



Port Hacking Outriggers hosting the AO Kurnell Run Downwinder



Kurnell to Cronulla NSW

Date: Sunday 26 February 2023





Welcome Message AOCRA



On behalf of the Board of the Australian Outrigging Canoe Racing Association (AOCRA), it is with great pleasure that I welcome athletes, coaches, sponsors, officials, guests and supporters to the first of three 2023 AO Ocean Downwind Runs. Port Hacking Outrigger Canoe Club is hosting in association with AOCRA. It is a great honour to host this event in Sydney on the Sydney Harbour Challenge weekend.

This event, is a significant celebration of athletic excellence, camaraderie and leadership with the country's top downwind paddlers in OC1, OC2, V1 and Ocean Skis who will compete in the in this series. We welcome OCb teams to give this downwinder a go and those new to downwinding may enter the short course as well. Bring on the weather for a great ocean downwind race.

We thank the Sutherland Shire Council and V-Insurance for partnering with us on this event. Thanks as well to the local community for embracing the visiting competitors, officials, volunteers and supporters.

I would also like to wish every participant the very best of luck in this race and hope all the spectators have a wonderful day. This is the first of three races in the 2023 series and is a great location to run a 20 kms and 11 kms downwind courses for outriggers and ocean ski competitors. While you compete with each other, we ask that you respect the same rules, share the ocean, the power and the spirit of outrigging with your fellow paddlers.

Enjoy the experience everyone.



Michael Seay
President AOCRA Ltd





Welcome from Port Hacking Outrigger Canoe Club

On behalf of the Committee, the Port Hacking Outrigger Canoe Club (PHOCC) it is honour to host race 1 of 3 in 2023 AOCRA Ocean Downwind Runs.

This event is a 60-minute drive from Rose Bay to the Kurnell Start Line to setup OC6, OC1/2, V1 outriggers and Ski's for a second day of ocean racing.

Outrigger Canoeing in Southern Sydney is synonymous with the Kurnell downwinder route, with the regular North Easterly Winds and swell across Bate Bay to the Port Hacking River located in the traditional Aboriginal lands of the Dharawal people. The downwinder also works very well in reverse, if the winds blow from the south on the day.

The Kurnell downwinder route has been a rite of passage for paddlers from the area and we are eager to show off our coastline and "bumps" to all competitors.

Further, if the conditions are right, paddlers may also be treated to the infamous Port Hacking "Bay Rollers" which may prove the paddle downriver towards the finish line that much more enjoyable.

All conditions will be covered with our race!!!

Port Hacking Outriggers are excited to show off it's breathtaking backyard to all local, interstate and international paddlers. May you all have a safe and enjoyable race.

Stewart



Stewart Woodger
President PHOCC





2023 AO Ocean Downwind Runs – Event Information:



We are pleased to continue in 2023 with three ocean downwinder runs in a variety of waters around Australia. There is real demand for more ocean racing events in Australia and we are pleased to offer these races in partnership with our hosting clubs:

- Race 1 Port Hacking Outriggers at Cronulla on Sunday 26 February 2023
- Race 2 Hekili Outriggers at Cairns on Saturday 22 July 2023
- Race 3 Pacifica Outriggers at Coffs Harbour offering a double header weekend on Saturday and Sunday 14 & 15 October 2023

As leaders in ocean downwind racing we are offering more ocean canoe racing opportunities. This a progressive competition pathway for all paddlers wanting to compete at other prestigious events. These races are ocean downwinders offering distances between 20 - 25kms and a shorter course where the waters allow for everyone to get into downwinding.

Each downwind run will offer specific incentives and recognition and will be announced closer to the event

All competitors should enter as many of the downwind runs on the 2023 Calendar to accumulate points as the 2023 AO Downwind Champions.

Presentations for the 2023 AO Downwind Champions will be announced and the leaders will awarded with the AO Downwind Perpetual Trophies at the Coffs Harbour event on 14 & 15 October 2023.





Race Rules and Safety



All AOCRA rules and regulations will be enforced, as per the [AOCRA Rules](#) available under the Administration tab on the AOCRA website.
Please note:

- All OCb canoes shall have storm covers, 1 lifejacket per seat, 2 bailers, a 25m safety rope attached, spare paddle and carry a mobile phone with Safetrx App activated.
- All OCb canoes shall be a minimum weight of 130 kgs.
- All OC1/2/ V1/Skis paddlers must carry a mobile phone with Safetrx App activated and wear a PFD (Level 505 or above “Vaikobi style” PFD) and leg rope in accordance with AOCRA Regatta Race Rules and NSW Maritime Laws and Regulations. Inflatable PFDs are not allowed in this race.
- Further we require all OC1/2/ V1/Skis paddlers to wear Hi-Visibility (Fluro coloured) clothing, such as a hat or a race shirt - a limited amount of hi-vis race shirts and hats will be for sale on the date of the event. We do still encourage all paddlers to wear their club colours where possible.
- Junior Participation is allowed in the Open Division. Juniors must have turned 16 in the year of competing and will be required to ask permission from AOCRA to participate prior to online registration. Parental permission forms and information regarding level of experience must be completed and sent to secretary@aacra.com.au.
- Safetrx GPS will be used for this event. Setup instructions will follow in an update memo.
- The Downwinder Race 1 will start in waves at both locations to allow for safe starts and timely finishes.
- The Downwinder Race 1 will end with a finish buoy and have cut off times applied.
- Competitors not able to continue in the race must raise paddle and request support boat assistance/ direction for safe passage off the water.
- Race and Safety Boats including jet skis will provide support for all race participants.
- NSW Maritime, NSW Coastguard and Bate Bay Surf clubs will provide on water additional safety coverage

There will be a designated first aid area on site and first aid response on the water.





