

Mana Super 6



OCEAN CHALLENGE

Saturday, 31 January 2015

Mana & Kapiti





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 an opportunity to those paddlers that want to race on the ocean, and to challenge themselves over a longer distance. This is your chance.

When

The race day is Saturday, 31 January 2015. In case of very poor conditions, we have a reserve day on Sunday 1 February.

How long

The 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, but you need to plan for a distance of between 35 and 45km. You will be on the water for at least 3 hours, and potentially up to 5 hours. The preferred course runs along the coast between Mana and Kapiti.

Note that the course distance at the 2014 event was approximately 39km, and included going around Mana Island. Teams completed the course in between 3:15 hrs and 4:10 hrs.

Who

The race targets W6 teams only, in an iron-man format, and is for experienced teams only (both men and women). In 2014 we had to have one team towed because they were not ready. As a result we will be putting extra efforts into vetting teams to avoid this situation in 2015. If we are not convinced your team is ready, we won't let you enter.

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 in the future. In the meantime, 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.

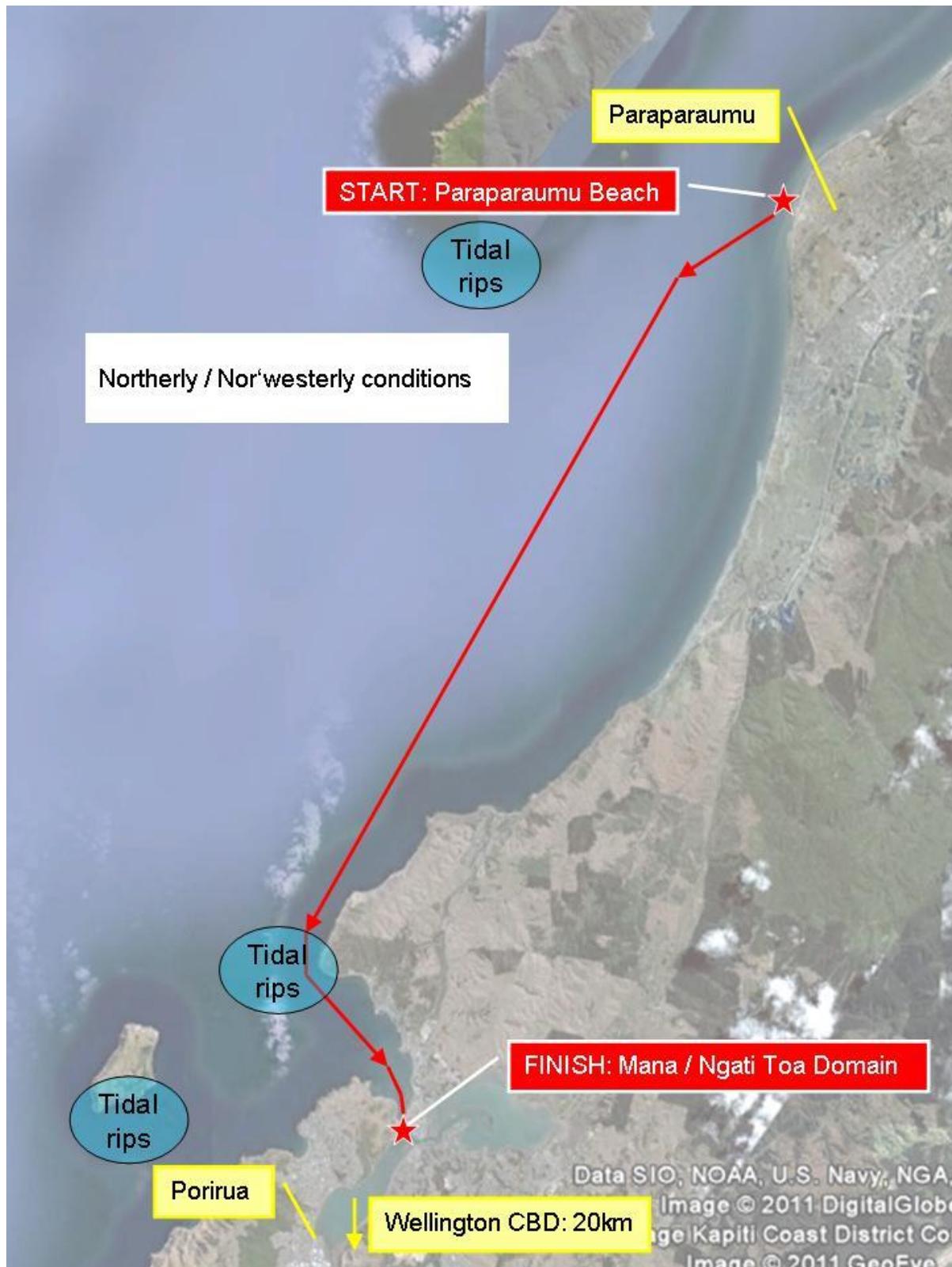
Depending on the wind direction, we will either paddle South (with the start at Paraparaumu, see race course 1) or North (with the start at Mana, see race course 2). We will likely know a few days before race day what race course we will be running, but given that the weather forecast is only a forecast, 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, when heading North on SH1 it is at a rest stop on the left past Onepu Rd as you are leaving Pukerua Bay. Bring your binoculars!

