



Breaking Wind



The Newsletter of Frensham Pond Sailability

Volume 11 Issue 1

www.frenshampondsailability.org.uk

Summer 2019

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A Note From The Chairman

Ivor Barrett, Chairman Sailability Management Committee



We are now into the fifth month of this year's sailing season which has been very busy so far and includes a mix of new and old events. We started the season with a Quiz Night and Fish and Chip Supper in place of the traditional Fitting Out Supper.

Thanks go to Nick Clibborn for devising the quiz and acting as quizmaster on the day. A completely new event this year was the Pro-Am Regatta, the brainchild of helper Ian Andrews, where a number of guests (the Ams) paid for a racing experience accompanied by FPS sailors or helpers (the Pros). This was followed by an evening barbecue. With ideal sailing conditions, the event was popular and successful. Two other events that we have participated in or held in past years were also thankfully blessed with good weather this season. We were able to field three teams in the Club 10-hour race and the traditional sailor-helper barbecue was again very well-attended. Unfortunately, however, the weather generally has not been so kind to us this season with six sailing days cancelled or seriously curtailed due to high winds or other inclement conditions. Hopefully, no further days will be lost for the remainder of the season.

Our regular Thursday and Saturday morning sailing

sessions continue to be very popular. The very positive publicity we have received in the local press continues to attract potential new sailors to our twice weekly sessions. Furthermore, our Thursday afternoon racing session has expanded this year with new sailors in the two groups. On Saturday mornings, due to increasing demand, the Youth Group has been split into two one-hour sessions. The first hour focusses on tuition for the new younger sailors with the second hour coaching the older and more experienced sailors. This success however has increased the demand for helpers especially on Saturday mornings when we can be short-staffed, so if you are able to help, please get in touch or just come along.

Our racing sailors have participated in seven off-site Hansa TT events so far this year with many success stories. Additionally, we have attended the RYA Multiclass Regatta at Weymouth and the Hansa Nationals at Rutland. Attendance at these external events would not be possible without helper support including tow drivers so, again, please volunteer to help if you can. It is always very enjoyable and rewarding to visit other clubs and meet sailors and helpers from across the country. Apart from the two further off-site TTs and the final one of the series here at Frensham, nine of our sailors are heading for the Hansa European Championships in Portimao, Portugal in early October. We wish them every success.

We are one of the most successful Sailability groups in the country both encouraging new sailors and developing the skills of those already sailing solo. We have a brilliant track record of success in national and international events as well as facilitating sailing experiences for those members who either do not wish to race or are unable to do so. None of this though would be possible without the unstinting support of our phenomenal team of helpers. Our thanks go to every one of them whatever role they play.

I hope that you all enjoy the remainder of the sailing season.

Fundraising News

Brian Grimwood, FPS Trustee responsible for fundraising



A huge thank you, again, to our band of loyal and generous supporters! Thanks to you all, we have started the new season with 3 new boats and sound finances. The new boats, in chronological order are:

- 2nd May – Hansa Liberty ‘Swan Lake’, generously funded by FPS Sailor member Jill Innes. Three year-old ‘Swan Lake’ was previously owned privately by sailor member Tessa Watkiss.



Jill being presented with flowers by Brian Grimwood on the day of the launch of ‘Swan Lake’

- 9th May – Hansa 303 ‘Hedgehog’, funded by The Hedgehogs, Farnham. This new boat replaced ‘Burge’.



‘Hedgehog’ with members of The Hedgehogs

- 25th May – Hansa 303 ‘Miranda’ largely funded by the Lions Club of Fleet, replacing ‘Red Admiral’.



‘Miranda’ on it’s inaugural sail

We were also delighted to receive donations again, under our ‘major fleet sponsor’ arrangement, from the COINS Foundation/Larry Sullivan (Hansa 303 fleet) and the Cecil & Hilda Charitable Trust/Robert & Tanya Lewis (Hansa 2.3 fleet). The Dyers’ Company Charitable Trust have also made a further valuable donation this year in support of our sailors and helpers participating in off-site racing events in the UK and overseas e.g the Hansa European Championships in Portugal this October.