Race Rules and Safety (continued)



- Those wishing to compete in this race must be experienced enough to handle the conditions and to acknowledge that there is a significant part of the course where you are unable to paddle to shore.

There are several Risks and Safety considerations that paddlers need to be aware of:

- Finger Wharf Kurnell - Paddlers are required to keep 100 meters away from this wharf
- There is a ferry that runs between Cronulla Wharf (Gunnamatta Bay) and Bundeena that paddlers need to be aware of and give way to.

Paddlers/teams must adhere to the following so start numbers for each race can be determined.

OCb Teams

- The team captain , steerer must sign in the team at registration desk , confirm **canoe number** and show Safetrx activated.
- The canoe cannot enter the water until it has been scrutineered and tagged.

OC1/2/ V1/Skis paddlers

- All paddlers must sign on at the registration desk **prior to their race and confirm canoe number** before entering the beach marshalling area.
- All Paddlers must enter the beach through the marshalling area (the scrutineers will mark you and your craft off as race compliant)
- Paddlers who fail to enter the beach via the marshalling area will be issued a DNS result.

Support Boats are there to ensure your safety. All paddlers **MUST** follow Race Director and support boat officials directives.

Core Safety Team

- First aid volunteers will be both on the water with the safety boats and at the start and finish lines
- There will be a designated first aid area at the finish.
- The race Director will be land based and will be in contact will the assistant race director(s) that will be on the water and at the start lines.
- **All paddlers are expected to follow the AOCRA race rules and the directions of the Race Director(s) and support boat officials at all times. or they may be disqualified as a result.**





Race 1 Nomination Information



- **Nominations** to be completed through the AOCRA website. It is not possible to register on the day. If club registrars are having problems with registration, please email support@ocra.com.au
- This event will be loaded as a **combined event**.
- **Divisions** per Canoe discipline:
 - OC1 - Open, Master, Senior Master, Golden Master, Platinum (male and female).
 - OC2 & OCb - Open, Masters,
 - V1 - Open, Masters
 - **Ocean Ski** - Open, Masters **Non AOCRA Member Ski Paddlers** may enter through Webscorer. Link will be promoted through social media.
- **Race Fee:**
 - 20 KMS - OC1 / 2, V1 and Ocean Ski paddlers fee is \$75 per paddler
 - 20 KMS - OC6 teams are \$50 per paddler, \$300 per team
 - 11 KMS – OC1 /2, V1 and Ocean Skis is \$50 per paddler
- **Nominations due:** by 11:59 PM (AEST) on **Wednesday 15 February 2023**. A late fee will be charged.
- The RACE DIRECTOR will have the discretion to not allow late registrations to paddle if there is concern regarding the paddler/support boat ratio.
- V1 competitors will proceed dependent on the suitability and safety of the course.
- All canoes OCb/OC2/ OC1/V1 **must have a number**, please contact the AOCRA secretary secretary@ocra.com.au if you do not have a canoe number for your canoe.
- **No refunds given** if you decide to scratch your race, no matter what the reason.
- Full Refund Policy at the end of the program.





Schedule of Events



Please note times are approximate and we ask paddlers be ready prior to times indicated. Event Times and Courses may be altered at discretion of Race Director to give the best race conditions for competitors. These announcements will be shared on [AOCRA](#) | [Facebook](#) and Port Hacking Outrigger Canoe Club's Facebook.

Schedule of Events Sunday 26 th February				
EVENT	TIME	LOCATION	WHO	Wave Starts
Registration	8:00 am	Gunnamatta Park Pavilion	All Paddlers	
Competitors Briefing - all classes	10:00 am	Gunnamatta Park Pavilion	All Paddlers	
Marshalling and safety gear checks	11:30 pm	Bonna Point / Silver Beach Kurnell	Long Course Paddlers	
Marshalling and safety gear checks	11:30 pm	Boat Harbour Park	Short Course Paddlers	
Long Course Start (incl. Skis and OCb)	12:30 pm	Bonna Point / Silver Beach Kurnell	Long Course Paddlers	Wave 1 OCb Wave 2: Women OC1/2 & All V1. Golden and Platinum Men Wave 3: Men OC1/2 & Women Ocean ski Wave 4: Men Ocean ski
Short Course Start	1:00 pm	Boat Harbour Park	Short Course Paddlers	Wave 1: Women OC1/2 & All V1. Golden and Platinum Men Wave 2: Men OC1/2 & Women Ocean ski Wave 3: Men Ocean ski
Presentation	4:30 pm	Gunnamatta Park Pavilion	All Paddlers	





Race 1: Long Course Downwinder 20km Course

The long course race will begin from the Eastern end of Bonna Point, Kurnell, heading North past the Oil Refinery Jetty and following Cape Solander.

