

MANA SUPER 6 OCEAN CHALLENGE



23/24 April 2022

Mana to Kapiti / Kapiti to Mana



What

Do you like downwind racing, big water, and a decent distance to get warmed up? Then this is the race for you.

When

The race day is Saturday, 23 April 2022. In case of calm or very poor conditions, we have a reserve day on Sunday 24 April 2022.

How long

The distance is between 30 and 40km, on a downwind ocean course along the coast between Mana and Kapiti. Depending on the conditions, the course may include going around Mana Island, in which case teams would be expected to complete the course in between 3 and 4 hours.

Who

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

If you are new to ocean paddling or are not comfortable in rough water and/or over very long distances, 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

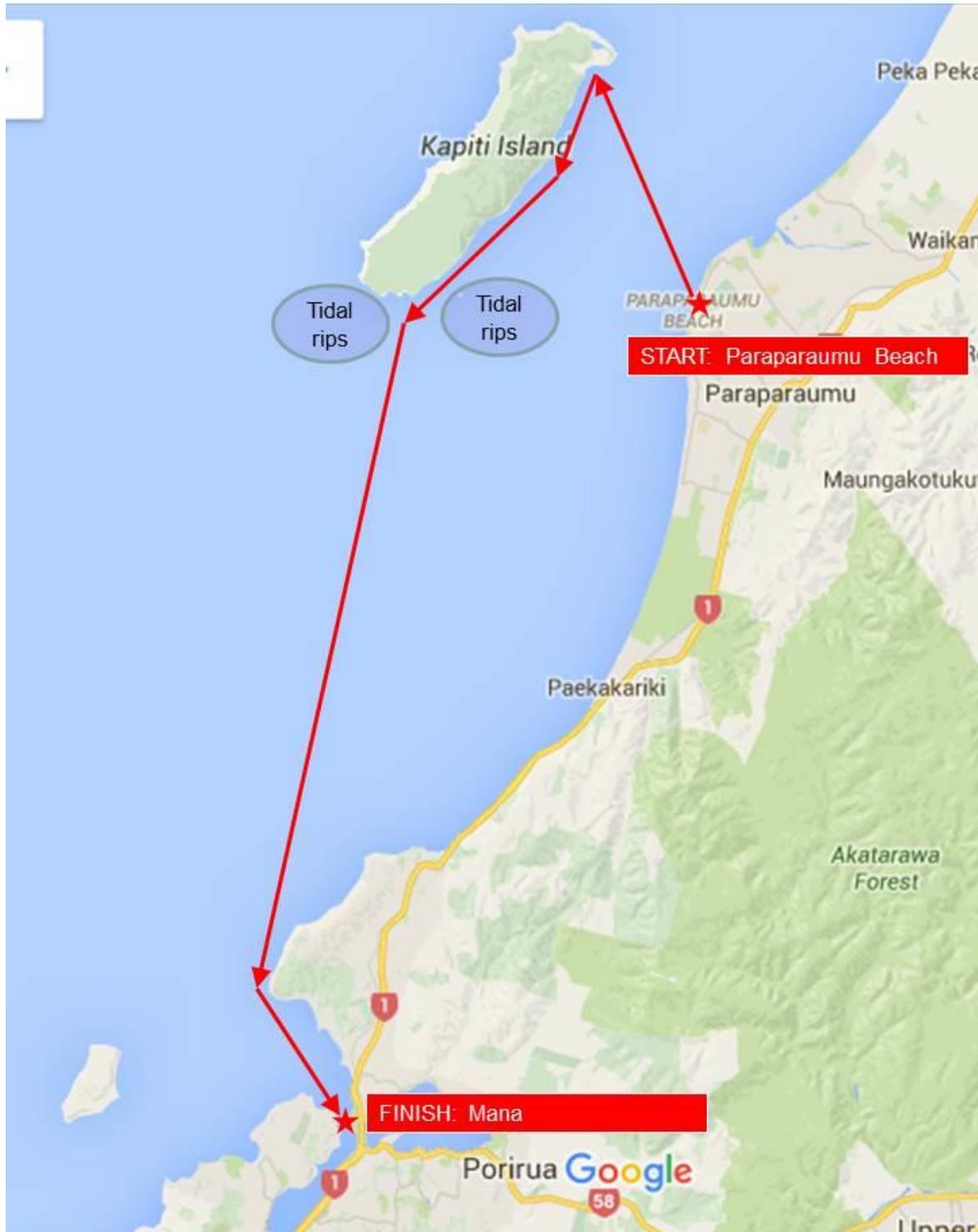
This is an ocean race, downwind where possible! As this is Wellington, there should be no shortage of wind and waves, but we do have the odd day of no wind. In that case you will have to work harder.