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 to 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 1 February as a reserve day.

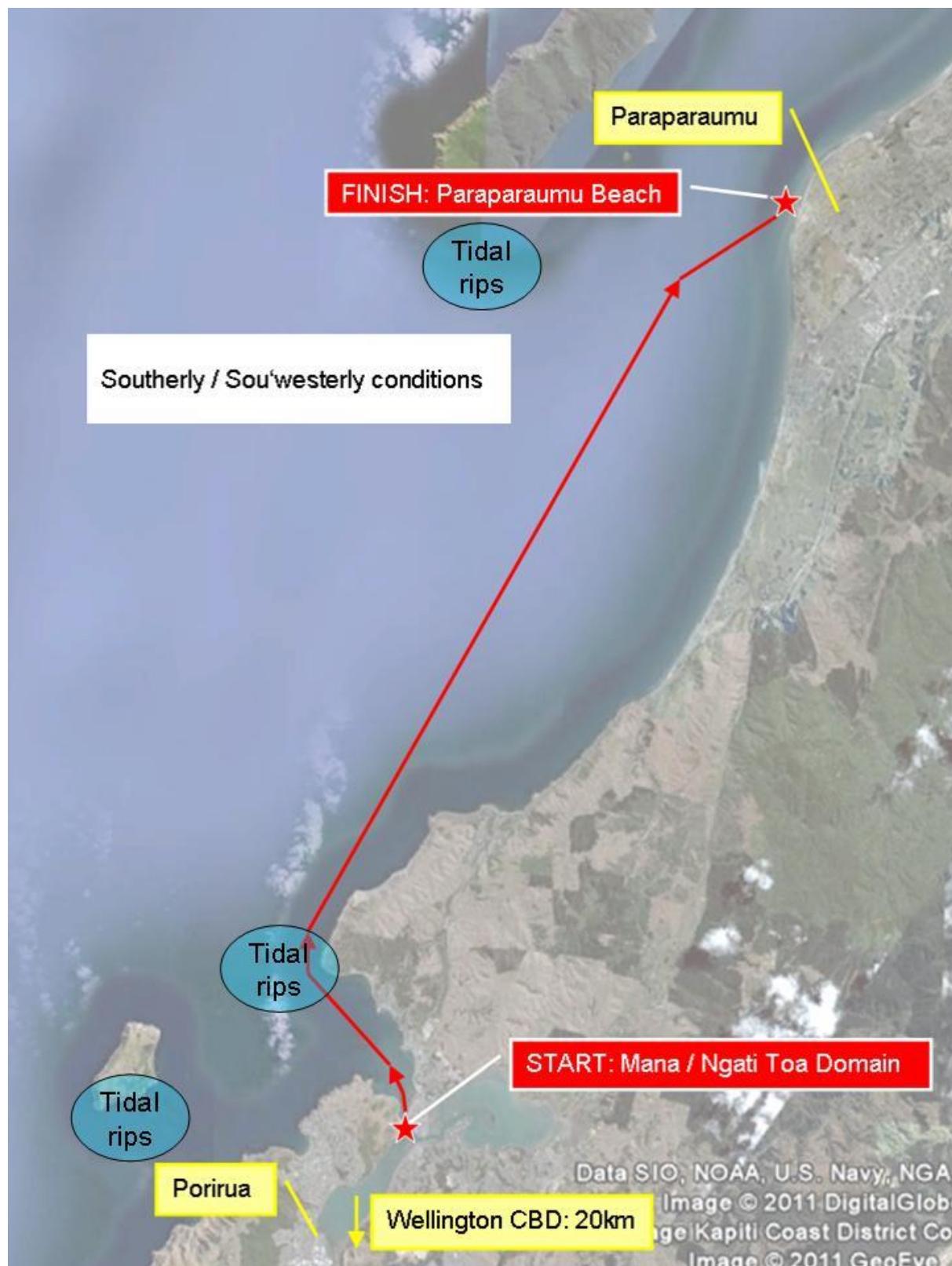
Race course 1

This course option may also include a detour around Motungarara Island or Tokomapuna 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).



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 Tokomapuna Island (just off Kapiti Island), (only straight line option is shown). The total distance is between 28km (straight line) and 45km (all detours).



Race course 3

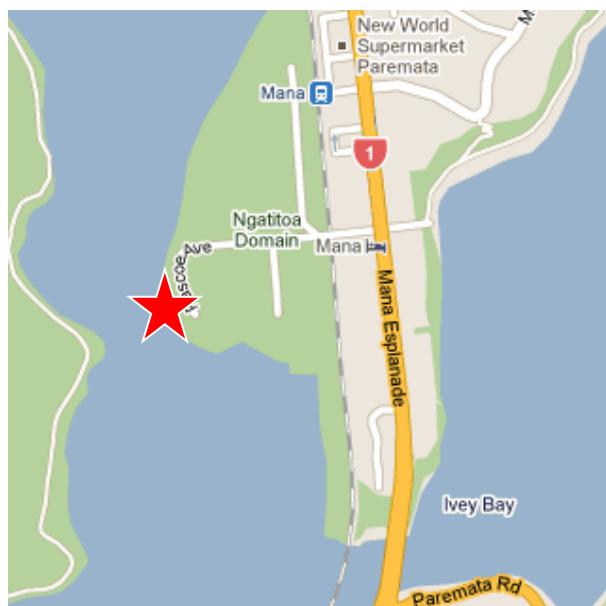
This course is located in a more confined area between Mana and Te Rewarewa Point, and may include three laps (27km). In Norwesterly conditions this course can offer some very good surfing coming back from Te Rewarewa Point.

