

# Mana Super 6



## OCEAN CHALLENGE

Saturday, 8 February 2014  
Mana, Porirua



## *What's this race about?*

There are plenty of races in New Zealand that take place on inlets, harbours and sheltered waters. The Mana Super 6 Ocean Challenge offers something for those paddlers that want to race on the ocean, and to challenge themselves over a longer distance. Here is your chance.

## *When*

The official race day is Saturday, 8 February 2013. In case of very poor conditions, we have a reserve day on Sunday 9 February.

Note that Thursday 6 February is Waitangi Day, a statutory holiday; why not make your trip an extended weekend! Please remember though that the Wellington Sevens are on at the same time, so be proactive about your travel arrangements.

## *How long*

The official distance is at least six 'leagues', on a downwind ocean course where possible. One league is equivalent to about 5km, so you are looking at about 30km, at a minimum. The preferred course runs along the coast between Mana and Kapiti.

## *Who*

The race targets W6 teams only, in a marathon (iron-man) format, and is for experienced teams only (both men and women).

If you are new to ocean paddling or are not comfortable in rough water, this race is NOT for you. Do the work and compete the following year. However, please come along as a supporter or volunteer to make it a great day for all.

## *Race course*

This is an ocean race, downwind where possible! As this is Wellington, there should be no shortage of wind, waves and swells, but we do have the odd day of no wind. In that case you will have to work harder.

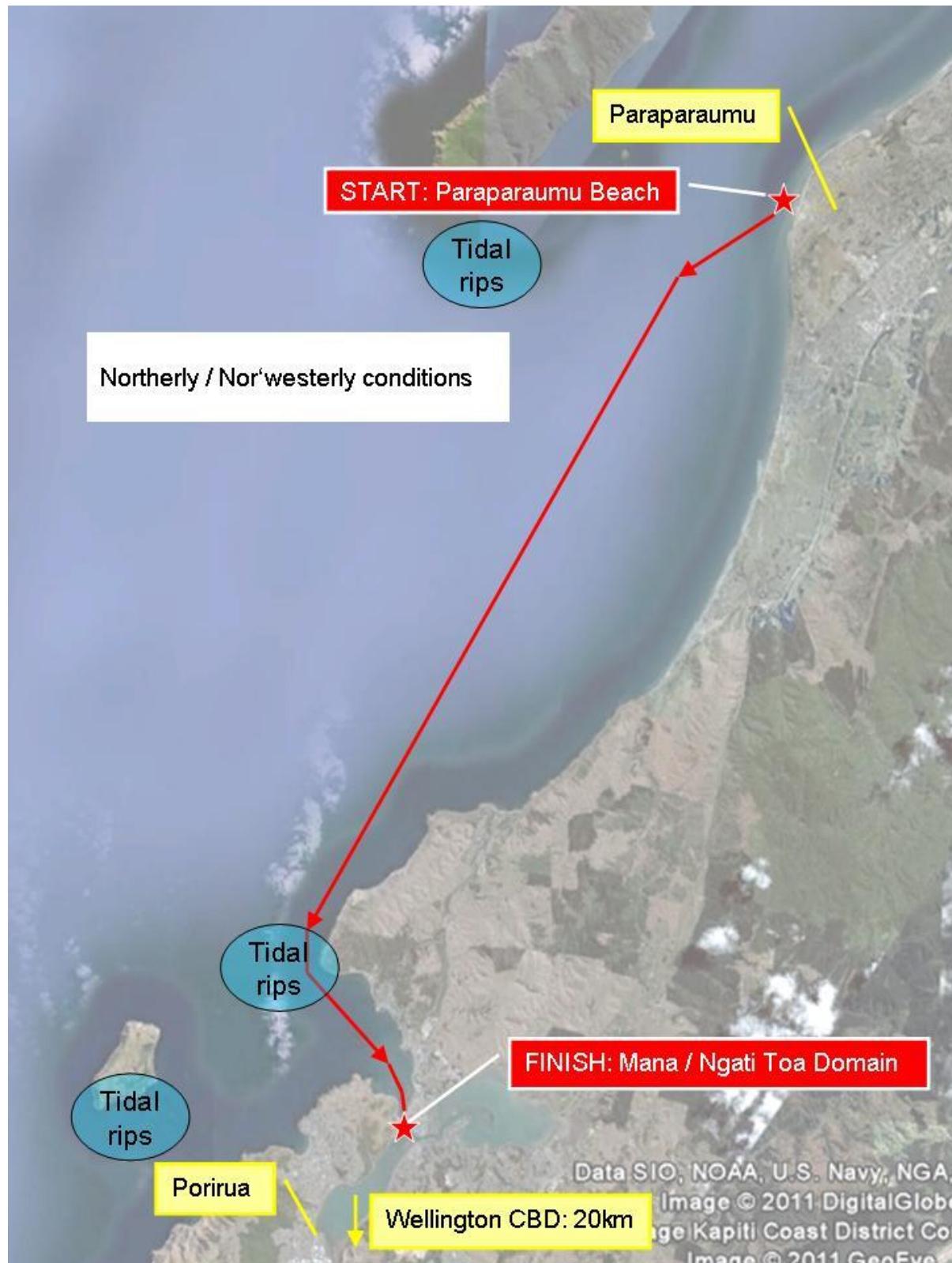
Depending on the wind direction, we will either paddle South (with the start at Paraparaumu, see race course 1) or North (with the start at Mana, see race course 2). We will likely know a couple of days before race day what race course we will be running, but given that the weather forecast is only a forecast, we will confirm just before race day which way we will run.

