

Fish Hoek Beach (Sailing/Surfski/SUP) Club - FHBSC

Millers Run Leaderboard – Information & Rules

Fish Hoek Beach (Sailing/Surfski/SUP) Club will be instituting an annual Millers Run leaderboard at the club.

Open to all – Single Surfskis, Double Surfskis, SUPs

Start Date – 1st October

End Date – 31st May

If you would like to participate, eMail Name, Surname, Date of Birth (Will be kept confidential but needed for handicap calculation) to Coastpop@gmail.com

The run needs to be recorded on a device such as a GPS eg Garmin, Suunto etc or Mobile device that has a tracking App installed eg Endomondo, Runkeeper, Strava ...

Surfskis must be launched from the Skiboat Clubhouse Slipway (Next to clubhouse)

Timing Device started once Bakoven Rock obscures Skiboat clubhouse (see map below) and stopped when feet hit beach at Fish Hoek



SUPs launch from Northern Slipway. Timing Device started when leaving SUP launch slipway (see map below) and stopped when feet hit beach at Fish Hoek

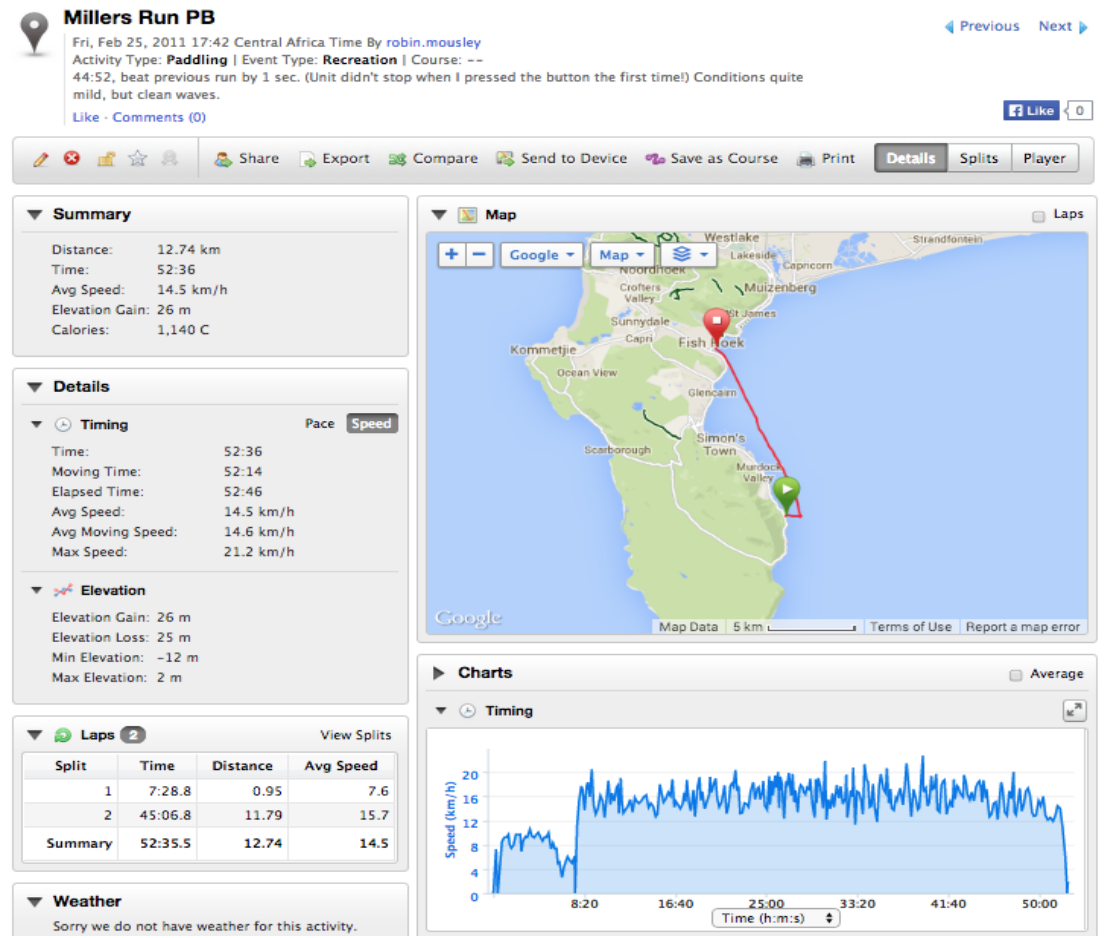


Please note: All Millers Runs are done at your own risk. Know your limits - If you feel conditions are beyond your capabilities, then DO NOT DO IT. You are responsible for your own safety!

All the usual recommended safety equipment required – Leash to craft, PFD (in the case of SUPs, Impact Vest or Wetsuit), Cellphone and/or Flares.

On completion, take a screenshot / photo of the timed run which must show date, time of day, distance and elapsed time. Add paddlers name, type of craft eg SUP, Single, Double and any comments on conditions. eMail to Coastpop@gmail.com

Example of a paddle using a Garmin:



Fastest times, Actual and on Handicap (based on Gender & Age), will be published monthly on the FHBSC Facebook page, categorized as follows:

- Single Surfski - Male, Female
- SUP – Male, Female
- Double Surfski
- Age categories eg Open, Master, Veteran etc

Trophies and prizes will be awarded to category winners at the FHBSC AGM, held in July.

If you have any questions, eMail Coastpop@gmail.com or call John on 0823201234.