

THE GREAT BARRIER REEF OCEAN CHALLENGE

Two Awesome Downwind Races!



2023



SAT 15 JULY 20KM



SAT 22 JULY 45KM



Welcome to paradise!

Our Hekili family is excited to be welcoming you to Cairns for the *Great Barrier Reef Ocean Challenge* and *AO Ozone R2 MINI G Downwinder* on the land and sea country of the Yirrigandji tribe.

One of the great things about living and paddling in tropical north Queensland is just when the rest of Australia goes into winter hibernation – it's our time to shine!

The sun is out and predictable South-Easterly trade winds kick in along our stunning coastline, delivering the best downwind runs you'll find anywhere.

GBROC 2023 and its sister event, the **MINI G**, give you an opportunity to challenge yourself on not one but two, awesome downwind runs over consecutive Saturdays, July 15 and July 22. Come for the week to enjoy some social paddling and to discover the natural wonders of the World Heritage-listed Great Barrier Reef and ancient Wet Tropics rainforest.

So, leave your wetsuits and fleeces at home, pack a paddle and bring your sense of adventure because that's all you're going to need for what promises to be a wonderful week-long paddling holiday. We can't wait to welcome you to our backyard and ensuring you have a memorable experience, on and off the water.

Ross Watson

President – Hekili Outrigger Canoe Club



ELIGIBLE CRAFT

- OC6, Unlimited ,V3
- OC1,V1, OC2
- Ocean Ski
- Double Ski/Spec Ski
- SUP/Prone/Foil SUP
- Novice, 19U & 16U

Download the
AO Ozone R2 Mini G Downwinder
PROGRAM HERE

Register Now to gain a bonus entry
in the Ozone Series Prize Pool to
win an OC1 & OC2 canoe.

NOMINATION FEES



Payment deadline
Saturday, July 1

\$110 per paddler
(includes race shirt)

Late nominations
(after July 1)
\$140 per paddler

REGISTRATION

- Go to www.aocra.com.au, click on 'Race Registration' and enter Member ID
- Not a member?
Click on 'I want to nominate for an event' and follow prompts.
- Non AOCRA
(Paddle Australia, non PA and international paddlers), complete the Visitor & International Indemnity Form
- International paddlers recommended to have own travel insurance cover
- Still need help?
Go to GBROC & Mini G 2023 | Hekili Outriggers or contact Nora on 0427 768 375
hekili_gbroc@outlook.com

MINI G is an open ocean race - every effort will be made to keep you safe on the water but novice crews must be realistic about their experience and capability.
Please note: An alternative short course may be offered at the discretion of the director, based on conditions and support boat availability.

AO OZONE R2 MINI G DOWNWINDER

20KM SATURDAY JULY 15



RACE REGISTRATION & ENTRY POINT

8am

Meet at Yorkeys Knob foreshore
Sims Esplanade, to rig, register,
confirm craft number, emergency contact
and collect race shirt.

SAFETY BRIEFING

10.30am

Please assemble at the briefing station
promptly. Blessing will take place
directly after briefing and immediately
prior to race start.

RACE START

All divisions
11.30am

Craft to assemble between
two starting buoys adjacent
to the beach.

Flags will be signalled
from the start boat

PRESENTATION & BBQ After the Race

Ellis Beach Surf Life Saving Club
Captain Cook Highway

(Approx.40mins drive north of race start)

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

OC1 / OC2 /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

YORKEYS KNOB TO ELLIS BEACH



SAT 15 JULY 20KM



Competitors will paddle ESE (110°) for 4km, rounding a buoy with an ama turn and paddle NW (315°) for 12km towards Haycock Island (Scouts Hat) and Double Island, before heading into Ellis Beach 4km WNW (290°)

TIDES
JULY 15
High: 07:49hrs 1.99m
Low: 13:54hrs 0.63m



IRON & CHANGEOVER

YORKEYS KNOB TO FOUR MILE BEACH, PORT DOUGLAS
SAT 22 JULY 45KM

Eligible Craft

OC6, Unlimited
OC1, OC2,
V1, V3

Double Ski /
Ocean Ski /
Spec Ski

SUP / Prone /
Foil SUP

Changeover crews
must have own
support vessel.
(U19 with coach/team
manager on board).
No beach changes.

Nomination Fees

★ IRON
Early bird discount
(before June 18)
\$130 per paddler

Payment Deadline
Saturday, July 1

\$150 per paddler
(includes race shirt)

Late nominations
(after June 30)
\$180 per paddler

Nomination Fees

★ CHANGEOVER
Early bird discount
(before June 18)
\$100 per paddler

Payment Deadline
Saturday, July 1

\$120 per paddler
(includes race shirt)

Late nominations
(after July 1)
\$150 per paddler

**\$50 discount applies for GBROC paddlers
who have already received a rashie
with MINIG nomination.**

Registration

- Go to www.aocra.com.au, click on 'Race Registration' and enter Member ID
- Not a member? Click on 'I want to nominate for an event' and follow prompts.
- Non AOCRA (Paddle Australia, non PA and international paddlers), complete the Visitor & International Indemnity Form
- International paddlers recommended to have own travel insurance cover
- Still need help? Go to GBROC & Mini G 2023 Hekili Outriggers or contact Nora on 0427 768 375 hekili_gbroc@outlook.com

AOCRA SAFETY REQUIREMENTS APPLY TO ALL CRAFT



IRON & CHANGEOVER

YORKEYS KNOB TO FOUR MILE BEACH, PORT DOUGLAS
SAT 22 JULY 45KM

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/PRUNE/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.



