



Seacliff to Semaphore

Coastal Marathon 2010

Programme:

When

- First windy Saturday or Sunday from 6th February 2010 onwards.
- Wednesday before: Heads up posted on Seabreeze.com.au and Windsurfing SA blog.
- Day before: Final decision posted on Seabreeze.com.au and Windsurfing SA blog.

What

- 20 km Open Ocean Marathon from Seacliff to Semaphore.
- 15 knots (~SW) minimum wind speed.
- The event is organised by Windsurfing SA and sponsored by **KA Sail**. The Race Committee for Windsurfing SA is Richard Upton (Race Director), Chris Dimond, Marty Sellars and Dave Lane.

On the Day

- 12pm: Meet on Seacliff Beach near Boat Ramp
- 12.45pm: Briefing
- Figure 8 slalom till wind hits 15 knots
- Last departure time: 3 pm
- 4pm: Finish. BBQ and Prize giving at Semaphore

Entry: \$30. Covers boat, BBQ and other running costs.

Prizes

- Winning team:
Thanks to the sponsorship of **KA Sail** choice of:
 - Set of KA wave fins (20cm, 21.5cm + 23cm),
 - KA speed fin (assy or symm),
 - KA slalom fin.
- Six pack of beer for each team member
- Last finishing team:
Six pack of beer for each team member and a pat on the back.

Instructions for Sailors

It's a Team event

The **KA Sail** Seacliff to Semaphore Coastal Marathon is a team event - two sailors per team. A team operates on the **buddy system**. The team time will be the time of the last team member less the time of the first team member. So cross the line together! You are expected to sail in close proximity with your buddy - if need be, gybe and back track or wait on the beach. If your buddy is having difficulty, your task is to render assistance, not finish the race. Either help your buddy get to shore, or sail ashore and notify the safety contacts (list provided). If your buddy

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has to pull out, you pull out. It makes sense to form a team with someone of similar ability and aspirations! We may be able to pair people up on the day.

Minimum sailing standard

To enter the event, you will need to pull-off 100% of your waterstarts and 90% of your gybes in ocean conditions. The event is meant to challenge sailors, but please be realistic about your ability and wait for next year if you have any doubts.

Compulsory safety equipment...

- Windsurfing SA annual membership (for insurance purposes). The membership year is July 1 to June 30. We will have membership forms on the day, but we can't offer discount for half year membership.
- Signed entry form and event entry fee paid.
- Windsurfing SA sail number (temporary tape numbers can negotiated on the day)
- Buoyancy vest
- Mobile phone (old!) or VHS radio in a water-proof bag or pouch (Try Anaconda or the Adelaide Canoe Works 74 Daws Rd, Edwardstown, (08) 8277 8422). These are always handy anyway.
- Short section (1 m) of rope for emergency repairs. Tuck in your wetty or wrap on your boom.
- Identification streamer (tied to tail of boom) - supplied on the day.
- Pre-race equipment inspection - no worn ropes, cracked unis or boom heads, or unpatched tears in sails thanks.
- Sign on and sign off.
- Learn (or write down) the course and its landmarks, including the Gates and Pickup points.

A rescue boat will follow the fleet. **This is for emergencies only.** Recovering gear at sea is difficult, and the priority is on rescuing the sailor promptly so that other sailors can be attended to. Gear will be rescued if this does not compromise the safety of other sailors. There is no guarantee that your gear won't be damaged. Do your best to make it to one of the 5 designated pick up points. Make sure you can unrig at sea if necessary (no funky knots etc.).

Transport arrangements

- **These are the responsibility of each team.** If you can sweet talk/bribe/pay someone to be your land crew, that will makes things easy. The race organisers may ask for help from land crew in manning some of the pick-up points on the day. Free beer and BBQ afterwards!
- If your team doesn't have land crew, you will have to leave one car at Seacliff and one at Semaphore in the morning, or arrange a lift with someone.
- Note for Landcrew: The sailors at the front of the fleet will be travelling faster than a car - don't try to beat them to Semaphore

Time limit and pulling out

- If you can't finish within the 3 hour time limit, make your way to one of the pickup points. Everyone should be off the water and signed off by 6 pm.
- Recognise your limitations before you get fatigued. Try to make it to one of the 5 designated pickup points. Contact the race director - if you have land crew, arrange for them to pick you up and proceed to Semaphore to sign off. Try again next year!

