



# JB RUN

Saturday 29 June 2024

# Welcome to Jervis Bay

We look forward to seeing you at the MAKAI JB Run, Race 3 of the 2024 PNSW Harbour Series on Saturday 29 June 2024.

The race will start and finish in Vincentia in stunning Jervis Bay. There is lots to see and do in the area, so why not stay for the weekend?

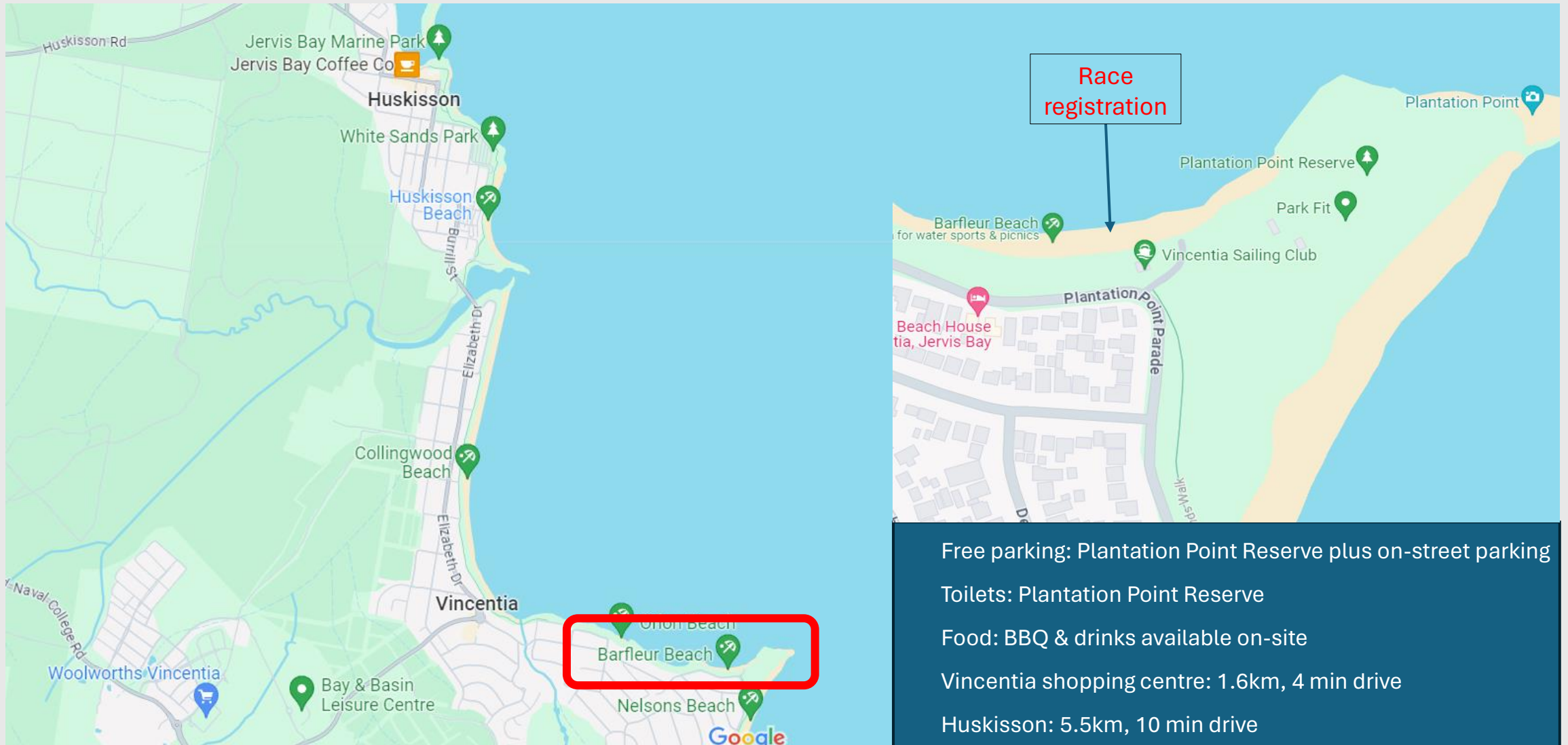


Barfluer Beach, Plantation Point

# RACE DETAILS



# Location: Barfleur Beach, Vincentia



# Race schedule

7am - 8am	Registration		
8:15am	Race briefing		
