



# **2016 ICF CANOE MARATHON WORLD CUP**

Inc. AFRICAN CONTINENTAL CHAMPIONSHIPS AND

## **MASTERS INTERNATIONAL COMPETITION**

**MASTERS BULLETIN NO. 1**  
**NOVEMBER 2015**



**PIETERMARITZBURG, SOUTH AFRICA**  
**8 – 10 APRIL 2016**





Pietermaritzburg  
South Africa  
15 May 2015

## TO ALL NATIONAL FEDERATIONS AFFILIATED TO THE ICF

DEAR FELLOW MARATHON PADDLERS,

Canoeing South Africa is pleased, and proud, to invite you to take part in the 2016 ICF Canoe Marathon World Cup which will incorporate the African Canoe Marathon Continental Championships to be held in Pietermaritzburg on Camps Drift on the 8th to 10th April 2016.

South Africans, and Pietermaritzburg in particular, are no strangers to hosting major sporting events. Various UCI Cycling events, including the UCI MTB Cross Country Championships have been successfully hosted. Pietermaritzburg is also home to the famous Dusi Canoe Marathon and the worlds biggest ultra running marathon, the Comrades Marathon. Large crowds are attracted to the Dusi, and we expect much the same if not more at the World Marathon Championships..

In this Bulletin we would like to give you a brief synopsis of some of the more important issues regarding the event.

These will include aspects regarding the competition, travel, accommodation and services which will be included in the competition fee, as well as information regarding the host city.

You are kindly requested to read it thoroughly and familiarize yourself with the forms annexed to it, all of which will also be available to download from the official website of the competition.

You can access the official website of the competition at [www.mwc2016.co.za](http://www.mwc2016.co.za) or via the homepage of Canoeing South Africa at [www.canoesa.org.za](http://www.canoesa.org.za).

Yours sincerely

Colin Simpkins  
Secretary General  
Canoeing South Africa

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## To: MASTERS PADDLERS AROUND THE WORLD

Dear Masters Paddlers,

### SPECIAL BULLETIN – MASTERS INTERNATIONAL COMPETITION – 8th to 10th APRIL 2016

We have great pleasure in inviting all Masters Paddlers to our special Masters International Marathon Competition that will be held during the ICF Canoe Marathon World Cup in April 2016 – 8th to 10th April.

We, as organisers, recognise the huge value that Masters paddlers bring to the sport, and we would really like to give each one of you an opportunity to experience our event in South Africa.

In addition to the world class paddling opportunity, we have put together some very exciting tour opportunities. This will be the perfect opportunity for you to visit South Africa – do some paddling and have a wonderful holiday experience. With the Euro so strong, this is surely an opportunity you cannot miss out on.

For paddlers, we will be having the following events:

- K1 Long Course
- K2 Long Course
- All Masters Categories will be recognised in their 5 year age categories (35-39 years, 40-44 years etc) – in Men and Ladies
- Mixed Doubles will also be permitted.

For more information, please go to the event website – [www.mwc2016.co.za](http://www.mwc2016.co.za)

For any queries, please send an email to: [admin@mwc2016.co.za](mailto:admin@mwc2016.co.za)

Looking forward to hearing from you.

Yours in paddling!!!

Brett Austen Smith.  
General Manager – Natal Canoe Club  
[brett@mwc2016.co.za](mailto:brett@mwc2016.co.za)

Supported by:



Organizers of:







## PIETERMARITZBURG – “THE CITY OF CHOICE”

Pietermaritzburg, the vibrant Capital city of KwaZulu – Natal (KZN) brims with character and activity, and its central position within the province makes it the “City of Choice” for anyone wanting to visit the Zulu Kingdom. It is the ideal stepping-off point to other major provincial attractions – Drakensberg; beach or battlefields.

The capital city of the Kingdom of the Zulu is perfectly appointed between the subtropical coastline of KwaZulu - Natal and the majestic Drakensberg Mountains. A comfortable trip to the glorious beaches and a stones throw away from sundowners in the highest pub in Africa. Situated just 45 minutes from Durban, the busiest port in Africa, and astride the country’s busiest development corridor, the N3 highway connecting Durban to Gauteng, South Africa’s financial hub. Pietermaritzburg is a mere 4.5 hours drive from Johannesburg, and “Johannesburger’s” don’t think twice about jumping into their vehicles and heading to Pietermaritzburg to attend an event.

Pietermaritzburg, the second largest city in KwaZulu Natal, is a colourful, picturesque, modern city located in a broad basin surrounded by a range of thickly forested hills, hence, the tag “Sleepy Hollow”. Of course, the city has since shaken off this tag and has woken to an era of unprecedented growth, particularly in the property and retail sectors.





