



KENYA WATERSPORTS TRUST

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Event Information

12/May/2008

2008 INTERNATIONAL CANOEING MARATHON Malindi –Mombasa, Kenya

Date and Venue: 2008 International Kenya Canoeing Marathon is an adventure event that will take place from 5th - 8th November 2008 and will start from the ancient Phoenician town of Malindi on the northern seacoast of Kenya and finish in another historic and tourist city of Mombasa along the virgin and beautiful Kenya Coast.

In 4 days participants will see Kenya's most amazing seacoast –its beauty, sea and birdlife and will provide high adrenaline Adventure.

Aims: “Challenge your Horizon” and “Give the Gift of Drinking water” are the themes of this Canoeing Marathon .The organizer will support AMREF www.amref.org to provide funds for drinking water project for marginalized communities in Malindi and purchase of specialized equipment to promote Sports tourism in Kenya.

5 underprivileged Kenyan youths will be given free participation in this Marathon.

Organization ; Kenya 2008 Canoeing Marathon is organized in joint collaboration between Kenya Water Sports Trust www.watersportskenya.com and AMREF Italy Ambassador Francesco Gambella www.francescogambella.com

Format: The Canoeing Marathon will be conducted in sea and where possible between the shore and the Coral reef, it is open to any individual above the age of 15 .Corporate teams of 4 persons are also welcome to enter. 3-6 hours of Paddling will be required daily covering 20-40km daily. The Canoeing Marathon is an adventure event and as such is designed for any normally fit persons who wish to have excitement, adventure and contribute to social projects for the benefit of disadvantaged communities' .No special technical ability or experience is required except the ability to kayak is necessary, however the ability to swim is useful and helpful. There will be several social, historical, cultural, sightseeing and fundraising activities.

Total Distance: 120 km. There will overnight stops in Watamu Village, Kilifi Township and Mtwapa Village.

Stages 1; Malindi- Watamu - 20km

Stage 2 Watamu – Kilifi- 40km

Stage3- Kilifi – Mtwapa- 40km

Stage 4 Mtwapa – Tudor Creek ,Mombasa – 20km

Event Programme;

Official Programme; starts from Lunch on 3rd November to Breakfast on 9th November 2008.

Date	Route	Accommodation	Social /Cultural
3 rd November Mombasa	Arrivals- Moi International Air port, Mombasa. 6pm- 8pm : Accreditation.	Hotel Accommodation Mombasa	3pm- Visit to Fort Jesus, Museum
4 th November Mombasa	8 am- 1 st Briefing and Accreditation.		9am –Press Conference
Malindi	10 am- Travel to Malindi by Road	Hotel Accommodation in Malindi	2pm-4pm Visit to Hell’s Kitchen 7pm- Welcome Party
5 th November Malindi	8am- 2 nd Briefing 9am Press Conference 10am- Start ; Malindi-Watamu	Watamu ; Accommodation in Tents on Beach.	3pm -5pm ; Gogging in Watamu Marine Reserve 7pm- Guy Fawkes Party
6 th November Kilifi	Watamu- Kilifi	Accommodation in Tents on the Beach.	7pm -Beach Party
7 th November Mtwapa	Kilifi to Mtwapa	Accommodation in Tents on Beach	3pm-5pm Visit to Ngomongo Village
8 th November Mombasa	Mtwapa-Tudor Creek, Mombasa 12pm –Press Conference Welcome ceremony	Hotel Accommodation	8pm- Farewell Party and Award Ceremony
9 th November	Mombasa	Departure	

Accommodation; Being an adventure event, **all participants will be required to provide their own Igloo Tents /Sleeping bags.** Transportation of personal crafts and equipment will be provided.

Special Accommodation Rates; Half Board Rate Accommodation has been arranged at the Tudor water sports Hotel in Mombasa for Canoeing marathon participants wishing to arrive earlier than 3rd November or depart later than 9th November @ 35 euro per person In single or 45 euro in double sharing

Meals; Breakfast and Dinner during the Marathon will normally be provided at a nearest restaurant from the Accommodation venue while Packed Lunch will provide during a brief rest stop on the beach during the Marathon.

Any participant who may have special diet or food requirement is kindly requested to inform this information well in advance.

Accompanying person; Participants accompanied by spouse or children are welcome and arrangements can be made with the Organizers for specific accommodation requirements for Holiday stay. Kindly contact us for your specific requirements.

