepted). Please fill out attached registration form and send to sailmarathon@webmail.mw

Itinerary

Day 1: Wednesday August 10th: Registration and opening of the Lake Malawi half Marathon.

Day 2: Thursday August 11th: 7 a.m. start from Club Makokola to Chembe Eagles Nest Lodge, Cape Maclear.

Day 3: Friday August 12th: 7 a. M. Start from Chembe Eagles Nest - famous Domwe around the Island's Race. Overnight stay at Chembe Eagles Nest.

Day 4: Saturday August 13th: 7 a.m. start from Chembe Eagles Nest to Salima/Senga Bay. Closing ceremony and Price giving. Overnight stay.

Day 5: Sunday August 14th: Kids race and departure

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 Wednesday August 10th, until breakfast on Sunday August 14th. 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; additional drinking water can be purchased in all resorts.

Full bar facilities are available at every resort.

Accommodation

The entry fee includes all camping fees along the route. Participants must be prepared to camp and bring the necessary equipment. At some resorts rooms are available at an additional cost. If you wish to book a room at one of the below listed resorts, please contact them directly and make your own arrangements. Please feel free to mention that you are participant of the sailing marathon.

The Makokola Retreat

Tel +265 (0)1 580244 or (0)1 580445 or (0)1 580469

P.O. Box 59

Mangochi

Email: enquiries@makokola.com

Chembe Eagles Nest (Cape Maclear)

Tel +265 9999 66 507

Email enquiries@chembenest.com

www.chembenest.com

Senga Bay (Salima)

Various accommodation options available. Contact sailmarathon@webmail.mw for more details.

Please make sure that:

all your personal bills at the resort are paid. Any unpaid bills that have to be settled on your behalf will be liable to 25% administrative fee and the full amount must be paid in full before the start of the next leg.

Transport

Self drive. If you need any assistance please contact sailmarathon@webmail.mw 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

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 two distinct competitions within the 2016 half- Marathon - one for classes that carry spinnakers, and one for classes that do not. Within each 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.

Examples of boats that have previously entered the marathon are:

Spinnaker Class : Hobie Tiger, Nacra Inter 20, Hobie Fox, Tornado, Multi 23, Hobie 18 Formula, Hobie 16 Spinnaker, Dart Hawk, Hobie Wild Cat

Non-spinnaker Class : Hobie 16, Dart 18, Hobie 18

Boats will be entered into one competition at the start of the Half-Marathon, and may not switch competitions after the start, regardless of whether a spinnaker is used or not.

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'.

Kid's race on Sunday August 14th: weather permitting. One adult and up to 2 kids per boat. Format: around the buoys. Minimum 8 years and up.

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.
7.30am	Race starts for spinnaker classes.

Marathon Officials

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	sailmarathon@webmail.mw	+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

Registration Form, send to: sailmarathon@webmail.mw

Name Skipper:	
Address:	
Email:	
Tel:	
Name Crew 1:	
Address:	
Email:	
Tel:	
Names family member/friends:	
Address:	
Email:	
Tel:	
Boat type:	<div>Spinnaker <input type="checkbox"/></div> <div>Non-spinnaker <input type="checkbox"/></div>

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
ZAR	PAY:	Absa Bank Ltd,Vostro Branch, Johannesburg, R.S.A. SWIFT CODE: ABSAZAJJ BRANCH CODE: 632005
	FURTHER CREDIT:-	First Merchant Bank Ltd, Blantyre, Malawi SWIFT CODE: FMERMWMW ZAR A/C NO. 709295-ZAR-6712-01
	BENEFICIARY:-	Lake Malawi Yachting Marathon A/C NO. 0200 305 205