## LOCATION

## PIETERMARITZBURG






## AIRPORTS, TRANSFERS AND TRAVEL ARRANGEMENTS

### Enquiries

All enquiries regarding travel arrangements can be made at [reservations@mwc2016.co.za](mailto:reservations@mwc2016.co.za)

International arrivals are catered for by three International airports in South Africa:

-  Oliver Tambo International in Johannesburg
-  Cape Town International
-  Durban King Shaka International Airport

Competitors arriving in Johannesburg have 3 options of travelling to Pietermaritzburg:

1. By domestic airline (SA Airlink or SA Express) to Oribi Airport in PMB.  
*Note: these airplanes are small, and may have luggage restrictions. Flying time is approximately 1 hour.*
2. Hiring a car at O R Tambo airport and driving to Pietermaritzburg.  
This does give visitors the opportunity of exploring South Africa and seeing some of the countryside. Drive time is approximately 5 hours non-stop.
3. By bus transport from Johannesburg to Pietermaritzburg (not recommended)

Competitors arriving in Cape Town have 1 option of travelling to Pietermaritzburg:

1. By domestic airline (South African Airways, British Airways, Mango or Kulula Airlines) to King Shaka Airport outside Durban.  
  
Flying time is approximately 2 hours.

Competitors can then either hire a car at King Shaka Airport or catch a shuttle bus to Pietermaritzburg

Competitors arriving at King Shaka International Airport in Durban have 2 option of travelling to Pietermaritzburg:

1. Hiring a car at King Shaka airport and driving to Pietermaritzburg.  
This does give visitors the opportunity of exploring South Africa and seeing some of the countryside. Drive time is approximately 65 - 80 minutes non-stop.
2. By Shuttle bus transfer.  
A shuttle bus transfer can be arranged with the Event organisers.

### Car Hire

Arrangements for vehicle hire can be made in advance through the Event Organisers dedicated travel and accommodation consultant ([reservations@mwc2016.co.za](mailto:reservations@mwc2016.co.za)) or at the airport.





## EVENTS

The following events are available to competitors:

### ICF CANOE MARATHON WORLD CUP

WORLD CUP MEDALS WILL BE PRESENTED IN K1 FORMAT ONLY (SHORT COURSE AND LONG COURSE)

### AFRICAN CONTINENTAL CHAMPIONSHIP

WILL BE PRESENTED IN K1 LONG COURSE FORMAT AND K2 FORMAT ONLY

### MASTERS INTERNATIONAL COMPETITION

WILL BE PRESENTED IN K1 LONG COURSE FORMAT AND K2 FORMAT ONLY

## LIST OF EVENTS

### Friday 8<sup>th</sup> April – K1 Short course, World Cup Format

Age group	Discipline	Distance	Laps	Portages
<b>Seniors</b>	<b>K1, WK1, C1, WC1</b>	<b>3.4km</b>	<b>3</b>	<b>2</b>
<b>Juniors</b>	<b>K1, WK1, C1, WC1</b>	<b>3.4km</b>	<b>3</b>	<b>2</b>



## EVENTS - Masters International Competition

All masters classes will be divided into 5 year age categories

### Saturday 9th April – K1 Long Course, Master International Competition

Age group	Discipline	Distance	Laps	Portages
<b>Masters Men 35 - 54</b>	<b>K1</b>	<b>22.7 km</b>	<b>6</b>	<b>5</b>
	<b>C1</b>	<b>19.05 km</b>	<b>5</b>	<b>4</b>
<b>Masters Men 55 - 64</b>	<b>K1</b>	<b>19.05 km</b>	<b>5</b>	<b>4</b>
<b>Masters Men 65+</b>	<b>K1</b>	<b>19.05 km</b>	<b>5</b>	<b>0</b>
<b>Masters Ladies 35 - 64</b>	<b>K1</b>	<b>19.05 km</b>	<b>5</b>	<b>4</b>
	<b>C1</b>	<b>15.4 km</b>	<b>4</b>	<b>3</b>
<b>Masters Ladies 65+</b>	<b>K1</b>	<b>19.05 km</b>	<b>5</b>	<b>0</b>
<b>Para Men</b>	<b>K1, V1</b>	<b>11.75 km</b>	<b>3</b>	<b>0</b>
	<b>TA, A</b>	<b>8.1 km</b>	<b>2</b>	<b>0</b>
<b>Para Ladies</b>	<b>WK1, WV1</b>	<b>8.1 km</b>	<b>2</b>	<b>0</b>
	<b>TA, A</b>	<b>4.45 km</b>	<b>1</b>	<b>0</b>

### Sunday 10th April – K2 Long Course, Master International Competition

<b>Masters Men 35 - 54</b>	<b>K2</b>	<b>22.7 km</b>	<b>6</b>	<b>5</b>
	<b>C2</b>	<b>19.05 km</b>	<b>5</b>	<b>4</b>
<b>Masters Men 55 - 64</b>	<b>K2</b>	<b>19.05 km</b>	<b>5</b>	<b>4</b>
<b>Masters Men 65+</b>	<b>K2</b>	<b>19.05 km</b>	<b>5</b>	<b>0</b>
<b>Masters Ladies 35 - 64</b>	<b>K2</b>	<b>19.05 km</b>	<b>5</b>	<b>4</b>
	<b>C2</b>	<b>15.4 km</b>	<b>4</b>	<b>3</b>
<b>Masters Ladies 65+</b>	<b>K2</b>	<b>19.05 km</b>	<b>5</b>	<b>0</b>
<b>Mixed Doubles 35 – 54</b>	<b>K2</b>	<b>19.05 km</b>	<b>5</b>	<b>4</b>
<b>Mixed Doubles 55 – 64</b>	<b>K2</b>	<b>15.4 km</b>	<b>4</b>	<b>3</b>
<b>Mixed Doubles 65+</b>	<b>K2</b>	<b>15.4 km</b>	<b>4</b>	<b>0</b>