Equipment; 20 Vital Kayak (K1) with paddles and Spray decks will be available for use during this Canoeing Marathon , these kayaks have Rudders but no hatches, and are about 12kg in weight .They will be available to participants on first come first basis upon payment of Entry fees. Additional crafts (K2) may be available upon request, however participants are free to use their own personal crafts e.g sea Kayaks, surf skis and outrigger canoes but will be responsible for their transport to Mombasa, Kenya.



Vital Kayak

Equipment Damage Deposit; 200 Euro refundable Deposit per kayak will be required to deposited to offset repairs in case of any damage or loss and is payable in advance.

Entry fees

Individual Category (1 person) - ;	65,000/- -Ksh or 650 euro
Corporate Team Category (4 person);	400,000/- Ksh or 4300 euro.

This fee is inclusive of the following;

1. All Accommodation, All Meals and Drinking Water from Lunch on 3rd November 2008 to Breakfast on 9th November.
2. All Local Transport.-Mombasa to Malindi.
3. Equipment Use i.e. Kayaks, Paddles and Spray deck.
4. Certificate of participation and Event Memento

Participants will be responsible for the following;

1. Their own international /local Travel to Mombasa or Moi International Airport.
2. Transport of personal craft to and from Mombasa.
3. All required Vaccination and Visa fees.
4. Safety Jackets.
5. Igloo Tent
6. Personal Medical Insurance.
7. Official Entry fees to National Parks, Museums and other sites.

Insurance;

All Participants wishing to participate in the Canoeing marathon must have Personal Insurance coverage for injury and in the unlikely event death. Proof of this insurance coverage of minimum 30,000 euro will be required to be submitted to the Organizers at the time of entry accreditation.

Medical; Basic Medical provisions, drugs and other supplies will be available during the Marathon. Mosquitoes are prevalent along the Kenyan Coast, Cream and prophylactics are recommended. Due to Hot Equatorial sun and to avoid Heat related ailments e.g Heat Stroke, a hat and drinking of plenty of liquids is highly recommended.

Safety;

All participants / spectators/ Staff / or any a person howsoever connected with the Canoeing marathon and involved in any actions at sea are required to wear a safety. Device of type recommended for saving life at Sea.

It is the solemn duty of every participant to make sure that he or she does not endanger his/her own life or the life of fellow participant life through careless/negligent action or risky manoeuvre.

It is solemn duty and expectation that every participant will provide every assistance in his /her power in the event of danger or life threatening situation that may befall any other fellow participant, without endangering his /her own life.

In case of any type of capsize and damage to kayak where further progress is not possible, stay with the kayak and do not attempt to swim to the shore as every attempt will be made to offer assistance as quickly as possible.

Sea Fauna ;

The Kenyan coast is not known for any dangerous sea creatures although jelly fish could be encountered, Sea urchins are common in shallow inter tidal areas, Reef Sharks and Whale Shark are common offshore along the Coral reefs but incidents of any attacks at sea are either unheard, rare or non-existent. Hawk bill turtles are common sight while Marlin, Sailfish, Mako, Tuna and Dorado are regulars offshore during the fishing season from September-March

Corporate Sponsorships ; are available in Gold, Silver ,Bronze, and Crystal packages , please contact organizers for more details.

Entry Fee Payment Schedule :

25% of the Entry fees should be received by the Organizers before 1st September 2008 to secure the allocation of kayak.

75% entry fees will be required to be paid before 1st October 2008.

Cancellation Policy ; before 1st October – Full Refund
1st October – 15th October - 50% refund
15th October to 3rd November – No refund.

Payment Instructions and Bank Details

Payment of the Entry fees can be made by direct bank transfer or through the Western Union system, Please ensure that No Commission or banking Charges are deducted from the Entry fees which should be received in Full.

Entry fee can be deposited in the following bank account.'

In EURO CURENCY

Bank; Commercial Bank of Africa
Bamburi Branch, Mombasa-Malindi Road.

Swift address; CBAFKENX

Through Correspondent bank;

American Express Bank GmbH, Frankfurt,
Theodor Heuss Allee 112
60036 Frankfurt Am Main
Germany

Account: 18157608

SWIFT ADDRESS; AEIBDEFX

BENEFICIARY NAME ACCOUNT NAME ; **Kenya Water Sports Trust**
Po Box 91270- 80103
Mombasa
Kenya
Account Number; **329143007**