Information will be provided in the next Newsletter on other very welcome donations received later in the season. This includes a magnificent legacy from the estate of ex-sailor member Stuart Rees who sadly died in January this year, fundraising by the students of Edgeborough School, Farnham, and a donation from the Borrows Charitable Trust.

In addition to the above major donations, we have also received to date this year, over £3,000 in smaller individual donations. These are equally important to us, as our strategy is to have as broad a base of financial support as possible to minimize the impact of the unexpected loss of any particular funding source

So a very big thank you again to all our supporters.

Youth Group News

Lisa Skirrow, FPS Youth Group Coordinator



The Youth Group has some new younger sailors, and is currently slightly smaller with the older members moving to the Progress Group at the later time of 11am

on Saturday mornings. Having lost some Saturdays to bad weather at the beginning of the season (and another in early August) the young sailors are now developing their skills through drills and games. Jasmine, Lily and Seb have been doing a great job of leading the coaching assisted by the other young volunteers whenever they are able to attend. We are hoping for fair winds for the rest of the season, perhaps getting in a race series in September and October.

Progress Group News

Kate Whyatt, Sailing Captain

For the first time this year FPS have introduced the Progress Group which takes place on Saturday mornings at 11.00 am after the Youth Group has come off the water. This group is aimed at those older sailors who can now sail independently but still want the coaching and fun that they had previously experienced in the Youth Group.

Thank you to Shaun Lehane and others for giving up their Saturday mornings to coach this group of keen sailors.

Schools & Groups News

Abbey School

John Townsley, Chief Instructor, GP14s, for Abbey School



Eight youngsters from the Abbey School attended for 12 sessions on Thursday mornings between April and July. They were instructed by Roger Miller, Phil Mutton, Graham Wheeler and

John Townsley. The students, with a range of special needs, were instructed in GP14s, always with an instructor on board. Unfortunately, owing to a combination of school closures for polling days and poor weather, the students were able to take to the water on only 7 of the 12 occasions. Nevertheless, they made good progress and, more importantly enjoyed themselves. All achieved an RYA Certificate of Achievement Award which will be presented to the youngsters at a school assembly in September. The youngsters were also encouraged to continue their sailing with Sailability on Saturday mornings.

Stepping Stones

Lisa Skirrow

We have had some challenging weather for the Thursday morning group from Stepping Stones, and had a couple of mornings when we had theory lessons as the wind was too strong. However, a lot of progress

has been made and five of the six pupils are now sailing solo in 2.3's. They have made a lot of progress on the certificates of achievement, and we will continue to work on these when they return to us in September. There is a degree of competition within the group (not really surprising with young men) and they have been really engaged with sailing in company and joining in with all of the games.

Multiclass Regatta 2019 Weymouth

Lara Sturgis, 2.3 Sailor

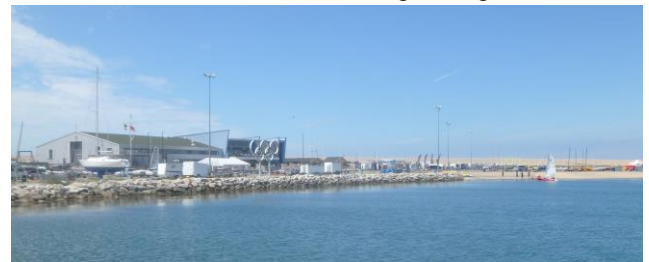


This year the Multiclass regatta was held at the National Sailing Academy in Weymouth, Portland, from the 5th – 7th July. This was the

home of sailing at the

2012 London Olympic and Paralympic Games. The event was in partnership with Chesil Sailability and was held over the weekend from Friday to Sunday. The weather was warm and sunny with light winds, a pleasant experience for those who were experiencing their first time on the sea, including Lara.

The event began with Team Racing on Friday afternoon, a fun event and potentially successful for Katie Apse and Kate Whyatt, though they were encumbered by giant jellyfish. Saturday morning saw the pursuit race which was won this year by one of the Blind Teams in an Elliot with FPS sailor Paul Phillips (Liberty) coming 4th. Saturday afternoon, still calm with light winds for the first race, saw the traditional TT style regatta with two races held back to back. Lara found it difficult to see the first mark which appeared to be a long way away, and recognised that it was a steep learning curve for her. The weather conditions changed for the second race with cooler winds and bigger waves resulting in some sailors getting quite wet as their boats heeled over. This all made for some interesting racing.