The canoes will follow the coast line East around a turning buoy and then head South past Cape Solander (this 6 km stretch is the hardest out of the whole course), where following the Cronulla beaches in Bate Bay in a South Westerly direction to Bass & Flinders Point, where canoes will do a non ama turn on the channel marker heading West through the mouth of the Port Hacking River, following the channel markers until Gunnamatta Bay, where the canoes will make a non ama turn on the channel marker at the beginning of the bay, and a sprint to the Finish off the Gunnamatta Pavilion Baths.

In the circumstances where the wind is a Southerly, the race course shall be run in reverse.

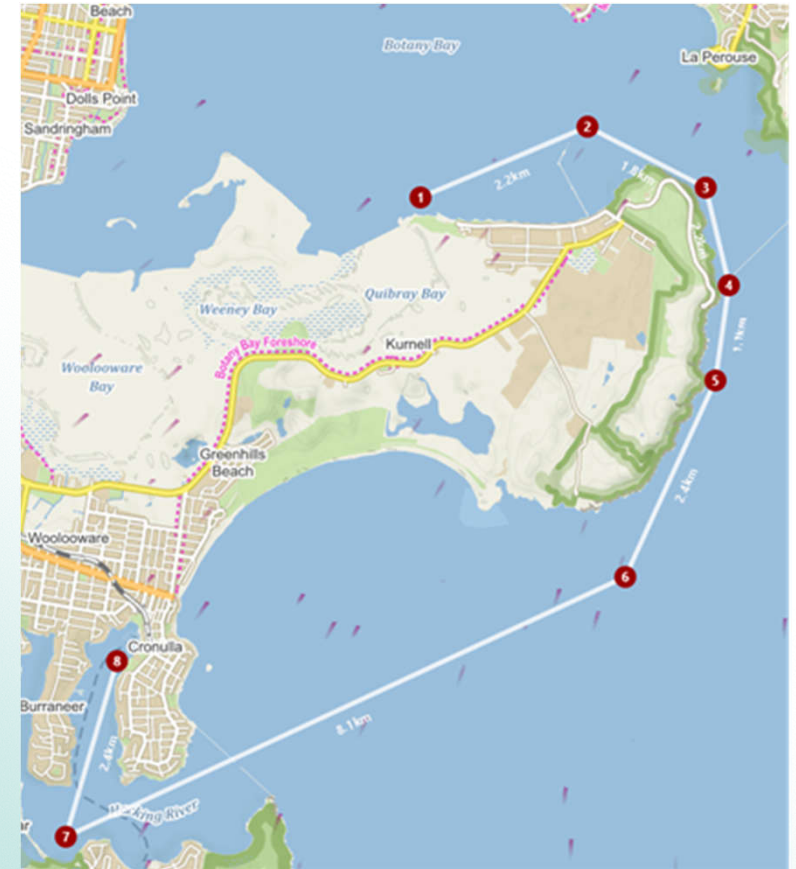
Tide Times:

Low: 7:58 AM - 0.46M

High: 1:51 PM - 1.18M

Sunrise 6:40 AM

Sunset 7:37 PM





Long Course start location at Bonna Point Reserve, Kurnell, parking, rigging and marshalling



There is plenty of parking close to the Marshalling area on Prince Charles Parade, and there are public toilets nearby. Please note that some sections of parking are reserved for trailer parking and you will be booked if you do not have a trailer. All cars and trailers should be returned to Gunnamatta (the finishing point) and paddlers will be transported back to the starting point with their paddling equipment only. Paddlers are welcome to leave all non paddling gear at Gunnamatta Pavilion.