For those wanting to follow the race, there is a relatively good view point at Pukerua Bay, at the top of Pukerua Beach Road. Bring your binoculars though!

Note that gale force winds are not unheard of around here. In case of poor conditions (wind speeds between 25-35 knots), we may still be able run an ocean event but for safety reasons we may have to run the race within a more confined area between Mana and Te Rewarewa Point, with the potential to include the two inlets (race course 3). Alternatively, we have Sunday 9 February as a reserve day.

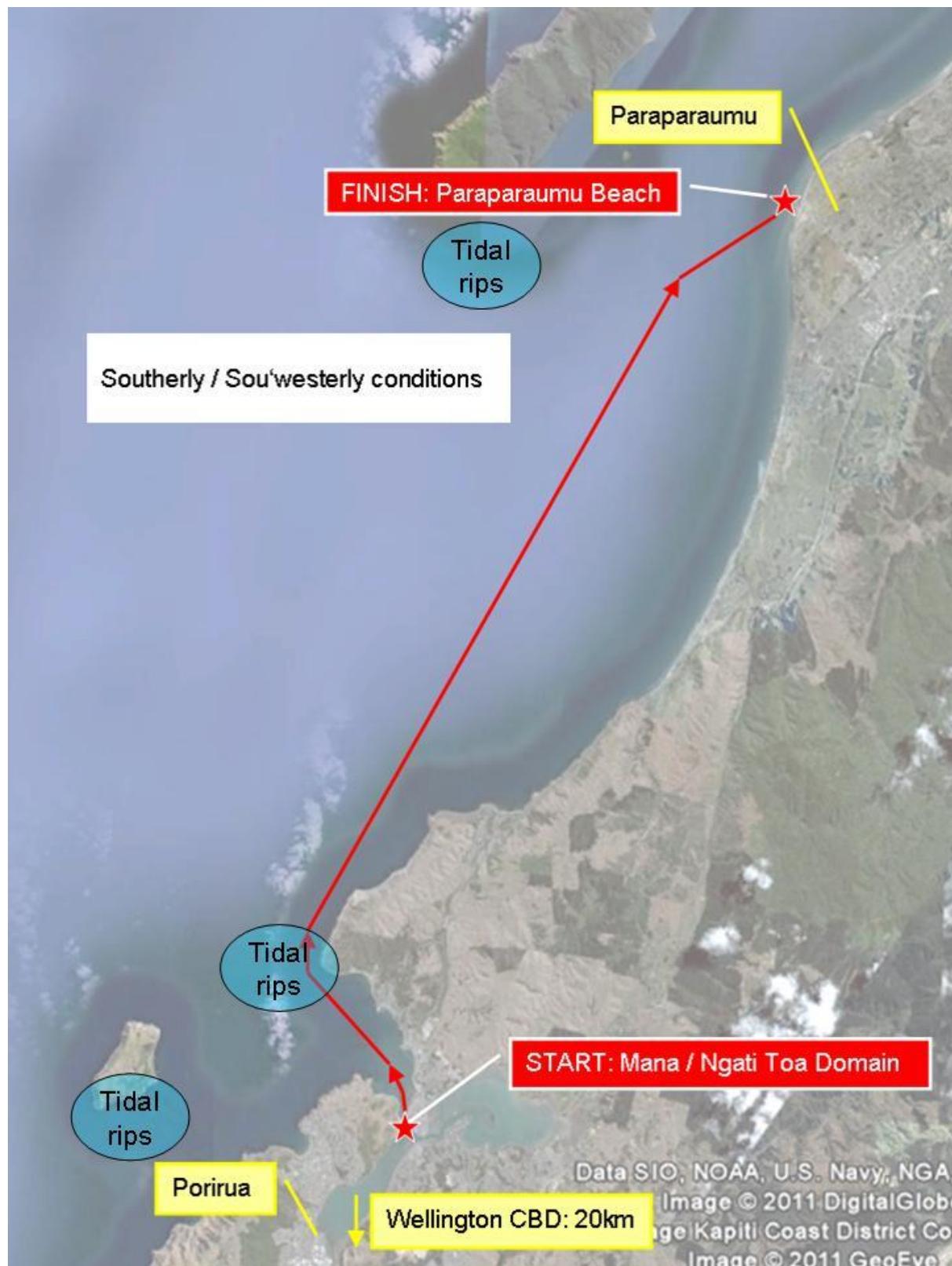
## Race course 1

This course option may also include a detour around Motungarara Island or Tokamapuna Island (just off Kapiti Island), and/or possible detours around Mana Island and via Titahi Bay (only straight line option is shown). The total distance is between 28km (straight line) and 45km (all detours). Note that teams will have to negotiate the surf at Paraparaumu Beach when heading out.