- We care about each other so let's do everything we can to keep safe
- Observe social distancing at all times and try not to hug (we know it's hard)
- There is plenty of room on our beaches and at all venues so please be mindful of personal space
- Sanitiser will be on hand but paddlers need to be responsible for wiping down their own shared craft and equipment

Please don't turn up if you are showing any symptoms
Ensure your team-mates, visitors, supporters are aware Queensland Health COVID-19 regulations apply at all times.
Be kind to yourself and your fellow paddlers – let's go home happy and healthy!

GBROC IRON & CHANGEOVER

REGISTRATION

Friday 4-7pm

Yorkeys Knob Boat Club,
29 Buckley Street.

Register for your race,
collect rashie/s,
confirm canoe/craft number
and emergency contact.

***NOTE TO CREWS:**
Team rashies to be collected
by 1 person

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

RACE SIGN IN

Saturday 8am

Yorkeys Knob foreshore,
Sims Esplanade

One paddler from each
crew/craft must have
'SafeTrx Flotilla'
event tracking app installed
on fully charged mobile,
carried and switched on
for race duration.

Please ensure that
'continuous tracking'
is selected.

SAFETY BRIEFING & BLESSING OF THE FLEET

9:00am

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

RACE START

All divisions
9.30am

Craft to assemble
between the two buoys
adjacent to beach.

Flags will be signalled
from the start boat.

Paddlers take best
line NNW to Haycock
Island (Scout's Hat).
Smile for the
cameras on way past
Double Island,
then run home to Port.

RACE FINISH

Cross the finish line
between two large orange
buoys, directly adjacent
to Four Mile Beach
Port Douglas
Surf Lifesaving Club flags.

Paddlers should
anticipate and prepare
for being on the water
for 3 ½ to 5 hours.

Cut Off 5 ½ hours.

Note: if you have passed
the prominent headland
(known locally as Moby's Dick),
you've gone too far!

Allow about 1 hour to
return by car to
Yorkeys Knob.

Talk to organisers about
shuttle bus or share ride
options.



PRESENTATION DINNER

Saturday 6pm til late

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 AOCRA
website or order from bistro menu.

IRON & CHANGEOVER
THE COURSE
 YORKEYS KNOB TO FOUR MILE BEACH, PORT DOUGLAS



SAT 22 JULY 45KM



FINISH LINE

Cut off 4hrs 15mins

Cut off 2hrs 45mins

START 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 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).

TIDES
 22 JULY
 Low : 05:56hrs 1.46m
 High 11:14hrs 1.74m
 Low : 17:19hrs 1.20m

All safety craft must have **EPIRB**

First permitted change men after Double Island

First permitted change women/mixed after Scout's Hat

LOCAL INFORMATION



MINI G PARKING

Race start: Yorkeys Knob Beach,
Sims Esplanade

Race finish: Ellis Beach, Captain Cook Hwy,
north of Ellis Beach SLSC

Canoe trailer parking available directly opposite
race start and around the corner at
YKBC Buckley Street.



GBROC PARKING

Race start: Yorkeys Knob Beach,
Sims Esplanade

Canoe trailer parking: YKBC, Buckley Street

Race finish: Four Mile Beach, Port Douglas

Canoe trailer parking available at Jalunbu Park,
along Mowbray and Garrick Streets
(behind Port Douglas SLSC).



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 their own arrangements directly
with boat driver to help cover fuel costs'.

Contact Sue Lockwood
0438 129 575
hekili_gbroc@outlook.com



GOOD FOOD & COFFEE

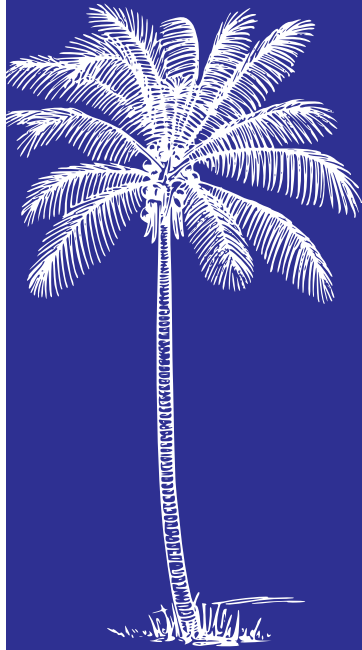
Café Yorkeys (Varley Street) – on the way to the
beach, mention to Tim you're an outrigger
paddler and he'll look after you.

Ten 06 Café Bar (Sims Esplanade)
Opposite GBROC / Mini G race start

Yorkeys Knob Boat Club (Buckley St.)
Relax on the deck for dinner,, drop in for coffee
or sundowners, before or after your races.

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. 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 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

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OZONE
R2 MINI G
DOWNWINDER
SAT 15 JULY 20KM



GREAT BARRIER REEF
GBROC
Ocean Challenge
SAT 22 JULY 45KM



OUR MISSION IS TO MAKE YOUR
TIME WITH US HASSLE-FREE

PLEASE CONTACT US FOR MORE INFORMATION
www.hekilioutrigger.com.au

SUE LOCKWOOD: 0438 129 575
NORA PENNEFATHER: 0427 768 375