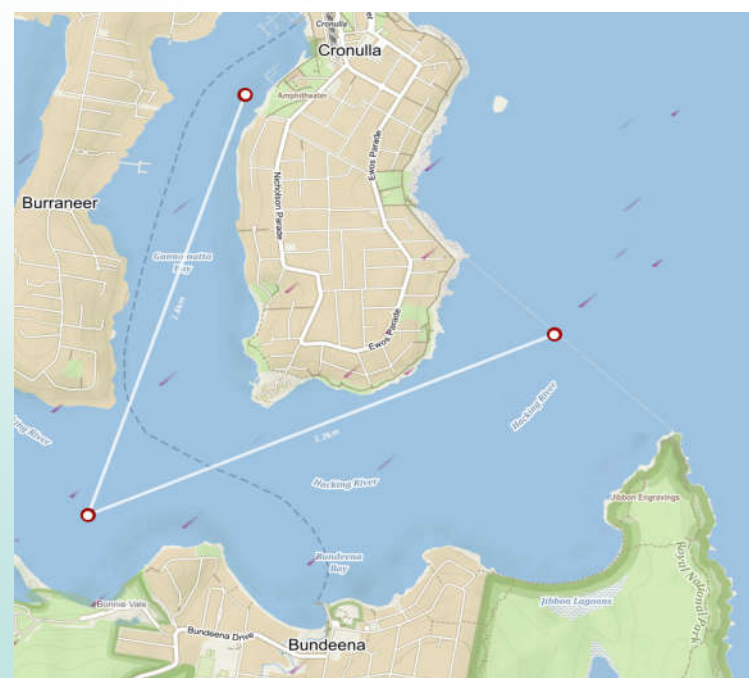
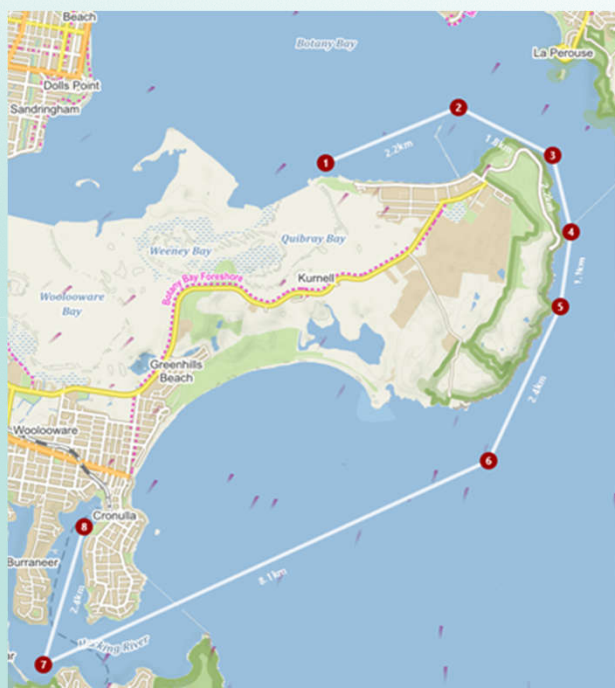


Long Course race details and navigation



Paddlers should note that the cliffs of Cape Solander (Kurnell) for the first 6 kms are unable to be scaled/accessed from water, and that swell can be generated from waves crashing against these cliffs. A buoy shall be dropped off East off the Southern Head to assist with the best lines and to take paddlers away from the cliffs somewhat.

Once outside the heads, you will not be able to reach land until the Southern end of Cape Solander, at Boat Harbour. From this point there should be a good downwind section right up until the mouth of the Port Hacking River, where you shall traverse on the non-ama side of a buoy at Bass & Flinders Point, hug the Northern Shoreline and turn once past the green channel marker at Gunnamatta Bay.





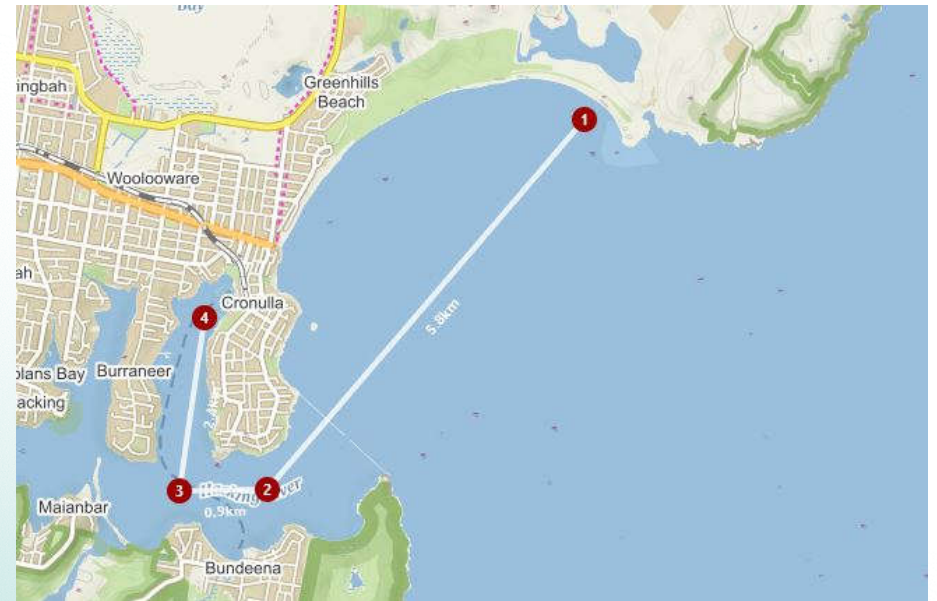
Race 1: Short Course Downwinder 8km Course



The short course race will begin from Boat Harbour Park, Kurnell, heading South across Bate Bay to join the long course closer to the Port Hacking river entrance.