Depending on the conditions on the day, 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 may 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 this just before race day.

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 24 April as a reserve day.

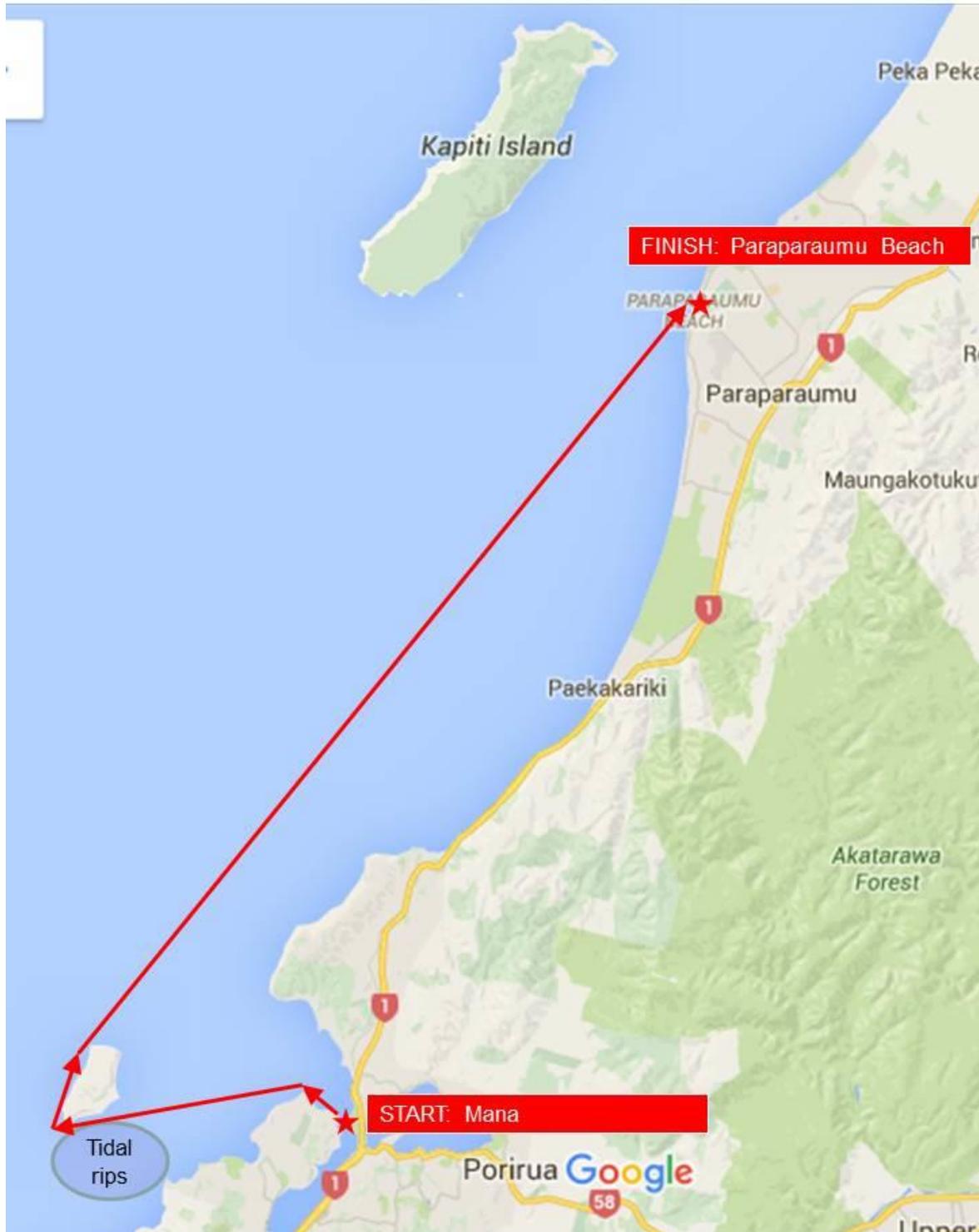
Race course 1

- Wind conditions: Northerly, Nor'westerly; between 10 and 25 knots
- Potential course alignment: Start at Paraparaumu Beach, to the northern tip of Kapiti Island, turn south along Kapiti Island, finish at Mana
- Distance: about 40km (or about 30km without the leg up to Kapiti Island)