Course Description

The conditions will probably be knee/waist high chop with a 0 to 1 m rolling swell. The race will be abandoned/cancelled if the conditions are unsafe for either the sailors or the rescue boat. The course is described in words and pictures below. The race will start and finish on the beach. There is one compulsory mark and two compulsory gates. You must round these, but keep more than 10 m from the pole(s) for safety. You will be checked off a list as you pass the 2 gates. Safety issues:

- Stay within 600 m of shore. For reference, the first mark (the Pub reef pole) is approximately 500 m from shore.
- Don't go so close to the shore that you will encounter swimmers or fisherman.
- Keep clear of anchored boats and jetties so that you don't disturb the fishermen.
- Don't go ashore on the windward side of jetty or breakwater - you will find it hard to tack out.
- The beach between Somerton and Glenelg is narrow - waves may break on the rip-rap at high tide. Avoid coming ashore here under these conditions.
- The Glenelg blocks are semi-exposed structures between two lighted poles. They run north-south about 200 m off from the Glenelg jetty. DO NOT pass between these poles.
- There are various poles and buoys associated with the Holdfast Shores and Adelaide Shores boat harbours. Steer clear of these. The only pole of interest in this area is Gate 1, which is clearly visible from the water.
- Keep an eye out for recreational windsurfers along the coast - they may be hard to see as they can be behind your sail when you are sailing deep off the wind.
- Normal Racing Rules apply. Port tack (left hand forward) gives way. Windward keeps clear of leeward. Overtaking keeps clear.