The canoes will follow the coast line East following the Cronulla beaches in Bate Bay in a South Westerly direction to Bass & Flinders Point, where canoes will do a non ama turn on the channel marker heading West through the mouth of the Port Hacking River, following the channel markers until Gunnamatta Bay, where the canoes will make a non ama turn on the channel marker at the beginning of the bay, and a sprint to the Finish off the Gunnamatta Pavilion Baths.

In the circumstances where the wind is a Southerly, the race course shall be run in reverse.



Tide Times:

Low: 7:58 AM - 0.46M

High: 1:51 PM - 1.18M

Sunrise 6:40 AM

Sunset 7:37 PM

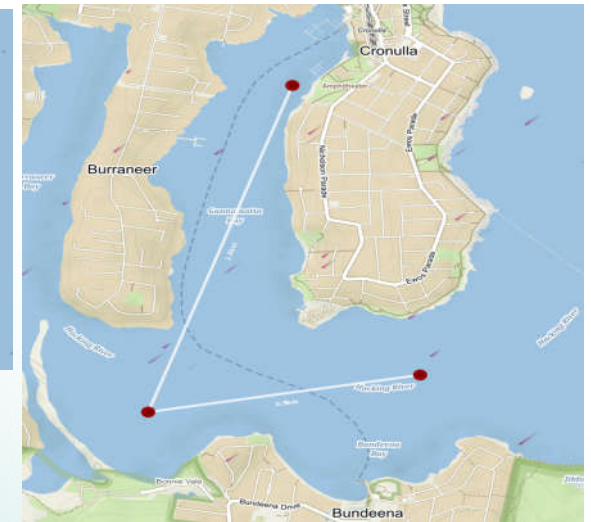
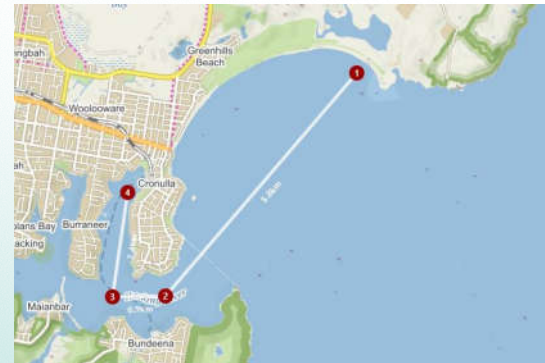
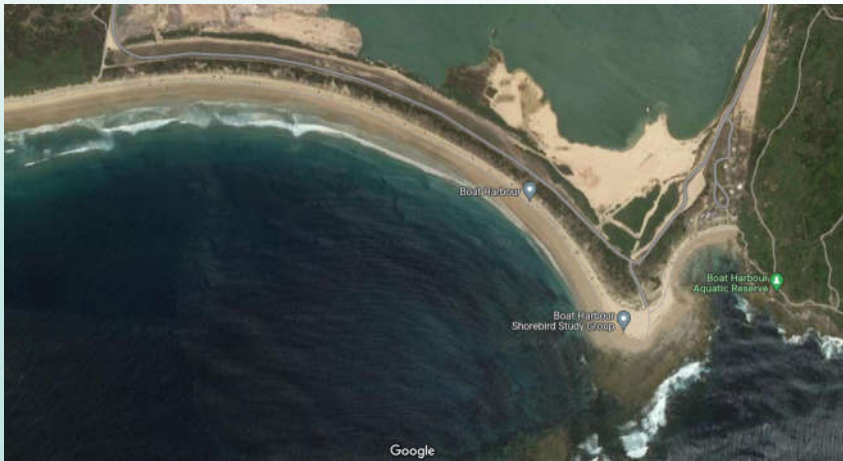




Short Course start location at Boat Harbour Park, Kurnell, parking, rigging and marshalling



There is plenty of parking close to the entrance to Boat Harbour Park, and there are **no** public toilets nearby. Please note that parking is reserved for 2WD drive and 4WD vehicles. All cars should be returned to Gunnamatta (the finishing point) and paddlers will be transported back to the starting point with their paddling equipment only. Paddlers are welcome to leave all non paddling gear at Gunnamatta Pavilion.



Short Course race details and navigation

From the starting point there should be a good downwind section right up until the mouth of the Port Hacking River, where you shall traverse on the non-ama side of a buoy at Bass & Flinders Point, hug the Northern Shoreline and turn once past the green channel marker at Gunnamatta Bay.





Alternate Course 1- Southerly

If the winds turn Southerly on the day, the Alternate Reverse Course will be used, which starts at Gunnamatta Bay and shall finish at either Boat Harbour Park, Kurnell (short course) or Bonna Point Reserve, Kurnell (long course).

The race shall head out East to Jibbon Point, watching out for the Bombora on the point. Then paddlers shall do an AMA turn around a turning buoy to head to Kurnell.

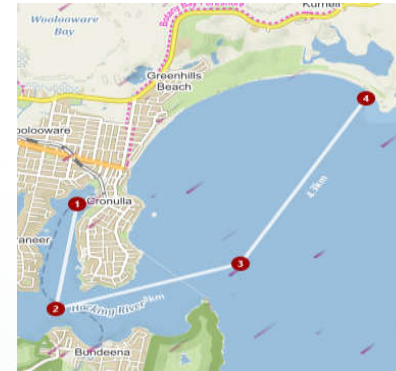
The short course racers will head to the finish line at the western end of Greenhills Beach.