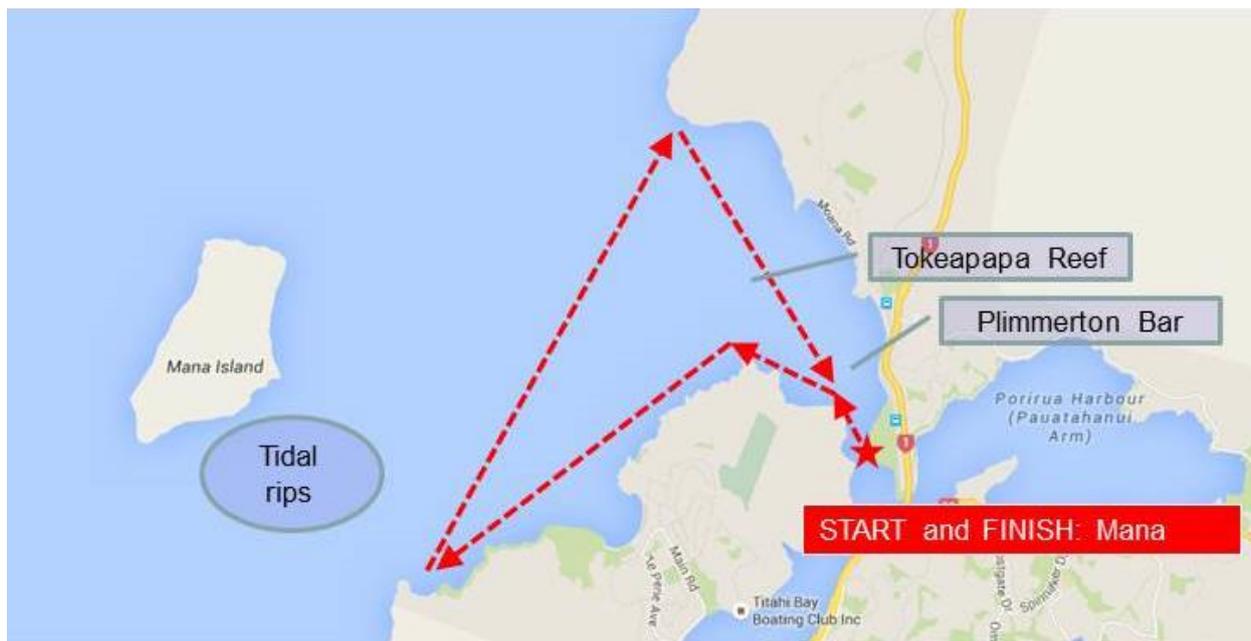
Race course 2

- Wind conditions: Southerly, Sou'westerly, Sou'easterly; between 10 and 25 knots
- Potential course alignment: Start at Mana, to southern tip of Mana Island, turn north toward Kapiti Island, finish at Paraparaumu Beach
- Distance: about 40km (or about 30km without the leg around Mana Island)



Race course 3

- Wind conditions: very strong winds above 25 knots
- Course alignment: located in a more confined area between Mana, Titahi Bay, and Te Rewarewa Point, and may include laps. In Norwesterly conditions this course can offer some very good surfing coming back from Te Rewarewa Point.
- Distance: up to 30km
- NOTE: In wind conditions above 30 knots, a race course could theoretically still be offered within the sheltered Porirua inlets. However, this would be a last resort, and we would look at utilising our reserve day before selecting this option.



How do I get there?

Finish/Start at Mana (Ngati Toa Domain)



Finish/Start at Paraparaumu Beach





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 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 phone (including the SafeTRX app); each team will need to supply their own.

If wind speed exceeds 20-25knots, we will require teams to wear life jackets. Therefore, come prepared with jackets that you will want to wear. Note that belt bag type PFDs (similar to photo) are able to be used (but not those used on aircraft).



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.

To help mitigate the current pandemic, we ask anyone that is sick or unwell to stay home, please ensure you have at least one reserve paddler in your team line up.

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 midday on Friday, 22 April 2022.

Note that an incoming tide pushes North, an outgoing tide pushes South.