## Race course 2

This course option may also include a detour around Mana Island and via Titahi Bay, and/or a possible detour around Motungarara Island or Tokamapuna Island (just off Kapiti Island), (only straight line option is shown). The total distance is between 28km (straight line) and 45km (all detours). Note that teams will have to negotiate the surf at Paraparaumu Beach when coming in.



## Race course 3

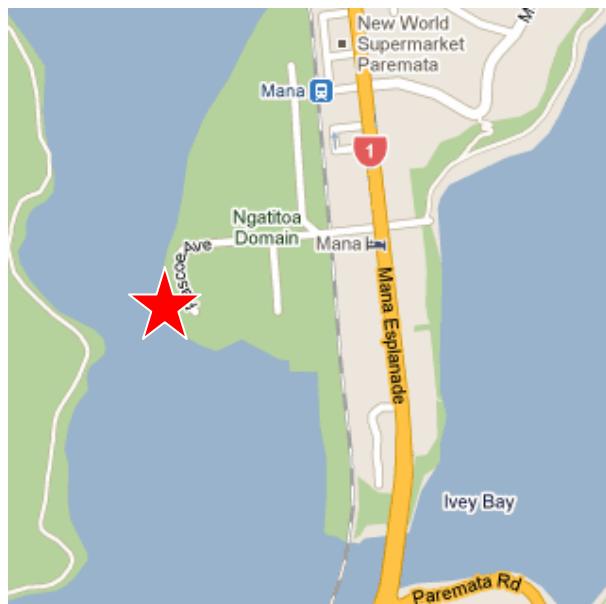
This course is located in a more confined area between Mana and Te Rewarewa Point, and may include three laps (27km). In Norwesterly conditions this course can offer some very good surfing coming back from Te Rewarewa Point.

In severe conditions we could also include the two inlets, but this would be a last resort, and we would look at utilising our reserve day before selecting this option.