The last section of the long course will be the hardest in this course and another turning buoy shall be dropped East of Cape Solander (Kurnell) so that paddlers avoid the cliffs before heading West towards Bonna Point Reserve.

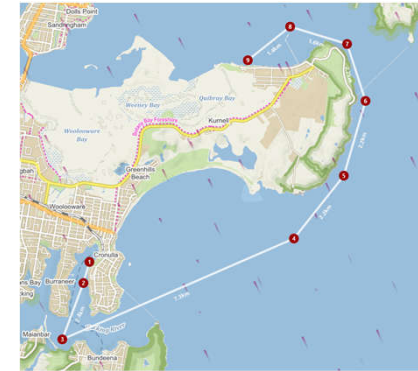
Alternate Course 2 - “Lightning Point Run”

In the unlikely event the winds turn Westerly on the day, the Alternate Course will be the “Lightning Point Run.”

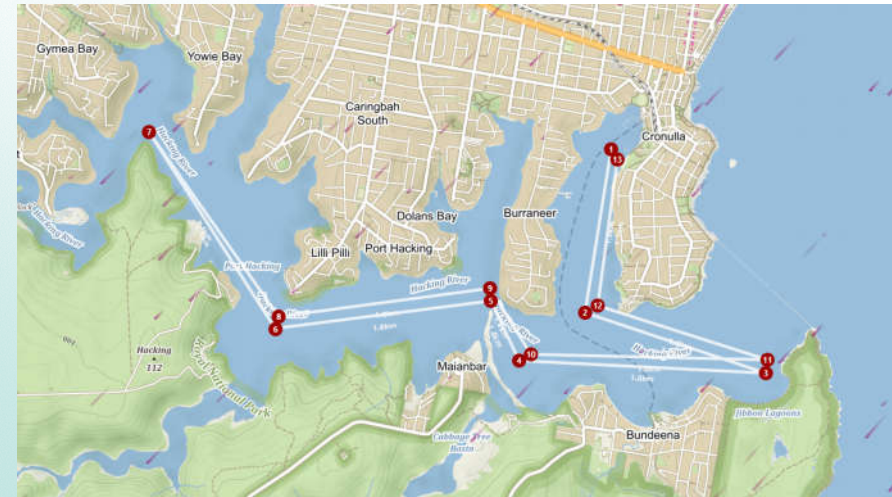
This Starts at Gunnamatta Bay, heads south to Jibbon and then east to Lightning Point Gymea Bay and then returns with the wind back to Gunnamatta Park for the finish.



Alternate Short Course



Alternate Long Course





Gunnamatta Park, Cronulla finish line and navigation Car Shuttle/ Car Pooling Information

Gunnamatta Park has plenty of parking on both Nicholson Parade and Taloombi Street. Toilets and Showers can be found at the Gunnamatta Park Pavilion. Marshalling and Sponsor tents shall be set up adjacent to the Pavilion.

All OCb craft need to be transported by the race teams to the start point at Bonna Park Kurnell and then make their way back to Gunnamatta Park for the race briefing. All OC1 paddlers will also be required to transport their craft to the respective start point and make their way back to Gunnamatta Park for the race briefing.

Gunnamatta Park is where the races will finish so please bring all gear back except what you need for the race.

PHOCC encourages carpooling/shuffle to make it back to the briefing at Gunnamatta Park.

PHOCC will have someone at Kurnell & Boat Harbour race start points to ensure all craft are safe.

Post the briefing PHOCC will be running a free car shuttle service from Gunnamatta park back to the race start points. There will also be limited OC1 spots on the trailer.

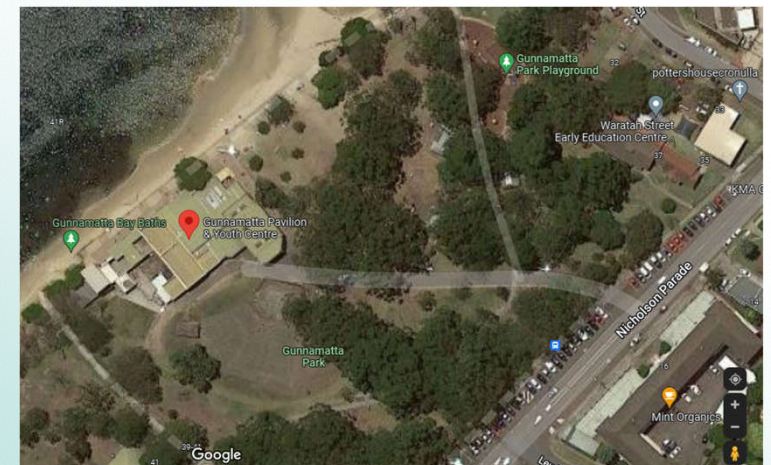
Contact Steward Woodger if you require a ride.(0452219025)

Facilities on the Day

Public toilets are available at both Bonna Point Reserve (Kurnell) and Gunnamatta Park (Cronulla).