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):



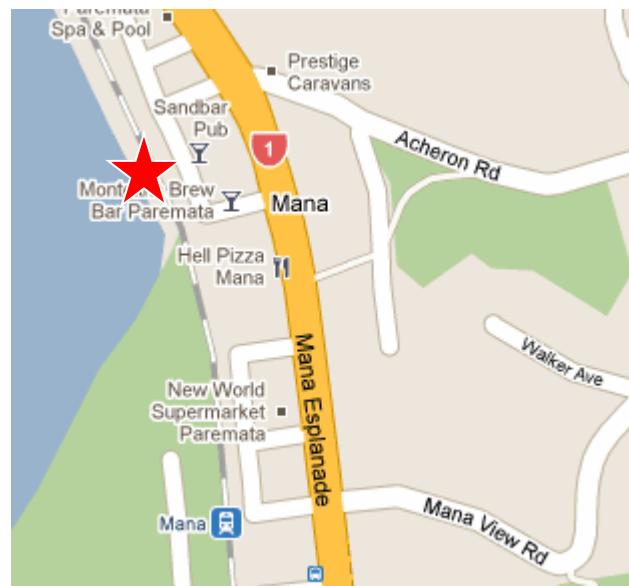
Paraparaumu Beach:



Pukerua Bay (view point):



Catch up & mingle: The Supply Room



Need more help? Check out www.maps.google.co.nz.



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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 condition, have skirts, carry a life jacket for every paddler, and carry two bailers, a tow rope, flare, and two spare paddles. We also require you to carry a VHF radio; each team will need to supply their own.

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. Note that belt bag type PFDs (similar to photo) are able to be used.

We may ask teams to carry a tracking device. Details will be advised once teams have entered. 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.



Before racing, all teams will need to fill in and sign an event waiver 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 text messages to the team captains/managers, and the notices at www.hoetonga.co.nz.

The organisers will advise teams of the time and place to meet (either Mana or Paraparaumu) by no later than 5pm on Friday, 30 January.

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 pushes North, in an outgoing tide the tide 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 31 January 2015:

Porirua Harbour	Paraparaumu Beach (Waiorua Bay)
HIGH: 8:18 am (1.43m) LOW: 14:12 (0.57m)	HIGH: 8:01 (1.53m) LOW: 14:11 (0.67m)



Possible race schedule scenarios:

Wind condition and speed	Start location and time	Meeting time
Northerly conditions up to 25 knots	Paraparaumu Beach 10am	Paraparaumu Beach 8am
Southerly conditions up to 10-15 knots	Mana 10am	Mana 8am
Southerly conditions 15-25 knots	Mana 2pm	Mana tbc, likely 8am
Northerly or southerly conditions 25-35 knots	Mana 10am	Mana 8am

Note that Wellington experiences predominantly Northerly and Norwesterly conditions. 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. In strong winds, we need to ensure the wind pushes in the same direction as the tide. Therefore, start and meeting times can differ significantly.

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 a 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, it is crucial that teams manage their time. **We will not wait for straddlers!**

Moreover, we encourage teams to book any return travel late on Sunday night (after 6pm), in case we have to utilise Sunday as the reserve day.

Canoes and shuttle

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

The shuttle of W6 canoes and paddlers is the responsibility of the participating teams. You will also need to organise your own canoes.

Organisers will endeavour to assist teams from outside the Wellington region if they are unable to bring their own W6, by linking them up with clubs in Wellington and Porirua that may be able to loan canoes and arrange the shuttle of canoes to/from the start/finish. However, there is a very limited number of trailers in the Wellington region: first come first serve.

We strongly recommend that teams have their canoes fully loaded the day before the race, regardless of where the race start is likely to be – in case of any last minute weather changes.

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 must 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 their entry by submitting the entry form and paying the entry fee. Your team can put forward an intent to race at any time.

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 is unlikely to be ready for this race if your team only trains (or races) in sheltered waters (eg Porirua Harbour, Tauranga Harbour, Wellington Harbour), does not regularly paddle a distance more than 20km, rarely uses skirts, 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 with information regarding the following:

Crew Name	Division
Club	Region
Contact person	Contact email
Contact phone	Crew history / profile / training regime / experience

You should submit an 'intent to race' by no later than 31 December 2014.

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 \$360. The deadline for entering is 23 January 2015.

You can pay by direct credit to the Hoe Tonga bank account at Westpac: **03-0502-0044679-00**. Ensure you give your team name and division 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 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 The Supply Room 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.

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.



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