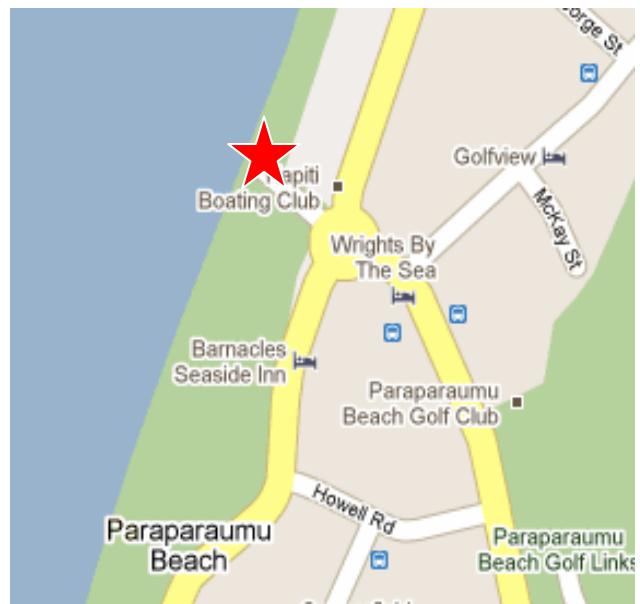


# How do I get there?

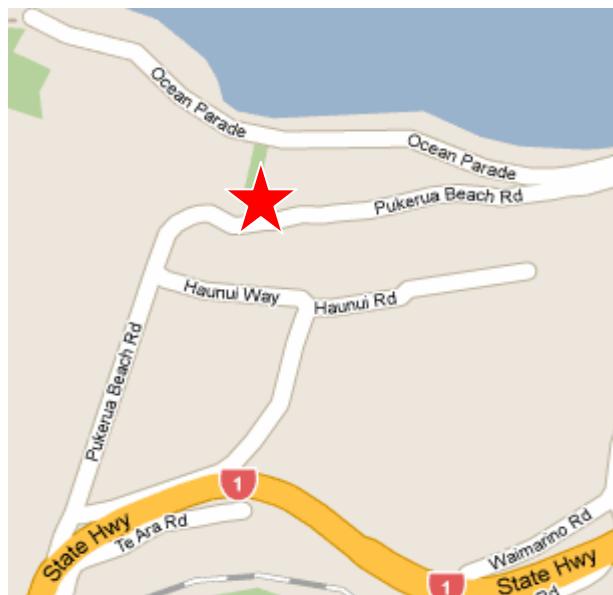
Mana (Ngati Toa Domain):



Paraparaumu Beach:



Pukerua Bay (view point):



Catch up & mingle: Monteith's Brewery Bar



Need more help? Check out [www.maps.google.co.nz](http://www.maps.google.co.nz).

## *Safety*

Your team needs to take responsibility and provide all relevant safety equipment. There will be safety checks for all canoes. You will not be able to race without all the necessary gear.

W6 must be in at least good conditions, have skirts, carry a life jacket for every paddler, and carry two bailers, a tow rope, flare, and two spare paddles.

If wind speed exceeds 20-25knots, we will require teams to wear life jackets, so come prepared with jackets that you will want to wear if required. In addition, we may require teams to carry a tracking device (tracking device to be supplied by the organisers). We also recommend you carry adequate hydration and food.

Please also refer to the NKOA race rules regarding requirements for long distance races, available at [www.wakaama.co.nz](http://www.wakaama.co.nz).

Before racing, all teams will need to fill in and sign an ASSESSMENT OF RISK AND RELEASE OF LIABILITY FORM before they race, accepting their own responsibility for being on the water that day and acknowledging that they are competent in the conditions before them. Every member of a team needs to sign this form.

## *Race schedule*

As the race direction and start location will depend on the weather conditions on the day, it will be crucial for you to follow the notices at [www.hoetonga.co.nz](http://www.hoetonga.co.nz), and text messages to the team captains.

**The organisers will advise teams of the time and place to meet (either Mana or Paraparaumu) by 8pm on Friday, 7 February.**

Depending on the wind conditions on the day, the time of the meeting point and the race start may differ significantly. This is because the tides run along the coast, which can create unsafe conditions if the wind is strong, or a strong wind goes against the tidal flow. Note that in an incoming tide, the tide generally pushes North, in an outgoing tide the tide generally pushes South. Having said that, and to complicate things a little more, the tidal streams are also determined by the tidal gradient of Cook Strait, so there can be a lag between the tide and its corresponding current.

Tidal forecast for 8 February 2014:

Porirua Harbour	Paraparaumu Beach (Waiorua Bay)
HIGH: 5:10 am (1.35m)	HIGH: 4:53 (1.45m)
LOW: 11:13 (0.70m)	LOW: 11:12 (0.80m)
HIGH: 17:36 (1.31m)	HIGH: 17:19 (1.41m)

Possible race schedule scenarios:

In case of Northerly conditions up to 15 knots, the race start will likely be at Paraparaumu Beach, at 11am (and teams meet at Paraparaumu at 8am). If winds get up to 25 knots we need to ensure the wind pushes in the same direction as the tide. Therefore, in that case the race start should be no later than 9am (and teams will have to meet in Paraparaumu at 6am). Note that Wellington experiences predominantly Northerly and Norwesterly conditions, any of these two scenarios are likely on race day.

In case of Southerly conditions (up to 25 knots), the race start will likely be at Mana, at 11.30am (teams to meet at Mana at 8am). The ‘Southerly’ scenario is less likely, albeit conditions tend to be better for surfing, and the coast provides some shelter from the wind if conditions are poor.