Gunnamatta Park has public shower facilities and changing rooms available for use. Both locations shall have first aid facilities and both are located nearby to cafés and supermarkets.

A public bus service providing transport between Gunnamatta Park and Bonna Point Reserve shall be available both before and after the race for competitors and spectators.





How To Get There

Plane: The Sydney Kingsford Smith Airport, is Cronulla' s domestic and international airport.

There are regular flights to and from Sydney from destinations around the country.

Car: Cronulla is located 20 minutes South of the Sydney Kingsford Smith Airport, following the Grand Parade past Brighton and Ramsgate, turning left onto Rocky Point Road at Sans Souci, and following the road straight past the Captain Cook Bridge as it continues onto Taren Point Road. The next turn will be left onto Captain Cook Drive, which will take you to the Cronulla Beaches.

Sydney Kingsford Smith Airport has a variety of hire cars on offer.

Train: Cronulla is accessible by train by catching the airport link to Wolli Creek Station, and changing trains to the direct service to Cronulla.

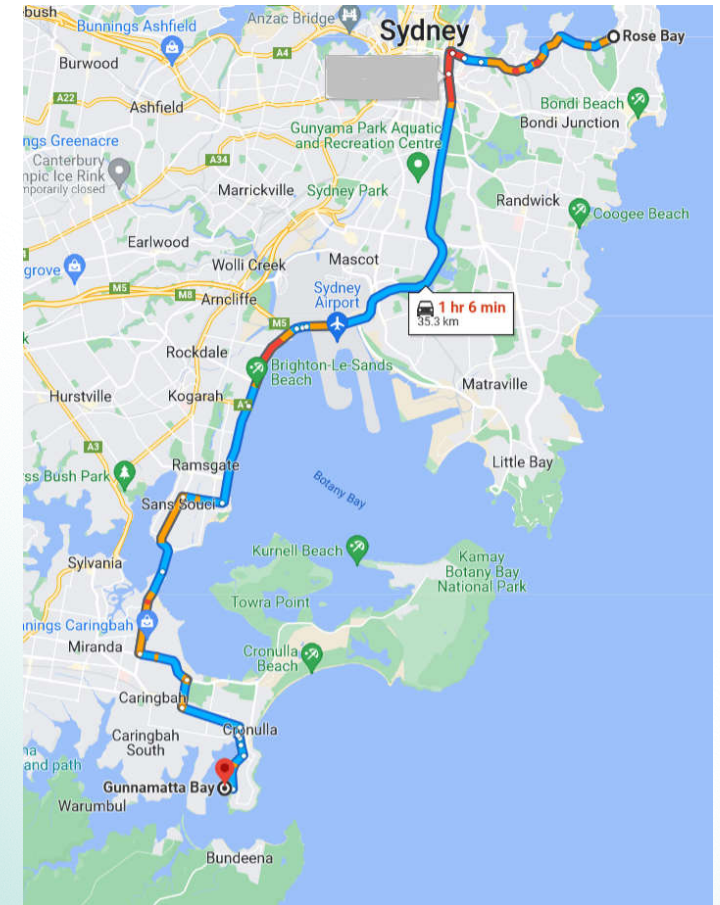
The trains run every ten minutes during peak hour, and every 15 to 20 minutes off peak. The journey will take between 30 and 45 minutes in duration.

Travelling from Rose Bay - Sydney Harbour Challenge Venue

The trip should take somewhere between 45 mins and 1hr 15 mins depending on traffic

Take New South Head Road, M1, A1, The Grand Parade, Captain Cook Drive and The Kingsway and then head slightly, south of Cronulla Railway Station onto Nicholson Parade to arrive at Gunnamatta Park.

Registrations will occur at Gunnamatta Park, Cronulla and there is a safe place for your additional gear inside the Gunnamatta Pavilion.





Presentations

The event presentation shall be held at the Gunnamatta Pavilion in Gunnamatta Park.



Accommodation Options

Cronulla has several hotels and accommodation within walking distance to Gunnamatta Park, including Rydges Hotel, Quest Apartments and Cronulla Motor Inn at Cronulla.

Other major hotels in the area include the Metro Hotel Miranda (which is a short drive or train ride to Cronulla), Nightcap at Caringbah Hotel (which is a short drive or train ride to Cronulla), Abcot Inn Sylvania (which is a short drive or bus ride to Cronulla), the Novotel at Brighton, (which is a short 25 min drive to Cronulla) and the various hotels located at the Sydney Airport (which is a short 30 min drive or hour train ride to Cronulla).

There are also plenty of Air BnB and Stayz options available through the relevant accommodation apps and websites located at Cronulla.

Billeting with local paddlers and their families may be available on a first in first served basis, please contact the Race Director to discuss. We will endeavour to work with accommodation businesses to try and secure cheap accommodation for paddlers entering in an event.