8:45am	Wave 1 race start	Long Course	Juniors, Female 50+ & over, Male 60+, OC1, OC2, Sea Kayaks
8:55am	Wave 2 race start	Long Course	Female 40+, male 40+, male 50+, double skis
9:00am	Wave 3 race start	Short Course	Short course - all ages, all craft
11:00am	Expected race finish		
12:00pm	Presentation		

# Race map

Race start and finish will be from Barfleure Beach.

The direction of the race will depend on weather conditions, the final course will be explained at the race briefing.

Long course - 2 laps = 14km

Short course - 1 lap = 7km

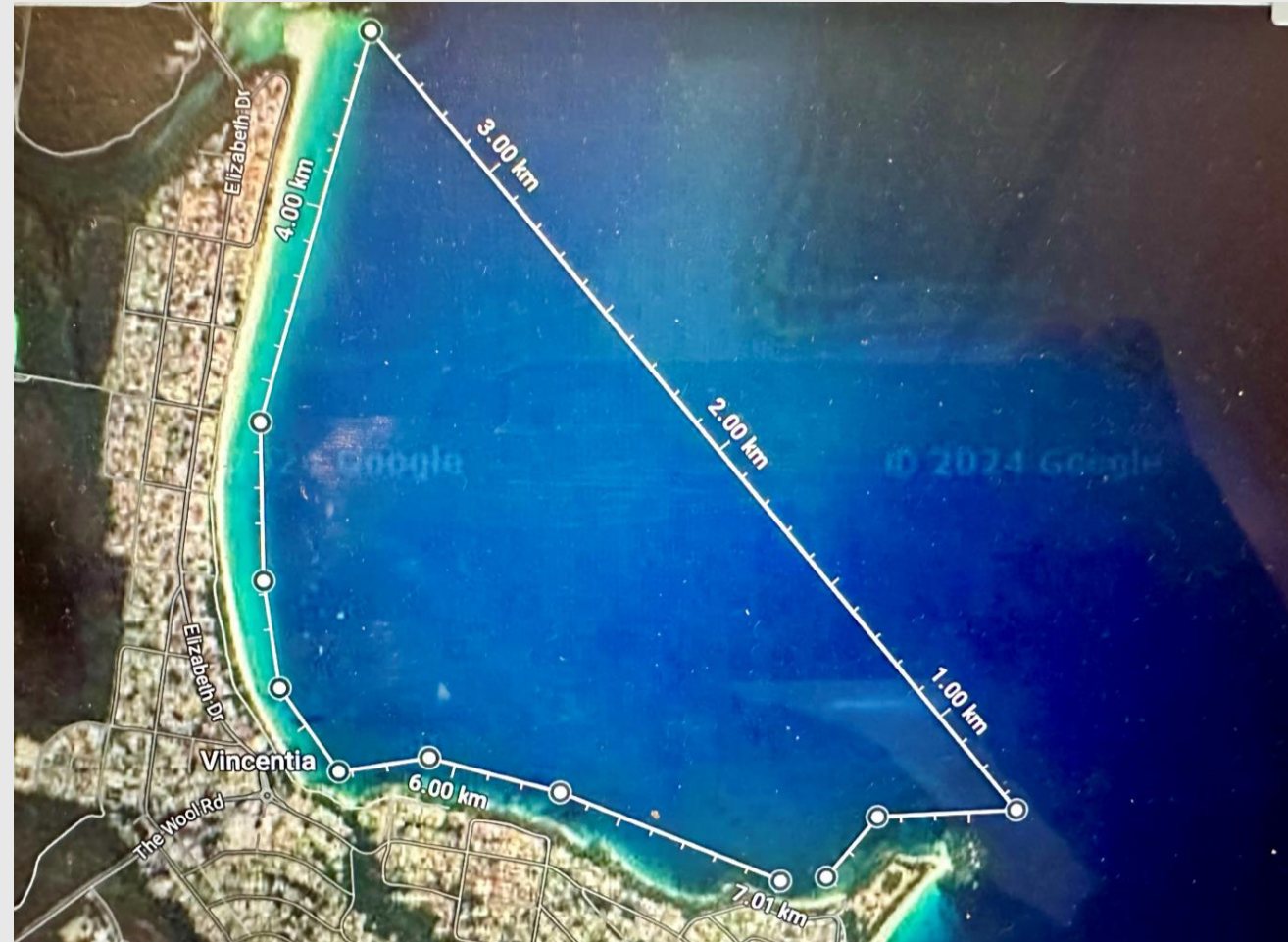
## NOTE:

This is an exposed water course. Jervis Bay is 102 square km so you may encounter large swells and reasonable winds.

We will choose the safest course on the day but in keeping with MAKAI tradition the course may be challenging. You should anticipate some kind of chop during the race.

High tide: 1:29am, 1.53m

Low tide: 8:36pm, 0.56m



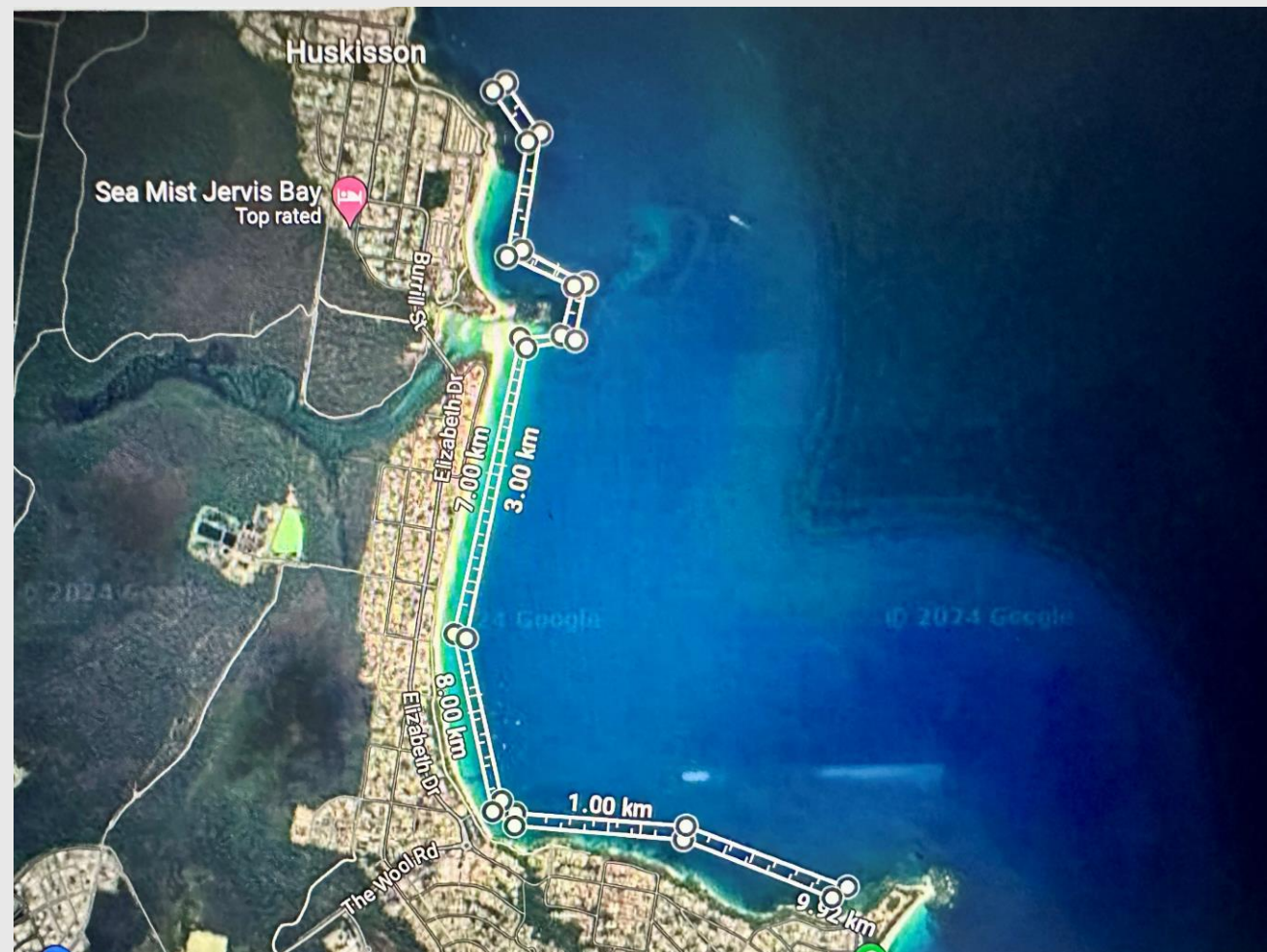
# Alternate course

As strong westerly winds can prevail at this time, the alternate course would hug the shoreline.

Race start & finish would remain at Barfleur Beach.

Long course - 2 laps = 12km approx

Short course - 1 lap = 6km approx



# Pre-race safety check

Each paddler must have the minimum safety equipment as per the Harbour Series Race Rules.

- All paddlers must wear a Level 50 or 50S non-inflatable life jacket that conforms to Australian Standards
- One paddler of every ski, outrigger canoe, Va'a or SUP must wear a leg leash
- All kayak paddlers are encouraged to wear a spray-skirt and use a paddle leash. Kayaks must have bulkheads and sealed compartments to provide buoyancy.

Collect boat numbers from paddler check-in. Return boat numbers immediately after you finish paddling.

You need to bring your own Race Number holder. These can be purchased when you register or at the event.

You must pass between the MAKAI banners on the beach as you enter the water. This is to check you have the minimum required equipment and to record your race number. Failure to enter through the designated entry gates will result in a DNS (Did Not Start) being applied.

Please familiarise yourself with the PNSW [Harbour Racing Series Rules](#)



# Race start procedure

The race starter will be on-water from a safety boat.

Paddlers for each wave will be called to make their way towards the start. Once there is a good line you will be given an instruction to hold the line, and race start will be imminent.