## VENUE AND COURSE

The event will be hosted by Natal Canoe Club (NCC), home of the famous Dusi Canoe Marathon. NCC has excellent club house facilities for 450 members, as well as world class training facilities, gym, physio rooms and administrative facilities.

The course will be on Camps Drift canal, on the Umsunduzi River, where the Dusi Canoe Marathon Starts, and also the venue for the South African Canoe Marathon Championship and 2017 ICF CANOE MARATHON WORLD CHAMPIONSHIP.

There will be 2 courses laid out for the event:

- **World Cup Short Course**
- **Marathon Long Course** (which will be the African Continental Championship course as well)

Normal ICF Short Course and Long Course format will be used.  
Course plan and details in next bulletin.

**The disembarkation and embarkation area for the portages will be on a jetty with LEFT HAND SIDE takeout and put-in only.**

**The portage area will be clearly shown by barriers, and will be clearly marked by red and yellow flags at the disembarkation and embarkation areas.**

**The total portage distance will be approximately 100 meters.**

**The portage will allow at least 4 K2's to be portaged simultaneously.**





## PRELIMINARY COMPETITION PROGRAMME

FRIDAY 8TH APRIL 2016

WORLD CUP K1 SHORT COURSE FORMAT ONLY

SATURDAY 9TH APRIL 2016

WORLD CUP K1 LONG COURSE FORMAT

INCORPORATING K1 AFRICAN CONTINENTAL CHAMPIONSHIPS

MASTERS INTERNATIONAL COMPETITION K1 LONG COURSE  
FORMAT

SUNDAY 10TH APRIL

AFRICAN CONTINENTAL CHAMPIONSHIP K2 LONG COURSE  
FORMAT

MASTERS INTERNATIONAL COMPETITION K2 LONG COURSE  
FORMAT





## ENTRIES AND ACCREDITATION

PLEASE READ CAREFULLY!!!

### 1. FOR INTERNATIONAL MASTER PADDLERS

ALL international MASTERS paddlers will need to download the following forms and submit these to the Event Office by email or fax. Please see forms at the end of the bulletin.

- K1 / C1 Entry Form
- K2 / C2 Entry Form
- MASTERS Declaration

### 2. FOR ALL SOUTH AFRICAN REGISTERED PADDLERS INCLUDING SOUTH AFRICAN MASTERS

ALL South African Registered Paddlers to please use the NCC Online entry system at [www.natalcc.co.za](http://www.natalcc.co.za) and click on "Enter a Race".

### QUERIES

ALL queries can be addressed to Mary at [admin@mwc2016.co.za](mailto:admin@mwc2016.co.za) or on +27 (0)33 342 1528

## IMPORTANT DATES FOR ENTRY

Bulletin No. 1	1 October 2015
Preliminary Entry / Hotel Reservation	30 November 2015
Numeric Entries	22 February 2016
Final Hotel Reservation	30 January 2016
Boat Rental	15 February 2016
Final booking of Airport Transfer	10 March 2016
Nominal Entry (Final Entry)	25 March 2016
Final Travel Information	10 March 2016

Please observe the ICF Canoe Marathon Competition rules when submitting entries.



## PARTICIPATION FEE

Nominal Exchange Rate:

At the time of writing the nominal exchange rate was:

EURO (€) = R 15,90

Total participation fee is payable for for the duration of competition plus the official practice day, being 7th, 8th, 9th and 10th April 2016 (4 days):

Participation fee:	€120
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The Participation fee includes the following services for each:

- Participation in the following events:
  - K1 Short Course (senior and junior event only)
  - K1 Long Course
  - K2 Long Course
- Accreditation for each day.
- Lunch at the Course venue on all 4 days (7th, 8th, 9th, 10th April)
- Medical care at the Course venue
- Massage service – 1 x 20 minute massage per competitor per day of competition (8th, 9th, 10th April only).
- Security service at Course Venue.
- Access to the Competitors area.
- Shuttle Bus services to and from accredited accommodation venues only.
- Free mineral water and other beverages during the event.
- Parking in dedicated area.





## BOARD / LODGING / ACCOMMODATION

Arrangements for accommodation and reservations can be made directly with the Event Organisers representative at Official Event accredited hotels and lodging. All bookings, deposit fees and final payments will be arranged with the Event Organisers representative.