For more information, please visit [Accommodation - Sutherland Shire \(sutherlandshireaustralia.com.au\)](http://sutherlandshireaustralia.com.au)

Canoe Hire / Borrow Options

Port Hacking Outrigger Canoe club is committed to making this regatta easily accessible for interstate and overseas paddlers. To ensure anyone who wants to compete, can compete we' ll put together paddlers with canoe owners for hire/borrow arrangements. Any fees or agreements will be between the canoe owner and the competitor, we' ll facilitate the introduction and can help movement logistics as best we can.

Please email your request to stewart@naturallighting.com.au





This is a COVID-19 Safe Event



In this constantly changing COVID-19 landscape, the Kurnell to Cronulla Downwinder will operate in accordance with the relevant NSW COVID safety requirements, to ensure that your participation in this event is as safe as reasonably possible.

For this reason, the event will follow the latest government requirements to ensure a safe environment to prevent the spread of COVID -19 and asks all those attending to follow the below minimum requirement:

- Please do not participate if you are experiencing any symptoms relating to COVID-19 or feeling unwell

For the most up to date information regarding NSW COVID-19 safety guidelines please refer:

<https://www.nsw.gov.au/covid-19/stay-safe/rules/people-in-nsw#toc-sport-exercise-and-outdoor-gatherings>



Cancellation Policy



AOCRA Refund Policy effective 30 November 2021

The Nomination Fee

Total Nomination Fee: Long Course	\$ 75:00	Total Nomination Fee Short Course	\$50.00	Total Nomination Fee OC6	\$50.00
Host Club:	\$ 0.00	Host Club	\$ 0.00	Host Club	\$ 0.00
Zone:	\$ 0:00	Zone	\$ 0.00	Zone	\$0.00
AOCRA:	\$ 75.00	AOCRA	\$50.00	AOCRA	\$50.00

AOCRA Refund Policy in the event of Postponement and or Cancellation

Refund policy may vary depending on the type of event and the Host or Organiser. The Host of each event must include a Refund Policy in the approved Regatta / Event Program outlining the terms for eligibility to request a refund. The Refund Policy must be the same wording as outlined in the AOCRA Rules, otherwise, the Host must seek approval from AOCRA Events for any changes prior to publishing a Refund Policy in the approved Regatta / Event program. The Refund Policy applies to nomination fees paid to enter a sanctioned AOCRA event only.

Nominee Cancellation Prior to the Event Date

Change of Mind or Unable to Attend

Once the nomination fee is paid there is no refund for change of mind. If you have paid the nomination fee and are unable to attend the event due to extenuating circumstances outside of your control, you may apply in writing using the AOCRA Request for Refund Form on the AOCRA website and email to support@aocra.com.au giving details of the reason for requesting a refund. The Host, Zone and AOCRA are not obligated to refund their respective portions of the nomination fee, and if a refund is approved it will be processed in full less an administration fee of up to \$10 for processing the refund. AOCRA determines the administration fee at the time of processing a refund and retains the administration fee to cover their processing costs.

The nominee cannot request a refund on the day of the event or after the start date of the event.

Host Postpones or Cancels the Event

Host Giving Notice of Postponement or Cancellation

The Host must follow the AOCRA Rules to postpone or cancel an event and give notice in writing by: email, sms alert notification or text message to your mobile device, Host Facebook post, written announcement on the AOCRA website. The effective date is the date of dispatch.

Event Postponed

Should the Host, Zone or AOCRA postpone an event, they are required to give notice at any time prior to the scheduled start time of an event.

A date for the rescheduled event must be announced within 7 days of the original event date in writing by: email, sms alert notification or text message to your mobile device, Host Facebook page, written announcement on the AOCRA website. The Host reserves the right to postpone the event (where no refund will be issued).

The rescheduled event program content / format may change including scheduled times which is at the discretion of the Host and they reserve the right to do without notice.

The Host, Zone or AOCRA may continue to postpone an event following the same process as above.

Event Cancelled

The Host, Zone or AOCRA may cancel an event inline with the AOCRA Rules.

Cancellation more than 30 days before the event is at minimum a 80% refund of the Host, Zone and AOCRA portion of the nomination fee.

Cancellation more than 7 days before the event is at minimum a 70% refund of the Host, Zone and AOCRA portion of the nomination fee.

Cancellation more than 1 day before the event is at minimum a 60% refund of the Host, Zone and AOCRA portion of the nomination fee.

Cancellation on the day of the event is at minimum a 40% refund of the Host, Zone and AOCRA portion of the nomination fee.

The Host reserves the right to refund at a greater value of their portion of the nomination fee only, than the stated cancellation terms above.

The Zone reserves the right to refund at a greater value of their portion of the nomination fee only, than the stated cancellation terms above.

AOCRA reserves the right to refund at a greater value of their portion of the nomination fee only, than the stated cancellation terms above.

Refund Payment

Refunds will be processed within 30 days of cancellation via the same method used for payment.