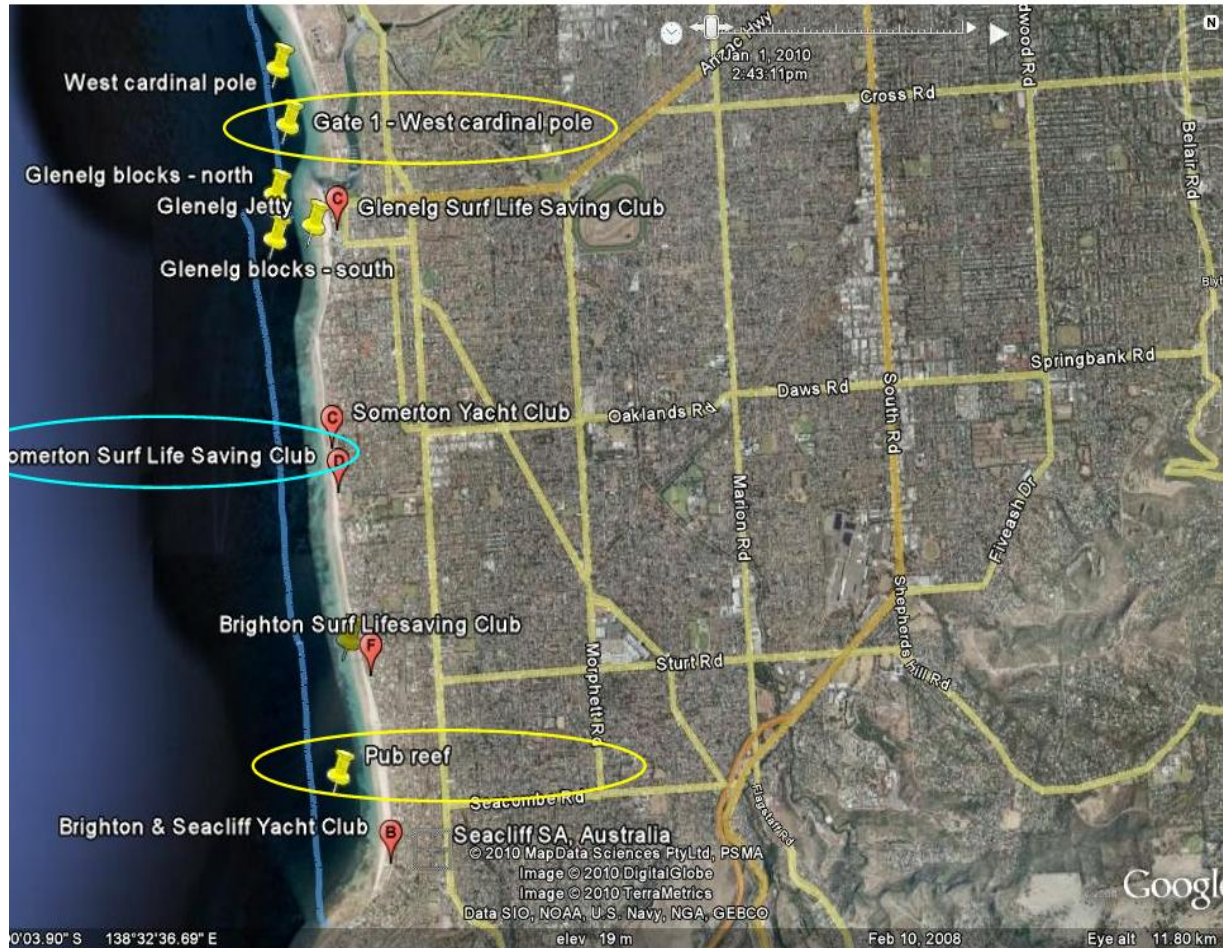
Course Description

| | Location | Street Address | From the water | Distance (km) |
|----------------------|----------------------------------|--|---|---------------|
| Meeting point | On the beach, Seacliff Boat Ramp | Esplanade, Seacliff | | |
| Start line | | | Beach start | |
| First mark | | | Pub reef pole (black, red stripe). Pass on seaward side | 0.5 |
| Landmark | Brighton Jetty | | | 1.5 |
| Pickup 1 | Somerton SLSC | Crn Repton Rd & Esplanade, Somerton | Modern 2 story building immediately north of small line of dunes | 3.2 |
| Landmark | Glenelg Jetty & Blocks | | Blocks marked with north and south poles with lights. Do not pass between the poles | 5.8 |
| Landmark | Holdfast Shores breakwater | | Various poles - pass to seaward | 6.0 |
| Gate 1 Pickup 2 | Glenelg North beach | Crn Margaret St & North Esplanade, Glenelg North | First of two west cardinal marks (black pole topped with triangle then upside down triangle). Pass on beach side | 6.5 |
| Landmark | Adelaide Shores Boat Haven | | Breakwater and various poles. Pass to seaward. Avoid buoys in water. | 8.1 |
| Pickup 3 | Henley Sailing Club | Crn Burbridge Rd & Esplanade, West Beach | 2 story building south of Torrens mouth | 10.5 |
| Landmark | Henley Jetty | | | 12.4 |
| Landmark | Grange Jetty | | | 14.3 |
| Gate 2 Pickup 4 | Westlakes inlet pylons | West end of Audrey St, Tennyson | At least four poles with deck and light. Pass on beach side | 15.1 |
| Pickup 5 | Chicken shop | Mirani Court, West Lakes Shore | Hard to see - look for Kites and Boards | 18.6 |
| Finish, BBQ & Pickup | Semaphore breakwater | Car Park by Kiosk, Cnr Bower Rd & Esplanade, Semaphore | Breakwater. Pass on seaward side and turn towards beach. Flags will mark the finish line on the beach. | 20.8 |
| Landmark | Semaphore Jetty | | Your've gone too far! | 21.8 |