The Event Organisers will arrange the following services to and from official event accredited hotels and lodging:

- Airport transfer shuttle from King Shaka Airport and Oribi Airport only.
- Shuttle Bus transfer to and from the event course daily
- Shuttle Bus transfers to official event functions
- Event representatives to meet competitors and guests at King Shaka and Oribi Airports only.
- Event Representatives to discuss any queries or changes for event accredited accommodation only.

Should competitors or spectators wish to make their own accommodation reservations, they are welcome to do so, however, the event representatives will not be available to assist with any queries. Shuttle Bus transfers will not be available for competitors or spectators that do not make use of the Event organisers services when making bookings.

For enquiries regarding board, lodging or accommodation, please send an email to [reservations@mwc2016.co.za](mailto:reservations@mwc2016.co.za)

## ACCOMMODATION / TRANSFERS

Various options are available based on Category, Price and Location  
(Nominated Exchange Rate at time of writing €1=R15.90)

Category 1 is based on 3 star accommodation

Double / Twin Room R535 per person sharing, per night

Single Room R1060 per night

Above rates are on a bed and breakfast basis, daily

Category 2 is based on 4 star accommodation

Double / Twin Room Ranging from R595 to R820 per person sharing, per night

Single Room Ranging from R785 to R1385 per night

Above rates are on a bed and breakfast basis, daily

Category 3 is based on Guest House / Guest Lodge accommodation

Double / Twin Room Ranging from R650 to R850 per person sharing, per night

Single Accommodation Ranging from R850 to R1500 per night

Above rates are on a bed and breakfast basis, daily

Category 4 is based on Luxury accommodation

Double / Twin Room Ranging from R980 to R 1250 per person sharing, per night

Single Accommodation Ranging from R1500 to R1960 per night

Above rates are on a bed and breakfast basis, daily



The above accommodation options are based on a variety of establishments within the greater Pietermaritzburg area. As there are a limited number of rooms within each category, we will endeavor to accommodate you in your first category choice, however these will be allocated on a first come first serve basis. Each accommodation category offers private facilities in each room; tea and coffee making facilities; air conditioner and TV's. The Category 3 and 4 establishments offer more and this information is available upon request. Each establishment is able to offer dinner within their establishments or within close proximity. General check-in time is 14h00 and check-out time is 10h00 on the day of departure.

## Accommodation Information

### 3\* TSOGOSUN – STAY EASY

StayEasy Pietermaritzburg offers guests affordable KwaZulu-Natal accommodation in a relaxed, informal environment. Simple, chic décor and spacious design promises a truly laid-back experience, while bright shades create an inviting space that instantly puts you at ease. There are many services and facilities on offer throughout the rest of the hotel that are equally aimed at making you feel at ease. Our breakfast room is where you can enjoy buffet-style breakfast each morning, while the patio with its swimming pool and outdoor seating area is perfect for enjoying the warm KwaZulu-Natal weather. This hotel is located on the property of the Midlands Mall which offers a variety of restaurant options for dinner, as well as a movie house and shopping.

### 4\* TSOGO SUN – SOUTHERN SUN PIETERMARITZBURG

Boasting a wide range of entertainment facilities, Southern Sun Pietermaritzburg (previously known as the Golden Horse hotel) is the only hotel in Africa and one of a very few in the world that is a true punters' paradise with a casino. Situated in the heart of KwaZulu-Natal, the hotel offers an exciting world of action and gaming, set against the rolling hills of the beautiful Natal Midlands, less than an hour from Durban. Services and facilities within the rest of the hotel are equally aimed at providing the utmost in quality. Features on offer to guests include a large outdoor swimming pool, terrace area, self-service work stations, conferencing, a wide range of wining and dining options to suit just about every taste.

### 4\* PROTEA HOTEL HILTON

The four star architectural showpiece that is Protea Hotel Hilton, with its imposing Tudor lines is a must-stay for the meandering country charm seeker, as well as being the perfect venue for conferences, weddings and banquets. The Midlands meander, only 5 hours from Johannesburg is perfect to rekindle romance and enjoy a private dinner on a floodlit pool deck with cascading water. The hotel offers a swimming pool, bar, lounge, restaurant and terrace area as well as Wi-Fi. This hotel is situated out of Pietermaritzburg with a travel time of around 20 minutes from Camps Drift.

### 4\* PROTEA IMPERIAL HOTEL

This unique establishment has been exquisitely refurbished, yet continues to engender a relaxed and serene atmosphere which has helped to keep it firmly in position as Pietermaritzburg's most prestigious hotel. Located only moments from Provincial Parliament, Protea Hotel Imperial embraces old world charm with a touch of modernism. Ideal for conducting business or for a holiday experience. This hotel offers a bar and lounge area, restaurant facilities and WI-Fi in public areas.





### Ambleside Guest Lodge

This is an exclusive, thatched roofed lodge in a lovely tranquil setting situated on the edge of the Ferncliffe Forest. Offering the discerning guest, luxurious comfort with an “out of Africa” ambience. Each room has private entrance, TV, small fridge, fans, heaters as well as tea and coffee making facilities. Additional amenities include a swimming pool with a patio overlooking the pool and garden area. Restaurants and the Midlands Mall are within close proximity, for dining and shopping experiences.

