

GREAT BARRIER REEF

**GBROC** MINI G

*Ocean Challenge*



2022

**GREAT BARRIER REEF  
OCEAN CHALLENGE & MINI G**

mini G: Saturday 16th July 2022  
GBROC: Saturday 23rd July 2022



# Welcome to paradise

Our Hekili family is excited to be welcoming you back to tropical north Queensland in July.

After a decade of hosting the **Great Barrier Reef Ocean Challenge** (GBROC), our commitment is as strong as ever to offer paddlers from around Australia - and the world - another reason to coming back to Cairns. We have listened to your feedback - and for the first time, **GBROC 2022** and its sister event, **mini G**, will be held on two, consecutive weekends. This gives an opportunity to extend your stay, while challenging yourself over two distances (17km and 45km) on the best downwind courses in Australia! And if that's not enough paddling, a special, mid-week, twilight paddle will allow you to take full advantage our balmy winter and stunning coastline.

Keep your eye out for more details of our week-long 'Paddling in Paradise' package but importantly, [claim the dates](#) (Saturday, July 16 and July 23), book your flights and accommodation and we'll see you in Cairns for the paddling holiday of a lifetime!

Yours in paddling

Charlie McKillop  
President, Hekili Outriggers Canoe Club



# mini G

## Eligible Craft

OC6, Unlimited OC6,  
OC1, OC2,  
V1, V3

Double Ski /  
Ocean Ski /  
Spec Ski

SUP / Prone /  
Foil SUP

Includes novice,  
junior 16U & 19U  
divisions

## Nomination Fees

★ Early bird discount ★  
(before June 1)  
\$90 per paddler

Payment deadline  
Thursday, June 30

\$110 per paddler  
(includes race shirt)

Late nominations  
(after June 30)  
\$140 per paddler

\*Non-AOCRA members \$8  
day licence fee applies

## Registration

Go to:  
[www.aocra.com.au](http://www.aocra.com.au)  
Click on 'race registration'

International competitors  
must confirm valid travel  
insurance and complete an  
'International Paddler  
Indemnity Form' for each  
paddler (download from  
[www.hekilioutrigger.com.au](http://www.hekilioutrigger.com.au))

Enquiries: Nora Pennefather  
0427 768 375 or  
[hekili\\_gbroc@outlook.com](mailto:hekili_gbroc@outlook.com)

mini G

17km

Saturday July 16

### RACE REGISTRATION & ENTRY POINT

8am

Meet at Fearnley St boat ramp, Trawler Base Rd. Portsmith to rig, register, confirm craft number, emergency contact and collect race shirt

### SAFETY BRIEFING & PADDLE TO START LINE

10.30am

Immediately after briefing, paddlers make their way from the boat ramp to start line (approx. 3km)

### RACE START

All divisions

11.30am

Sailfish Quay, Marlin Marina (adjacent to Salt House)

### PRESENTATION & BBQ

Straight after the race

Yorkeys Knob foreshore, Sims Esplanade (northern end)