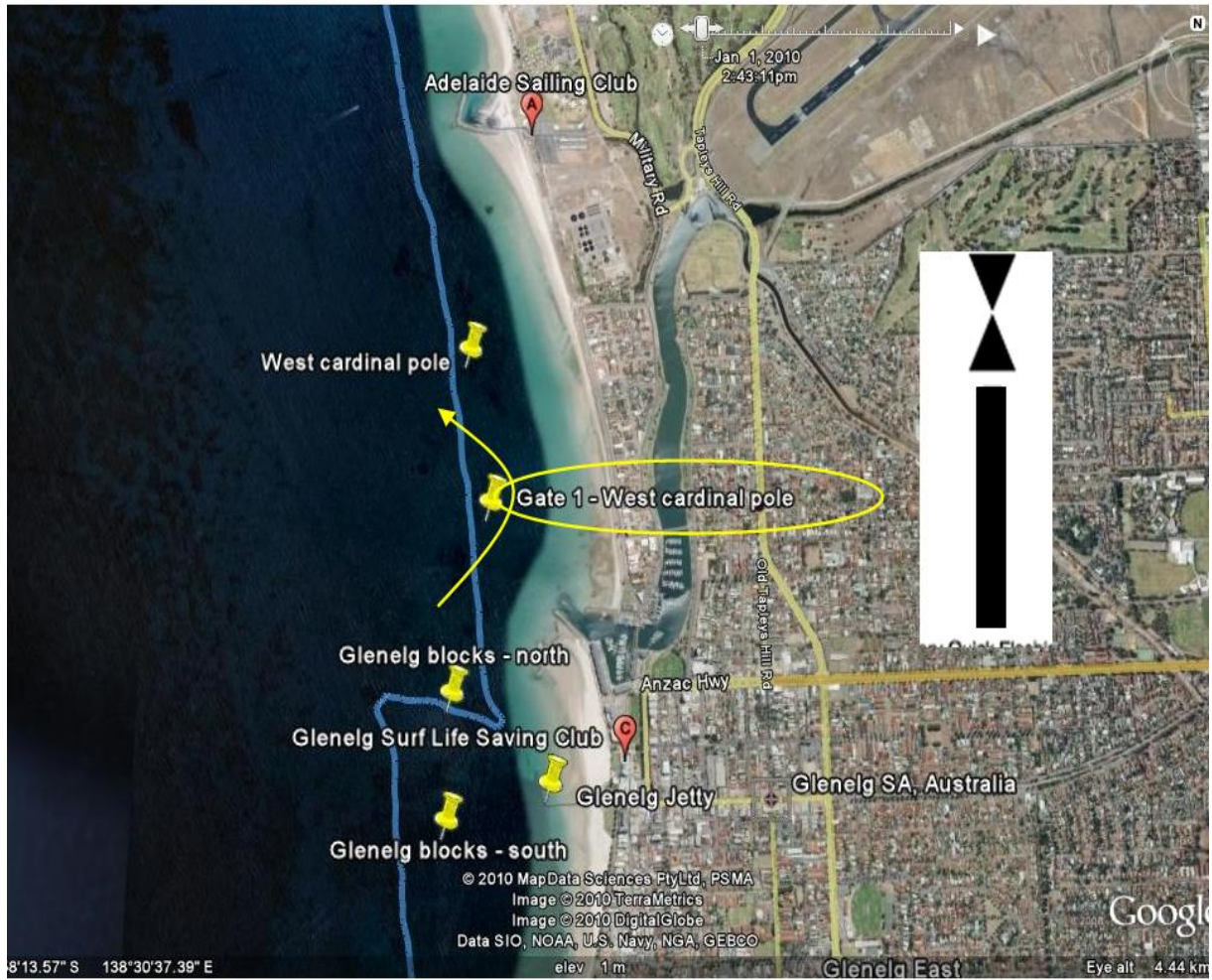
Start - Seacliff Boat Ramp