### LUXURY REDLANDS HOTEL

This hotel is situated 5 minutes from the Pietermaritzburg CBD in an upmarket suburb, offering tranquility. All rooms are beautifully appointed, offer tea and coffee facilities, complimentary access to Wi-Fi, air-conditioning units as well as TV's with satellite services. Redlands is situated within close proximity of restaurants, however a vehicle or taxi service would be required.

## AIRPORT TRANSFER

The fee for airport transfer is included in the Daily participation fee or the event participation fee if you are staying at an official event accommodation.

Airport transfer will be arranged from the following airports only:

- King Shaka International Airport
- Oribi Airport, Pietermaritzburg

Airport transfers will be booked under the following circumstances:

- Airport Transfer bookings must be confirmed and paid for on or before 10 March 2016
- Groups must be 3 passengers or more
- Groups must be arriving at airport within 30 minutes of each other

Passengers must book transfers and accommodation through the official event representative



## TERMS OF PAYMENT

The participation fees are to be paid in the following installments:

40%	by Preliminary Entry / Hotel Reservation	30 November 2015
30%	by Numeric Entry / Final Hotel Reservation	30 January 2016
30%	Nominal Entry / Final Entry / Final Travel Information	18 March 2016

Payment to be made to the following bank account:

<b>Account Name / Beneficiary :</b>	<b>Natal Canoe Club</b>
<b>Bank:</b>	<b>Nedbank Limited</b>
<b>Account Number:</b>	<b>1340277050</b>
<b>Branch Code:</b>	<b>134025</b>
<b>Branch Name:</b>	<b>Hayfields</b>
<b>Swift Code:</b>	<b>NEDSZAJJ</b>

REFERENCE: PLEASE INDICATE YOUR NAME AND COUNTRY ABBREVIATION.

### PLEASE NOTE:

All bookings and entries will be PROVISIONAL until the first installment has been paid. After the first installment has been cleared by our bank, the booking and entry will be FINAL, and shall be considered as a confirmed booking and entry. The Organising Committee will issue pro-forma invoices indicating all bookings and entries and payments received.

## CANCELLATION TERMS

Should a competitor wish to cancel, the following terms will apply:

1. Cancellation on or before 30 November 2015 – an administration fee of 20% of fees received will be charged. The balance will be refunded.
2. Cancellation on or before 30 January 2016 – an administration fee of 50% of fees received will be charged.
3. Cancellation on any date from 1 March 2016 (including 1 March) – NO REFUND

## PAYMENT METHODS

1. ALL payments must be made by recognized bank transfer on or before the due date.
2. There are NO cash withdrawal facilities at the course venue.





## TRAVEL AND MEDICAL INFORMATION

ALL participants are kindly requested to contact their respective Embassy or South African Embassy in their respective home countries to obtain the latest travel and visa information for South Africa.

### AIR FLIGHTS

The event organizers have appointed a dedicated Travel Agent who has negotiated special airfares on certain airlines.

You are welcome to use your own travel agency, or you can contact the event representative at [reservations@mw2016.co.za](mailto:reservations@mw2016.co.za)

### VISA

Be aware that certain countries do require Visa documents to travel to South Africa. Please also be aware that generally a Visa requires an up-to-date passport valid for a minimum of 6 months after the date of travel. Obtaining Visa's and passports can take a long time.

### INSURANCE

All competitors and participants at the World Cup are strongly advised to take out medical insurance policy in their respective countries. All medical insurance policies to include all evacuation and transport costs from one hospital to another.

### MEDICAL CARE

The event organisers will provide emergency medical care at the course venue only. This will include:

- Basic First Aid
- Ambulance and evacuation services to a nearby hospital if necessary

Please note, the medical care does NOT include:

- Any services required within any hospital
- Any additional transport or ambulance services required once the patient is no longer at the course venue
- Any first aid or other services away from the course venue
- Any specialised physiotherapy or other treatment



## BOATS AND EQUIPMENT

### BOAT TRANSPORTATION

Large Teams can arrange for container shipment of boats to South Africa. Please contact the event office

Individual Competitors can arrange for a collection of boats to be shipped to South Africa.

Please check with your individual embassy on the export/import regulations for shipment of containers to South Africa.

All costs associated with shipment of boats and equipment is the participants own responsibility. The event Organisers have arranged for a consultant to assist with clearing of equipment in South Africa, and to provide advice on the best possible methods of shipment. Please email [brett@mwc2016.co.za](mailto:brett@mwc2016.co.za) for further information on this subject.

### PADDLE TRANSPORTATION

Please consult with your travel agent – or the Event organisers travel representative

[reservations@mwc2016.co.za](mailto:reservations@mwc2016.co.za) – when making travel and flight arrangements.

Certain airlines do not allow the paddles to be transported as hand luggage and charge a fee

### BOAT AND PADDLE RENTAL

A very LIMITED number of boats and paddles are available for rental.