OC6

MEN:  
All senior divisions;  
novice; 16U & 19U

WOMEN:  
All senior divisions;  
novice; 16U & 19U

MIXED:  
All senior divisions;  
novice; 16U & 19U  
\*min. 3 women

OC2/OC1/V1

MEN:  
All senior divisions

WOMEN:  
All senior divisions

MIXED:  
All senior divisions

V3  
DOUBLE SKI  
SPEC SKI

MEN:  
Open division

WOMEN:  
Open division

MIXED:  
Open division  
\*min. 1 woman

SUP/PRONE/  
FOIL BOARDS

MEN:  
Open division

WOMEN:  
Open division

OCEAN SKI

MEN:  
All senior divisions

WOMEN:  
All senior divisions

AOCRA safety requirements apply to all craft



# The Course

mini G - Marlin Marina to Yorkeys Knob

**START LINE**

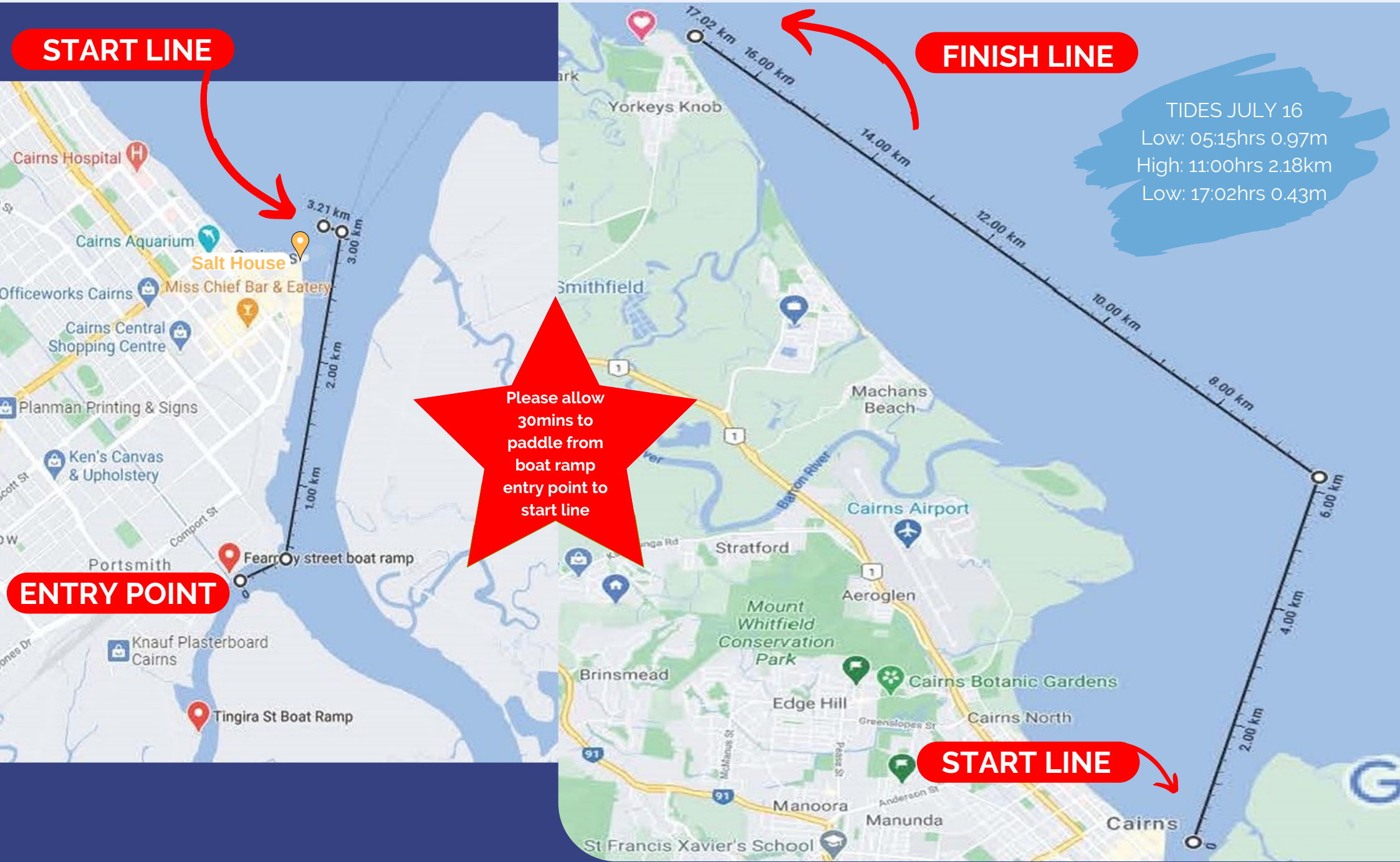
**FINISH LINE**

TIDES JULY 16  
Low: 05:15hrs 0.97m  
High: 11:00hrs 2.18km  
Low: 17:02hrs 0.43m

Please allow  
30mins to  
paddle from  
boat ramp  
entry point to  
start line

**START LINE**

**ENTRY POINT**



# GBROC Iron & Changeover

Eligible Craft	Nomination Fees	Nomination Fees	Registration
<p>OC6, Unlimited OC6, OC1, OC2, V1, V3</p> <p>Double Ski / Ocean Ski / Spec Ski</p> <p>SUP / Prone / Foil SUP</p> <p>Changeover crews must have a support vessel. 19U support vessels must have a team manager or coach on board. No beach changes.</p>	<p>IRON</p> <p>★ Early bird discount (before June 1) ★ \$130 per paddler</p> <p>Payment Deadline: Thursday, June 30</p> <p>\$150 per paddler (includes race shirt)</p> <p>Late nominations (after June 30) \$180 per paddler</p> <p>*Non-AOCRA members \$8 day licence fee applies</p>	<p>CHANGEOVER</p> <p>★ Early bird discount (before June 1) ★ \$100 per paddler</p> <p>Payment deadline Thursday, June 30</p> <p>\$120 per paddler (includes race shirt)</p> <p>Late nominations (after June 30) \$150 per paddler</p> <p>*Non-AOCRA members \$8 day licence fee applies</p>	<p>Go to: <a href="http://www.aocra.com.au">www.aocra.com.au</a></p> <p>Click on 'race registration'</p> <p>International competitors must confirm valid travel insurance and complete an 'International Paddler Indemnity Form' for each paddler (download from <a href="http://www.hekilioutrigger.com.au">www.hekilioutrigger.com.au</a>)</p> <p>Enquiries: Nora Pennefather 0427 768 375 or <a href="mailto:hekili_gbroc@outlook.com">hekili_gbroc@outlook.com</a></p>