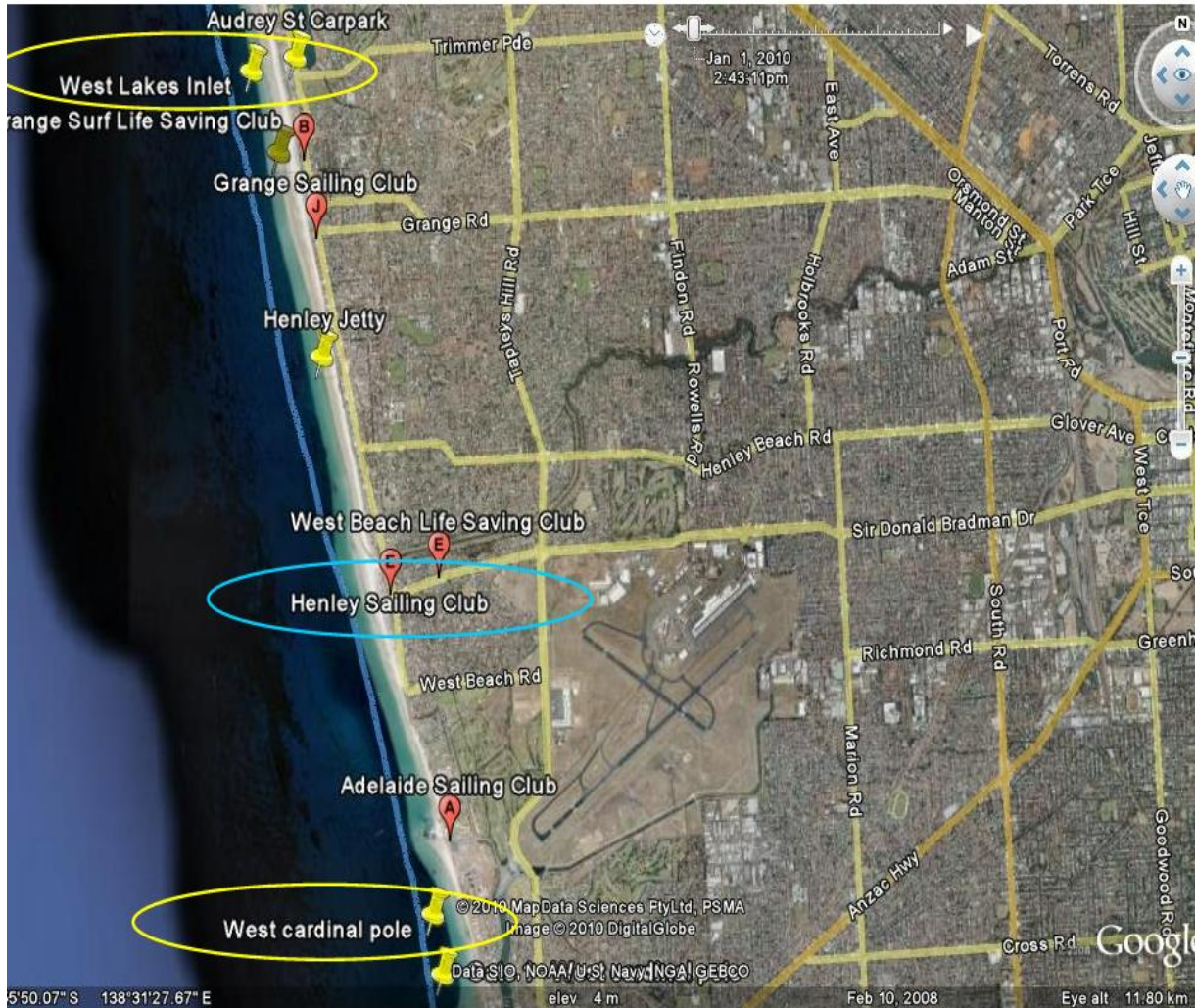
First Section - Seacliff to Gate1 at Glenelg North