*Please enquire at [info@mwc2016.co.za](mailto:info@mwc2016.co.za) for further details.*

**Note: All boat rental bookings and payments must be confirmed by 15 February 2016.**

The following Fees will be applicable:

K1 / C1 € 40 per day

K2 / C2 € 60 per day

A deposit of €200 for K1/C1 and €300 for K2/C2 will be payable in advance. This will be refunded when the boat has been returned, undamaged and together with all pieces and equipment.



## ACCLIMATISATION, TRAINING, OTHER EVENTS

The Organising Committee would like to welcome all paddlers and participants to come to Pietermaritzburg in advance for acclimatisation or training camps.

The weather in March and April in South Africa is beautiful, and there are many venues for training. The weather is nice and warm (see temperature table), and the days are long. There is generally zero wind at that time of the year, and the chance of heavy rainfall is very low.

South Africa and Pietermaritzburg are the training venues during European Winter for paddlers from the following countries:

- Hungary
- Slovakia
- Czech Republic
- Singapore
- Norway

### ACCOMPANYING EVENT – CONTINENTAL AFRICAN SPRINT CHAMPIONSHIPS

The Continental African Sprint Championships will be held in Johannesburg from the 1 – 3rd April 2016. It will be possible to participate in the CAC Sprint Championships and then travel to Pietermaritzburg for the ICF Canoe Marathon World Cup.





## 2017 ICF CANOE MARATHON WORLD CHAMPIONSHIPS and 2017 ICF CANOE MARATHON MASTERS WORLD CUP

The Same event organisers, Natal Canoe Club, will be organising the 2017 ICF Canoe marathon World Championships and Masters World Cup at the same venue.

The Canoeing public is encouraged and invited to attend the 2016 ICF Canoe Marathon World Cup in April as a test event to the 2017 World Championships. The same course and venue will be used for both events, and this will be an excellent opportunity and experience to test the course.

We will also have an opportunity to meet with you and to plan for the best World Championships ever.

More details on the 2017 ICF Canoe Marathon World Championships can be found at [www.wmc2017.co.za](http://www.wmc2017.co.za)



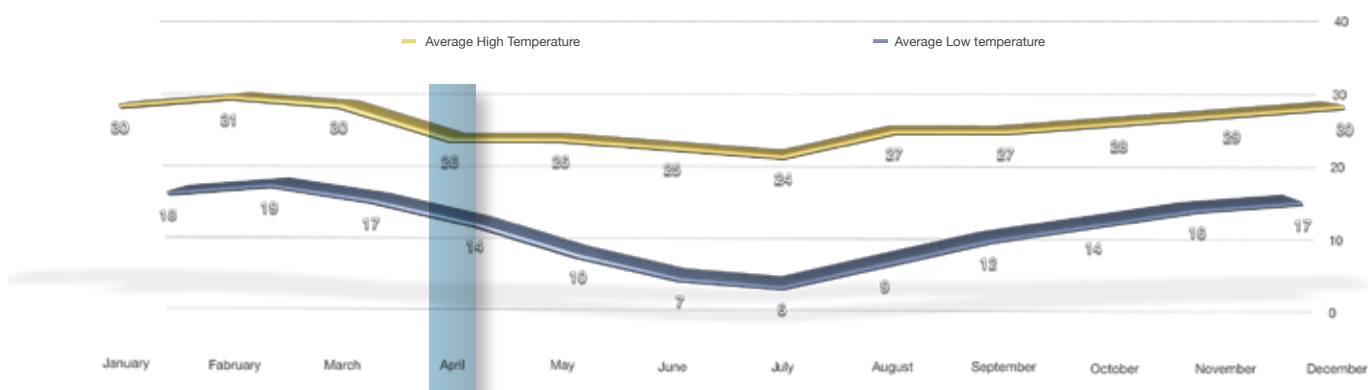
## WEATHER IN KWAZULU NATAL

Pietermaritzburg normally receives about 695mm of rain per year, with most rainfall occurring mainly during mid summer. It receives the lowest rainfall (6mm) in June and the highest (112mm) in January.

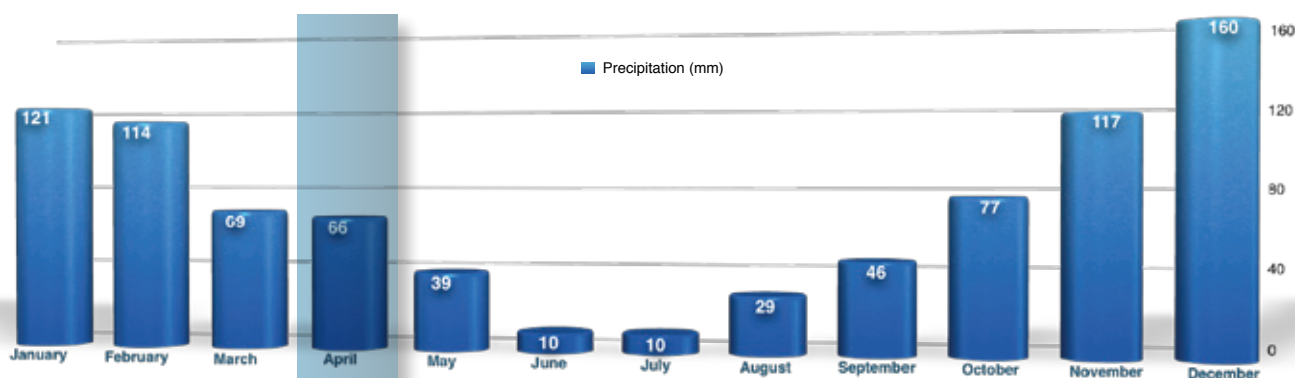
The monthly distribution of average daily maximum temperatures shows that the average midday temperatures for Pietermaritzburg range from 20.5°C in June to 27°C in February.