AOCRA safety requirements apply to all craft



# GBROC - IRON & CHANGEOVER

45km

Saturday July 23

## OC6

**MEN:**  
All senior divisions  
19U changeover only

**WOMEN:**  
All senior divisions  
19U changeover only

**MIXED:**  
All senior divisions  
19U changeover only  
\*min. 3 women in the canoe

**CHANGEOVER**  
Women may have a  
maximum of 10 paddlers.  
(12 senior/golden/platinum)

Men may have a maximum  
of 9 paddlers.  
(10 for golden/platinum)

Mixed teams may have  
maximum of 10 paddlers.  
(12 for golden/platinum)

19U may have a maximum of  
10 paddlers

## OC2/OC1/V1

**MEN:**  
All senior divisions

**WOMEN:**  
All senior divisions

**MIXED:**  
All senior divisions

## V3 DOUBLE SKI SPEC SKI

**MEN:**  
Open division

**WOMEN:**  
Open division

**MIXED:**  
Open division  
\*min. 1 woman

## SUP/PRONE/ FOIL BOARDS

**MEN:**  
Open division

**WOMEN:**  
Open division

## OCEAN SKI

**MEN:**  
All senior divisions

**WOMEN:**  
All senior divisions

## GBROC and mini G are COVID safe-events

### This is an open-air event

- Observe social distancing at all times and keep in your social bubbles where possible
- Consider your teams' seating plan before arriving, and bring necessary seating equipment
- Paddlers should ensure that they have hand sanitiser and supplies to wipe down craft & equipment if it is being used by multiple people.
- Registration Officers will have separate lines for each event. Only one person per team is required to sign in

### DO NOT attend or enter the regatta if you have:

- a fever, cough, sore throat, headache, respiratory issue or loss to taste or smell.
- Competitors & visitors are to adhere to Queensland Health Regulations regarding Covid-19 at the time of this event
- Please share this message with any visitors you have invited to the regatta.

# GBROC - IRON & CHANGEOVER

## RACE REGISTRATION

Friday 4-7pm

Yorkeys Knob Boat Club,  
29 Buckley Street.  
Register for your race,  
collect race shirt, confirm  
canoe/craft number and an  
emergency contact.

\*All crews please note team  
race shirts to be collected by  
1 representative only to  
maintain social distancing.

Drinks and meals on sale.  
All competitors and  
supporters welcome to join  
us for a catch up on the deck.

## RACE SIGN IN

Saturday 7am

Yorkeys Knob foreshore,  
Sims Esplanade  
(northern end)  
  
Collect tracking device to  
fix to your craft and turn  
on just prior to race start.

## SAFETY BRIEFING & BLESSING OF THE FLEET

Saturday 8am

Please assemble at  
the briefing station  
promptly.

Blessing will take  
place directly after  
briefing and  
immediately prior to  
race start.

## RACE START

All divisions  
8.30am

All craft to assemble  
behind the line -  
between start boat  
and rock wall.

Flags will be  
signalled from the  
rock wall and  
competitors will  
paddle NNW (340°)  
rounding the  
southern side of  
Haycock Island  
(Scout's Hat),  
keeping Double  
Island on the left for  
10.2km (5.5nm).

## RACE FINISH

Cut off 5 1/2hrs

Cross the finish line  
between two large  
orange buoys, directly  
adjacent to Four Mile  
Beach (south of Port  
Douglas Lifesaving Club).

Paddlers should  
anticipate & prepare for  
being on the water  
for 3 1/2-5 hrs

Allow about an hour by  
car to return to  
Yorkeys Knob.

## PRESENTATION & DINNER

Saturday 6pm til late

Back to Yorkeys Knob Boat Club to celebrate.

Dinner and medal presentations 6.30pm - 7.30pm  
Dance into the night with a band on the deck.

Pre-book your dinner (set menu) on the AORCA  
website or order from bistro menu.