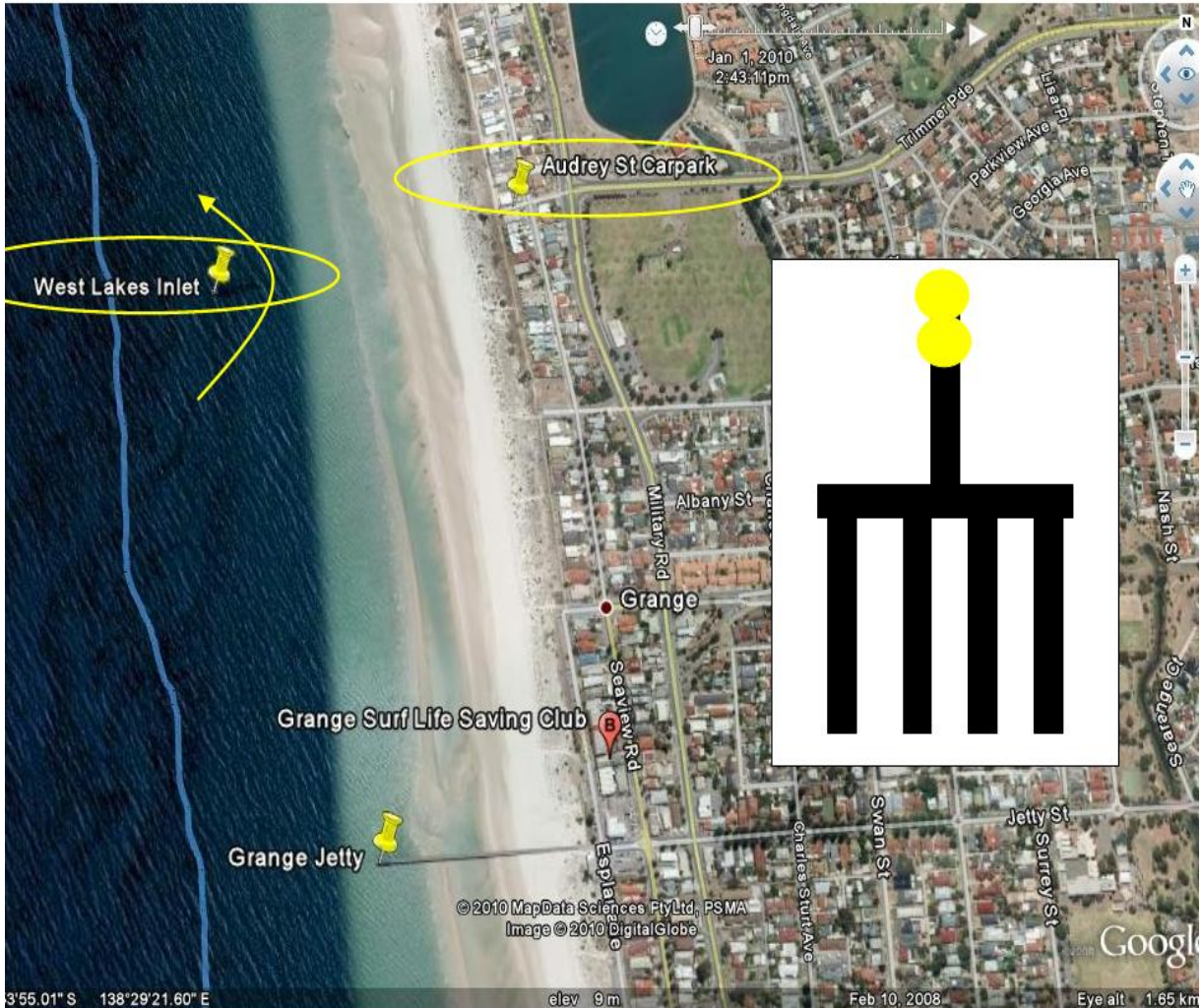
Gate 1 - Glenelg North



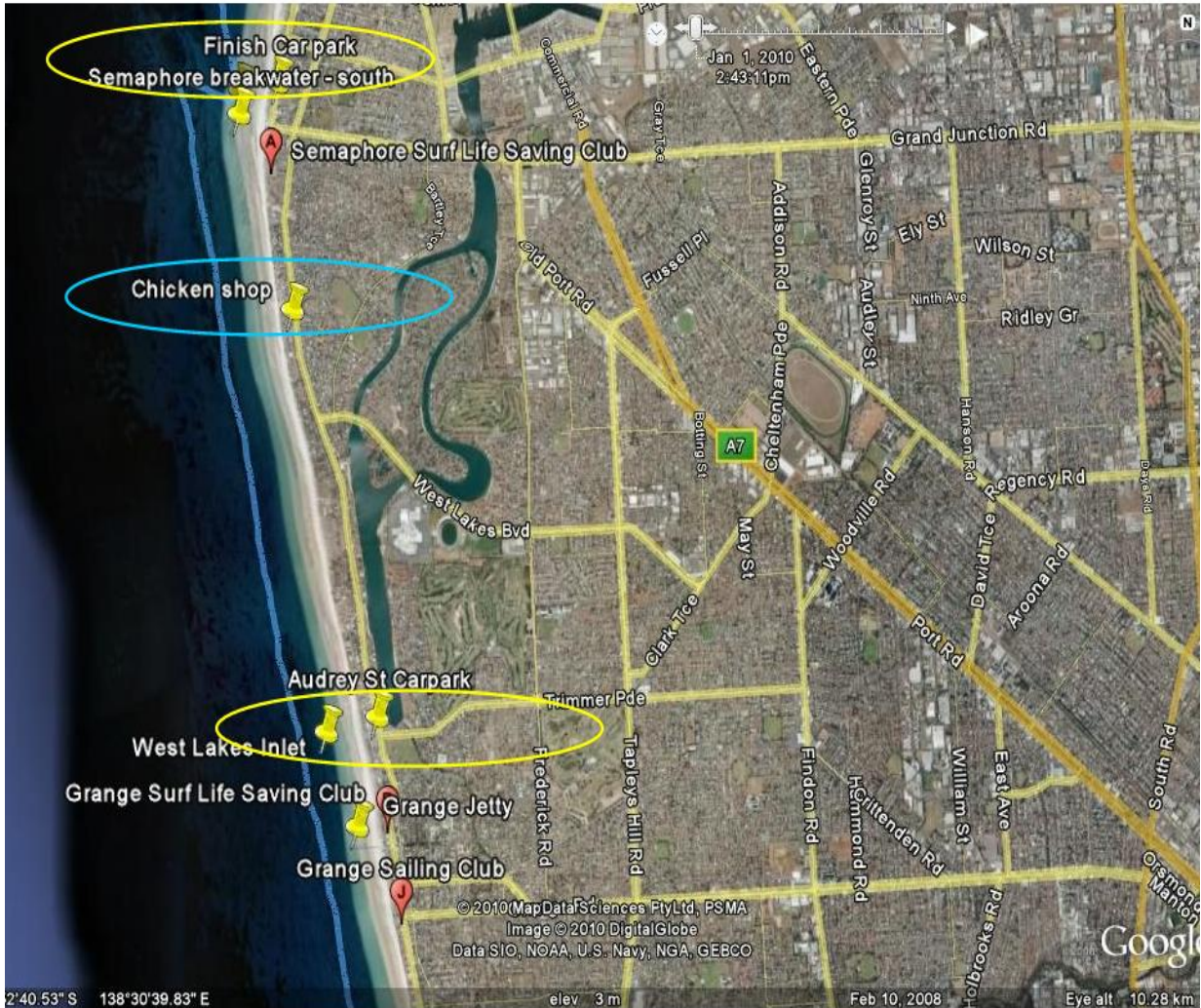
Second Section - Gate 1 at Glenelg North to Gate 2 at Tennyson



Gate 2 - West Lakes Inlet off Audrey St, Tennyson



Third Section - Gate 2 at Tennyson to Semaphore



Finish at Semaphore Breakwater