The region is the coldest during July when the mercury drops to 5.6°C on average during the night.

### Average Temperature Graph For Pietermaritzburg



### Average Rainfall for Pietermaritzburg





## ADDITIONAL ATTRACTIONS

### TOUR 1:

Zulu Cultural Experience and Game Reserve  
3 NIGHT, 4 DAY



#### DAY 1:

Depart Pietermaritzburg on luxury coach and travel to Shakaland near Eshowe. Here visitors can experience traditional Zulu culture and overnight. King Shaka was the most influential leader of the Zulu empire, who as the Zulu king and conqueror ruled his kingdom over a period of twelve years. Shakaland is a living museum of the life and times of this monarch and you can re-live the excitement and romance of the days of Shaka, King of the Zulus, in this authentic re-creation of the Great Kraal overlooking the Phobane Lake. Experience the sight of assegai-wielding warriors, share the fascinating secrets of the Sangomas and witness traditional customs such as tribal dancing, spear making and the beer-drinking ceremonies.



#### DAY 2 & 3:



After a hearty full breakfast, travel by luxury coach up the North Coast of KwaZulu Natal. A mid morning cruise of the St Lucia Estuary is a must. St. Lucia forms part of South Africa's first proclaimed wetlands area and boasts varying eco systems. Here you will get up close and personal with our African Hippo as well as some of the birdlife on offer. After the cruise, head up into the fabulous Hluhluwe/Umfolozi Game Reserve. Here you will spend

two nights experiencing the true African Bush with possibilities of sighting the Big 5. Here you will spend two nights creating memories that will last a lifetime and witnessing the intensity of nature at its best.



#### DAY 4:

Depart Hluhluwe and be transferred by luxury coach to King Shaka Airport for return or onward flights.

**TOUR 2:** Cape Town including Robben Island, Winelands and best sights  
5 NIGHT, 6 DAY



#### DAY 1:

Transfer from Pietermaritzburg to King Shaka Airport, Durban on luxury coach for their flight to Cape Town. On arrival in Cape Town they would be transferred to the Breakwater Lodge for their stay in the fairest Cape.

During the 5 days in Cape Town a visit to Robben Island, a trip up Table Mountain, travel out to Cape Point and a visit to the Waterfront with Aquarium are all a "must-do", therefore we have included all of this in your itinerary. There is also free time to explore Franschoek and possibly take in a wine tour.







Robben Island is where Nelson Mandela spent 18 years of his life imprisoned. A tour of Robben Island gives you insight into the life of the apartheid era as well as a look into Nelson Mandela's struggle for his cause.



Table Mountain provides you with incredible 360° views of the Western Cape and is one of the most popular tourist sights in the country. Remember to take a windbreaker as it is often windy up there. You can also warm up with a hot chocolate in the Table Mountain restaurant at the top of the mountain.



Cape Point is said to be where the Indian Ocean and Atlantic Ocean meet. You will witness the picturesque fynbos of the Cape as you travel through to Cape Point whilst absorbing the breathtaking views of the ocean.



Nestled between towering mountains in the beautiful Cape winelands lies the magnificent Franschhoek Valley. This is the food and wine heartland of the country, where splendid wines are grown and our top chefs create international cuisine.

On Day 5 you would then be transferred back to Cape Town International Airport for your flight home.

### **TOUR 3:** Kruger National Park, incorporating a visit to Soweto 4 NIGHTS, 5 DAYS



#### **DAY 1:**

Transfer by luxury coach to King Shaka Airport for your flight to Johannesburg. This tour could take on a couple of different options....either arrive in Johannesburg and transfer through to the Kruger National Park for 4 days or alternatively have a day in Johannesburg visiting Soweto before heading up the next day to Kruger National Park.



The Kruger National Park (KNP) is one of South Africa's largest Game Reserves and boasts skilful and knowledgeable staff members who are passionate about South



Africa's wildlife. There are a number of various camps in the KNP with Skakuza and Lower Sabi being two of the biggest and most popular. These two camps are where you will spend your three or four nights in the park and from here will be taken on two game drives/activities per day. These camps offer restaurant, swimming pool and laundry services along with private game walks and drives. They are centrally situated within the KNP which allow for a variety of different routes to be explored.