# The Course

## Iron & Changeover - Yorkeys Knob to Four Mile Beach, Port Douglas

23 JULY  
High: 06:06hrs 2.02m  
Low: 12:20hrs 0.81m  
High: 17:18hrs 2.58m

**FINISH LINE**

Head NW (315°) directly to Port Douglas. A large buoy north of Alexandra Reefs will mark the final 3km (1.4nm) leg - keep it on the ama side to avoid reef.

From the start line, competitors will paddle NNW (340°) rounding the southern side of Haycock Island (Scout's Hat), keeping Double Island on the left for 10.2km (5.5nm).

Cut off 4hrs 15mins

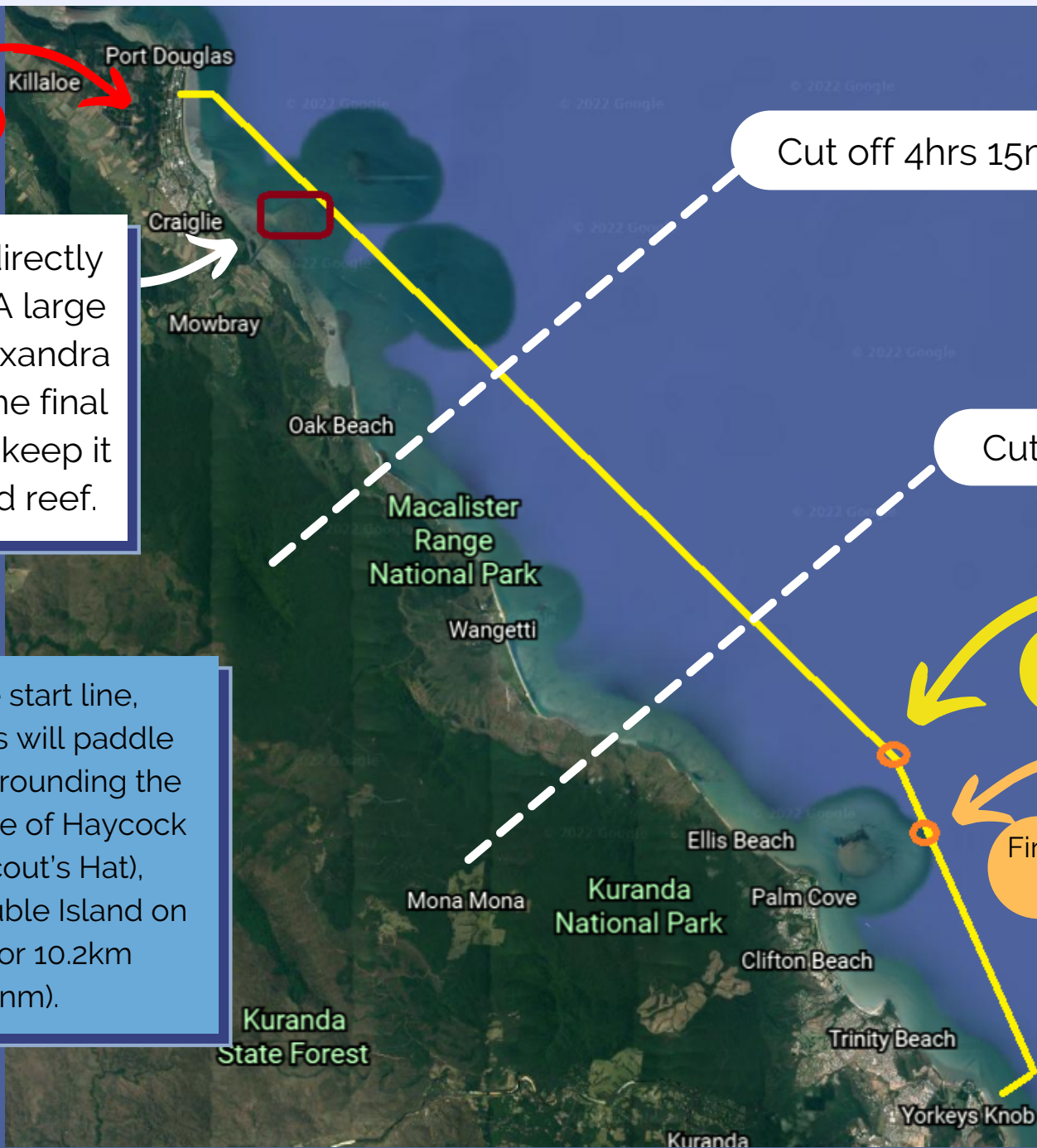
Cut off 2hrs 45mins

first permitted change men  
- after Double Island

First permitted change women/mixed  
- after Scout's Hat

**START LINE**

All safety craft  
must have EPIRB



# Local information



## MINI G PARKING

Race entry point: Fearnley St boat ramp, Trawler Base Road, next to Cairns Rowing Club.