For all other weather scenarios (a Southerly between 25 and 35 knots, and for a Northerly/Norwesterly between 25 and 35 knots), the race start will likely be at Mana, at approximately 11.30am. In that case teams will meet at Mana at 8am.

Note that the race start will be preceded by a set of key events. Once at the start location, teams will set up their canoes. We will allow 2 hours for getting ready to race, and getting through all safety checks. The race start will be preceded by another short race briefing and update on the conditions.

Given the above circumstances, particularly the safety issues arising from timing the race with the tidal flow direction in case of stronger winds, it is crucial that teams manage their time. **We will not wait for straddlers!**

## *Shuttles*

The shuttle between Mana (Porirua) and Paraparaumu takes approximately 30min.

The shuttling of W6 canoes and paddlers is the responsibility of the participating teams. You will need to organise your own trailers and shuttle drivers; organisers are unable to assist.

Having said that, within the Hoe Tonga region, the following clubs either own, or may have access to a W6 trailer:

- Toa Waka Ama (Porirua): 1 trailer carrying up to 4 W6
- Aniuwaru ki Porirua Waka Ama Ropu (Porirua): 1 trailer carrying up to 3 W6
- Kokiri Tai Patu Waka Ama Club (Petone, Lower Hutt): 1 trailer carrying up to 3 W6
- Wairarapa Waka Ama Canoe Club (Wairarapa): 1 trailer carrying up to 2 W6

We encourage teams to share trailers to make shuttling more efficient and cost-effective. Contact details for the clubs can be found at <http://www.wakaama.co.nz/clubs/list/97>.

Teams need to have their canoes fully loaded the day before the race, regardless of where the race start is likely to be.

## *How to enter and how much?*

We note that compared to some places overseas (eg Hawaii, Tahiti), most long distance races in New Zealand are run in protected waters (eg inlets, harbours). As a result, paddlers may have differing views on what constitutes experience. A team can be very experienced in paddling on inlets and harbours, but have little experience in ocean or coastal conditions.

In order to manage expectations, all teams interested in entering will need to put forward an “intent to race”. Teams will need to outline what experience they have had in training and/or racing in rough ocean and/or coastal conditions. Organisers will then contact teams to confirm whether they can enter the race; teams in turn will need to confirm their entry by submitting the entry form and paying the entry fee.

Your team (or team members) should consider participating in this race if your team regularly trains on the ocean or along the coast, even in rough and windy conditions. Your team may also have raced in previous ocean or coastal races before (eg Vaka Eiva, Molokai Hoe, Bo Herbert Race, Bhutty Champions Cup).

Your team (or team members) is unlikely to be ready for this race if your team only trains (or races) in sheltered waters (eg Porirua Harbour), or only ventures out into open water if it is calm or there is little wind.

To submit your “intent to race”, please send an email to [mana.ocean.challenge@gmail.com](mailto:mana.ocean.challenge@gmail.com) with information regarding the following:

Crew Name	Division
Club	Region
Contact person	Contact Email
Contact Phone	Crew History / Profile

**The deadline for submitting an ‘intent to race’ is 31 December 2013.**

Note that you can put forward your intent to race well ahead of time. We will be able to confirm whether your team can enter within four days of us receiving your ‘intent to race’.

As this is the inaugural event, we may limit the number of entries in order to satisfactorily manage the safety of the event, so get in early and don’t miss out.

**The entry fee per team is \$300. The deadline for entries is 31 January 2014.**

You can only pay by direct credit to the Hoe Tonga bank account at Westpac: **03-0502-0044679-00**. Ensure you give your team name and contact person (as per intent to race) as reference.

We will not allow late entries on race day. This is because our safety management plan will be built around the number of entries (or teams’ intent to race) received by the deadline. If you want to race, get sorted on time.

## *The hours after*

We invite teams, volunteers and officials to mix and mingle at Monteiths Bar & Brewery in Mana from about **5pm** on race day.

## *Volunteers*

If you would like to volunteer your time to help staff the support boats or help out on the shore (eg timing, safety checks) we would love to hear from you. Please contact Jörn Scherzer on 021-1250997 or email [mana.ocean.challenge@gmail.com](mailto:mana.ocean.challenge@gmail.com).

## *Disclaimer*

In case of severe weather conditions, a natural disaster, or events beyond the control of the organisers, the event may be cancelled without refund of entry fees.