Tidal forecast:

23 April	Porirua
Low	08:48 (0.61m)
High	15:14 (1.34m)
Low	21:13 (0.61m)

24 April	Porirua
High	03:50 (1.39m)
Low	10:04 (0.61m)
High	16:31 (1.34m)

Possible race schedule scenarios:

Wind conditions	Race course	Start location and time	Meeting time
Northerly conditions up to 25 knots	Race course 1 (Downwind to Mana)	Paraparaumu 11.30pm	9am
Southerly conditions up to 25 knots	Race course 2 (Downwind to Paraparaumu)	Mana 10.30am	8am
Very strong winds 25-35 knots	Race course 3 (The Bay)	10.30am	8am

Wellington experiences predominantly Northerly and Norwesterly conditions. The 'Southerly' scenario is less likely, albeit conditions tend to be better for surfing.

Once at the start location, teams will set up their canoes. We will allow about two 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, it is crucial that teams manage their time. **We will not wait for straddlers!**

DO NOT book any return travel late until Sunday evening (after 6pm). This is in case conditions are poor and we have to utilise Sunday as the reserve day. Luckily Monday 25 April is a holiday, so worst case you enjoy a day in the capital.

Canoes and shuttle

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.

The shuttle between Mana (Porirua) and Paraparaumu takes approximately 30min (race courses 1 and 2 only).

Teams should 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.

Note that costs for canoe hire and shuttle are NOT included in the race entry fees.

How to enter and how much?

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. Your team (or team members) could 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 or team members may also have raced in previous ocean or coastal races before (eg M2M, Bhutty Champions Cup, Takapuna Cup).

Entries are to be done via Waka Ama NZ's online entry system, please talk to your club representative: <https://www.wakaama.co.nz/members-area/>.

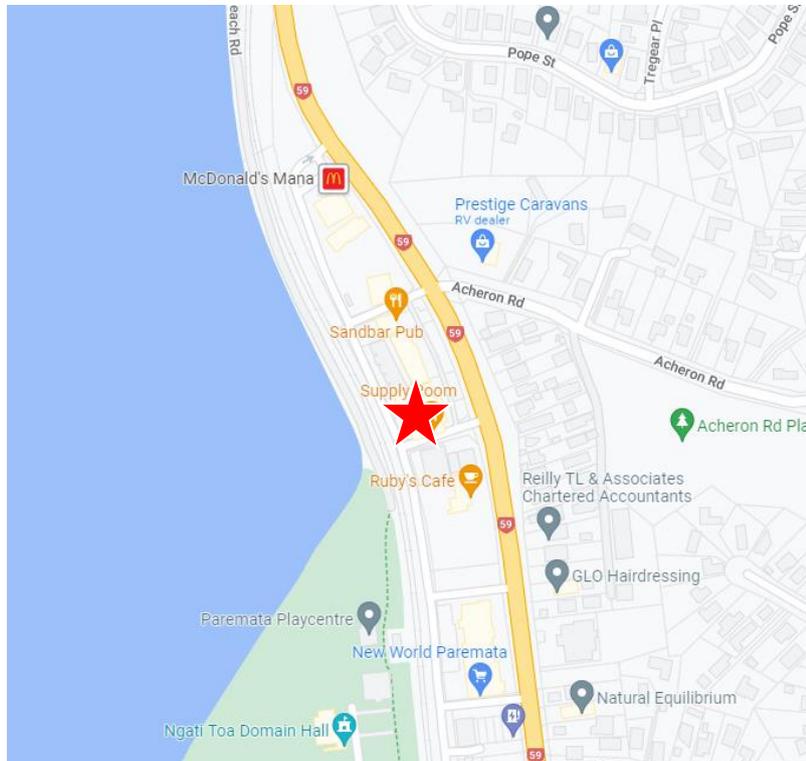
Entries are limited to 14 teams.

The total entry fee per team is \$360 (\$60 pp), and entries are due by 10 April 2022.

Teams must 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. **To complete the entry, please also send an email to hoetonga@gmail.com to advise of your team captain's name, email and cell phone number.**

Prize giving

The prize giving will be held after the race finishes, from about 4.45pm, at the Supply Room / D4 on Mana Esplanade. We will have some platters available for you to enjoy.



Waste minimisation

Please leave only footprints. Teams must remove and appropriately dispose of any waste, and if they use single use squeezies, they must not dump them overboard during racing. Please look after our ocean, so that it looks after us.

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 hoetonga@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 and we may not be able to fully refund all entry fees.