Tides / Moon ,Sunrise and Sunsets

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Sat 1	5:31 AM EAT / 3.45 m	11:49 AM EAT / 0.43 m	5:52 PM EAT / 2.84 m	11:38 PM EAT / 0.64 m			5:57 AM EAT	6:12 PM EAT
Sun 2	6:00 AM EAT / 3.30 m	12:20 PM EAT / 0.59 m	6:23 PM EAT / 2.68 m				5:57 AM EAT	6:12 PM EAT
Mon 3		12:07 AM EAT / 0.81 m	6:31 AM EAT / 3.10 m	12:53 PM EAT / 0.78 m	6:57 PM EAT / 2.50 m		5:57 AM EAT	6:12 PM EAT
Tue 4		12:39 AM EAT / 1.02 m	7:06 AM EAT / 2.88 m	1:33 PM EAT / 0.99 m	7:40 PM EAT / 2.31 m		5:56 AM EAT	6:12 PM EAT
Wed 5		1:18 AM EAT / 1.24 m	7:49 AM EAT / 2.64 m	2:28 PM EAT / 1.18 m	8:44 PM EAT / 2.17 m		5:56 AM EAT	6:13 PM EAT
Thu 6		2:19 AM EAT / 1.46 m	8:55 AM EAT / 2.42 m	3:52 PM EAT / 1.29 m	10:26 PM EAT / 2.14 m	First Quarter	5:56 AM EAT	6:13 PM EAT
Fri 7		4:21 AM EAT / 1.56 m	10:39 AM EAT / 2.30 m	5:30 PM EAT / 1.25 m			5:56 AM EAT	6:13 PM EAT
Sat 8	12:04 AM EAT / 2.33 m	6:15 AM EAT / 1.40 m	12:16 PM EAT / 2.38 m	6:37 PM EAT / 1.10 m			5:56 AM EAT	6:13 PM EAT
Sun 9	1:03 AM EAT / 2.63 m	7:19 AM EAT / 1.11 m	1:20 PM EAT / 2.56 m	7:24 PM EAT / 0.90 m			5:56 AM EAT	6:13 PM EAT

Wind

The windiest time of the year at the Kenya Coast is during the Southeast Mon-soon from May to September, while the calmest months are March and November when the winds are also more variable in direction. Wind records from Lamu, Malindi and Mombasa show a consistent daily pattern whereby wind strength (in knots) drops during the night and is always less at 0600 hrs than at 1200 hrs. This pattern is less pronounced in Lamu which also tends to be the windiest place on the Coast at 0600 hrs. Overall, it would seem that Mombasa is the windiest, but the strongest winds are likely to be experienced in August in Malindi.

Temperature; In November the average daytime temperature is 28C to 34C and water temperature varies from 22C to 26C.

Tides

Kenyan coastal waters are characterized by semi-diurnal tides - approximately two tidal cycles for every 24 hour period. Except for limited periods in the year, however, the levels of high and low water of each successive tide differ appreciably from the corresponding tide before and the tide following. The tides can therefore be designated as mixed semi-diurnal tides. Spring tidal variations (Brakel, 1982) in Eastern Africa can be up to 4.0 m, with average variations within the 2.5-3 m interval. The reference port for tidal observations in Kenya is Kilindini (Port of Mombasa) where the maximum tidal range does not usually exceed 3.8 m. Tidal range for Malindi is 2.0 m for neap tide and 2.9 m for spring tide. There is a lag in the tidal state which increases with distance north along the Kenyan coast. Malindi is normally 5 minutes after Kilindini while Lamu is about 40 minutes behind. Deviations from the predictions in tide tables are influenced by barometric pressure, onshore winds and oceanic swell. However, the lowest tides occur persistently during the Northeast Monsoon since they combine with the prevailing winds to drive water offshore

Visa: for Visa information and application forms please visit the Kenya Immigration website; www.immigration.go.ke , Telephone; +254-20-2222022 (extension 22083), however visas for most Nationals are granted at the airport and cost 50 US \$ or 40 Euro. Certain African Countries are exempted from Visa fees, e.g South Africa , Uganda and Tanzania

Photography: There will be possibility of participants being filmed (notably for television), photographed(notably by Media), identified, or recorded in any other way during the Marathon, press conference ,interviews or meeting .This will be purely for promotion of the Sports of Canoeing , The Marathon, its aims and objectives. Participants will not have any right to claim compensations.

Sponsorship and Branding

The organizers may, to attract attention to the Marathon and provide funds for the organization and for the aims of the Marathon seek Sponsors .Equipment/ Kayaks used during the Marathon and Clothing of participants will be required to display the Marathons' official sponsor's logo and/ or brand and/or name. This will however be done so as to not conflict with the individual sponsors of the participants.

For Registration and further details contact;

Africa Coordinator;
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