Race start will be a single blast of an air horn or whistle. Anyone breaking the start will incur a 2 minute penalty.

The final start order will be explained at the pre-race briefing.

# LOCAL INFORMATION



# Accommodation

There are lots of options for accommodation in and around Huskisson and Vincentia, from private rentals to holiday parks.

Check out these links:

<https://www.visitnsw.com/destinations/south-coast/jervis-bay-and-shoalhaven/huskisson/accommodation>

<https://www.visitnsw.com/destinations/south-coast/jervis-bay-and-shoalhaven/vincentia/accommodation>

# Café and restaurant recommendations

Here is a list of our favourite places to eat!

- Albert n Miso, Vincentia: good place for breakfast
- Bunya Wholefoods, Vincentia: lovely Açaí Bowls and Chai's
- Nana Thai, Vincentia: not the nicest restaurant to sit in but a great takeaway option as the food is beautiful
- Swell Pizza & Pide: great casual food option
- Lemontree Café: amazing burgers
- The Salty Crab: best fish and chips
- Huskisson Pub: this is a must, and great for big groups
- Wild Ginger, Huskisson: southeast Asian food and they do banquets which is perfect for a big group

# Other things to do ...

We love the local breweries in the industrial area off Woollamia Road. Check out Jervis Bay Brewing Co or the Flamin' Galah.

There are loads of beautiful walks in the area, from the popular walkway between Vincentia and Husky (roughly 3kms) or the other way along the beautiful Jervis Bay. If you've got more time, trek out to Point Perpendicular Lighthouse and Lookout which is 90m above sea level, great for whale spotting!

There is a bike hire shop at Vincentia shops if you prefer riding to walking. Best to book ahead at <https://www.jervisbaybikehire.com/> .

There are so many other things to do from barefoot bowling, putt-putt golf, a stroll around the Husky shops, whale watching tours or take a drive to the famous Hyams Beach.

Here is a link to the [Shoalhaven Guide](#) with lots of Eat / Stay / Play info.