Race finish: Yorkeys Knob Beach, northern end of Sims Esplanade

Canoe trailer parking: Yorkeys Knob Boat Club (YKBC), Buckley Street



## GBROC PARKING

Race start: Yorkeys Knob Beach, northern end of Sims Esplanade

Canoe trailer parking: YKBC, Buckley Street

Race finish: Four Mile Beach, Port Douglas

Canoe trailer parking @ Jalunbu Park, bounded by Garrick and Beryl Streets (directly behind Port Douglas Surf Life Saving Club)



## CANOE HIRE & SUPPORT BOATS

Hekili is able to loan canoes for a fee. We can also put changeover crews in touch with experienced local boaties willing to assist. Crews will make a donation to help cover the cost of fuel directly to their boat driver. First in, best dressed.

Contact Sue Lockwood to discuss your logistical needs on 0438 129 575 or email [hekili\\_gbroc@outlook.com](mailto:hekili_gbroc@outlook.com)



## GOOD FOOD & COFFEE

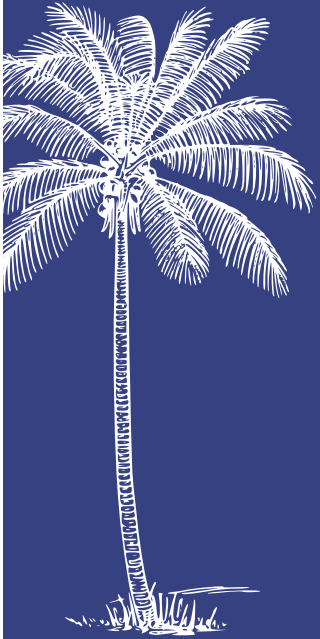
**Café Yorkeys** (Varley Street) – on the way to the beach, mention to Tim you're an outrigger paddler and he'll look after you.

**Ten 06 Café Bar** (Sims Esplanade) – opposite GBROC race start/mini G race finish

**Yorkeys Knob Boat Club** (Buckley St.) – register for your race and relax on the deck for coffee or sundowners



# Local information



## BE CROC WISE & SUN SMART

Cairns is in croc territory. Local paddlers are aware of this but most have never seen or encountered a croc while paddling. We avoid paddling in rivers and estuaries, particularly at dusk. But honestly, your marine encounters are more likely to be with a turtle or dolphin. Box jellyfish are not present in our waters between May and November. You may still consider wearing long sleeves and leggings for sun protection.

## KEEP HYDRATED

Even in winter, it's warmer than you expect and conditions are likely to be different to what you're been training in. It's imperative paddlers keep well hydrated during and in the days leading up to races. Carry enough water and food with you to stay energised, particularly during GBROC, when you can be on the water for up to four hours or more.

## ACCOMMODATION



### Convenient locations

Yorkeys Knob and Cairns Northern Beaches

### Hotels

Trinity Beach, Clifton Beach, Palm Cove and Cairns CBD

### Air BNB

Yorkeys Knob, Trinity Beach, Palm Cove, Holloways Beach, Machans Beach

### Paddling Community

Share a room or bunk with someone local!



# Cancellation & Refund Policy

effective 30 November 2021

- 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 an 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, Zone and / or AOCRA reserve the right to refund at a greater value of their portion of the nomination fee only than the stated cancellation terms above.
- Refunds will be processed within 30 days of cancellation via the same method used for payment

## Postponement

- 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

## Nominee cancellation

- 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](mailto: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.

## Fee breakdown

Nomination Per Paddler	Club	NQ Zone	AOCRA Ltd	Total	
GBROC - Iron (Early Bird)	\$123	\$5	\$2	\$130	includes race shirt
GRBOC - Iron	\$143	\$5	\$2	\$150	includes race shirt
GBROC - Changeover (Early Bird)	\$93	\$5	\$2	\$100	includes race shirt
GBROC - Changeover	\$113	\$5	\$2	\$120	includes race shirt
mini g - Iron (Early Bird)	\$83	\$5	\$2	\$90	includes race shirt
mini g - Iron	\$103	\$5	\$2	\$110	includes race shirt





We want  
YOU

July 16  
MINI O  
17km and  
July 23  
GBROC  
45km



Our mission is to make your time with us hassle-free. Please talk to us if there's any information or assistance you need - call Sue Lockwood 0438 129 575 or Nora Pennefather 0427 768 375  
hekili\_gbroc@outlook.com [www.facebook.com/Hekili.Cairns/](http://www.facebook.com/Hekili.Cairns/)