*\*an alternative to Tour 3 is to stay overnight at Sun City before heading up to the Kruger National Park.*

## DAY TOURS

### OPTION 1:

Travel by luxury coach from Pietermaritzburg to Howick where you will be able to view the Howick Falls.

The falls offer a magnificent drop of 95m over dolerite cliffs, before continuing along the Umgeni River. The Zulu people call the falls KwaNogqaza, which means "Place of the Tall One". According to local legend the Inkhanyamba (an eel like creature with a head of a horse) resides in the pool at the bottom of the falls.

After having pictures taken with the falls in the background, you will make your way to the Nelson Mandela Capture site outside of Howick. Here you will be able to visit the monument that has been erected in honour of our amazing Madiba.

Meander through the Midlands, visiting some local places of interest, stopping for lunch and possibly ending your day with a swing through the treetops in the Karkloof with our local Canopy Tours.

### OPTION 2:

Travel from Pietermaritzburg to the outskirts of Ladysmith where you will come across our very own Big 5 Game Reserve, Nambiti, home to elephant, lion, leopard, buffalo and rhino, as well as over 30 other animal species. It is also rich in birdlife and indigenous flora. Often described as 'heaven on earth', the Nambiti Big 5 Game Reserve is also home to Nambiti Hills Private Game Lodge. The Lodge is situated on a prime sector of the Nambiti Private Game Reserve and offers visitors an unforgettable, personal retreat with all the indulgences. Prepare to be whisked away from the stresses of a routine lifestyle and be welcomed by the tranquil serenity of nature at its finest. So whether you visit for just one day, or overnight, this will be an experience never to be forgotten.

### OPTION 3:

A visit to the Battlefields in the area of Rorke's Drift is a must for any historian or for the average history lover! Fugitives' Drift has become world-renowned for its battlefield tours to all the Zulu War battle sites in the region, particularly the battles of Isandlwana and Rorke's Drift. As there are a number of battlesites to visit, we recommend that a particular war area or era be selected, upon which we can set up a suitable tour. These tours would be operated on a "Day Tour" basis but there is the option to extend in the region.

All tour options will be individually priced and can be tailor-made to suit your individual/group needs.





## CONTACT DETAILS

For more information, please look at the following websites:

2016 ICF Canoe Marathon World Cup	<a href="http://www.mwc2016.co.za">www.mwc2016.co.za</a>
2017 ICF Canoe Marathon World Championships	<a href="http://www.wmc2017.co.za">www.wmc2017.co.za</a>
Natal Canoe Club – Host Club	<a href="http://www.natalcc.co.za">www.natalcc.co.za</a>
Canoeing South Africa – host federation	<a href="http://www.canoesa.org.za">www.canoesa.org.za</a>

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### Information

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**ICF Masters**  
**International Competition**  
Inc. African Continental  
Canoe Marathon Champs



## ENTRY FORM

for individual events  
for all masters and para paddlers

Category:

Classification:     
only for para athletes

Women: ☐

Men: ☐

Family / Surname

Given / Firstname

Year of birth

Contact person:

Email:

Mobile:

Date:

signature

email to [admin@mwc2016.co.za](mailto:admin@mwc2016.co.za)  
fax to +27(0)86 539 0000





**ICF Masters**  
**International Competition**  
Inc. African Continental  
Canoe Marathon Champs



## ENTRY FORM

for double events  
for all masters

Category: ☐ K2 ☐ C2      Women: ☐      Men: ☐      Mixed: ☐

	Family / Surname	Given / Firstname	Year of birth
1	<input type="text"/>	<input type="text"/>	<input type="text"/>
2	<input type="text"/>	<input type="text"/>	<input type="text"/>

.....

Contact person:

Email:       Mobile:

Date:

signature

email to [admin@mwc2016.co.za](mailto:admin@mwc2016.co.za)  
fax to +27(0)86 539 0000





**ICF Masters**  
**International Competition**  
Inc. African Continental  
Canoe Marathon Champs



EVERY INDIVIDUAL MASTER OR PARA PADDLER TO  
COMPLETE FORM

## DECLARATION

For participating in the ICF International Masters and  
Paracanoe Marathon Competition

I, the undersigned

Family / SurnameName:

Given or firstname:

Home address:

City:

Country:

Date of birth:

1. Do Hereby declare that I participate in the event mentioned above at my own responsibility, I am fully responsible for my own appropriate health and physical condition, and physically able to participate in the event.
2. I am obligated to compete with a clear understanding and acceptance of all applicable ICF rules and statutes, I also accept the rules set out by the South African Canoe Federation as organizer of the ICF International Masters and Paracanoe Competition.
3. I will demonstrate sportsmanlike behaviour at the event, I will protect the sport and physical integrity of myself and my fellow participants, I will preserve others' boats and any equipment.
4. I acknowledge that upon non-compliance with any of the above regulations, I will be required to pay for any damages or losses incurred. Additionally I acknowledge that the organizer of the event is not liable for any negative impact of my participation on my physical condition.

Date:

Signature

Witnesses:

1.

(name)

Sign

2.

(name)

Sign