Weymouth – a windless day on the water

Sunday, day 3, brought cool, grey and cloudy

conditions with a calm sea and light winds. So light that Lara had to be towed to the start line. Very difficult conditions for both Lara in the 2.3 and Lindsay Burns in the 2.3 wide. The race was eventually abandoned as no boats were making it to the first mark. This gave the sailors a chance to 'be with the sea life' and to take on much needed water as temperatures were rising. Racing eventually resumed with Lara being the only 2.3 on the line for the final race.



The Frensham Team down at Weymouth

It was a great event with the final results for the Frensham Team as follows: 2.3 – Lindsay 1st, Lara 2nd, 303 one person – Michael Everitt 1st, Margaret Foreman 2nd, 2.4mR – Megan Pascoe 1st, Kate Hedley 3rd. A big thank you to all the helpers including Steve Wooding, Ivor Barrett, Kate Whyatt, Simon Crowther, Claire Samuel and Andrew Foreman.

Pro-Am Regatta - 28th June 2019

Kate Whyatt, Sailing Captain

The inaugural Pro-Am Regatta was a great success with positive feedback from all the sailors, both 'Pro' and 'Am'. The event, the brainchild of Sailability helper Ian Andrews, was put on to raise the profile of Frensham Pond Sailability, and to have fun. The 'Pros' were regular FPS sailors and helpers, and on this occasion the 'Ams' were made up, in the main, of family and friends, but also included members from the COINS Foundation.



Sailors at the pre-event briefing

12 Hansa 303s, each one containing a 'Pro' and an 'Am', took part in four short races ably run by our Race Officer Graham Howlett. Three Laser Stratos dinghies crewed by members of the COINS Foundation also raced. All boats were helmed by the 'Am' under the guidance of the more experienced 'Pro' and the racing

was hotly contested. The winning 303 was helmed by 'Am' Simon Irwin with James Woosnam as his 'Pro'. Congratulations to them both.

Conditions were almost perfect and the evening ended with a delicious BBQ cooked by Robert Baird and John Marriott, and raffle which raised additional funds. A big THANK YOU to all those who took part and especially to the many helpers who worked hard to make the event the success it was.



Racing sailors and relaxing helpers

10 Hour race – 29th June 2019

Kate Whyatt, Sailing Captain

For the second year running Sailability was able to put together three teams, plus a 2.4mR team, to take part in the FPSC club event. The weather was hot with reasonable winds and we had a good mix of sailors and helpers taking part. The 2.4s came in fourth, Liberty team 7th, Red Hansa team 8th and the Blue Hansa team 11th. A total of 15 Sailability sailors took part plus numerous helper sailors and buddies. A massive thank you to everyone who took part and all the helpers who gave up their time to make sure fun was had by all. The day ended with a BBQ and band down in the clubhouse.





Helpers and sailors enjoying the day.



Hansa Competition News

Peter Etherton, FPS Hansa Class Captain

The 2019 Hansa Traveller Trophy (TT) Series got under way at Frampton on Severn, with bright sun and a light wind, on 17th April. 6 FPS helms took part and dominated their classes with wins for Lindsay Burns, Michael Everitt and Tessa Watkiss, and 2nd places for James Woosnam and Paul Phillips.

The Whitefriars TT was cancelled due to storm Hannah's gale force winds so the next event was the New Forest TT on 8th May.



Gregor Parker competing in the 2.3 series at New Forest

Photo © Chris Wales

9 FPS helms took part at this popular venue and boosted the entry to 24 boats. Conditions were far from ideal thanks to very cool, blustery winds, violent gusts, heavy showers and even a hail storm that covered sailors and boats in ice!

Despite this Lindsay Burns, Harry Kennington, Lara Sturgis and Greg Parker scored a 1-2-3-4 in the 2.3 class, Michael Everitt claimed his second win in the 303 singles and 3rd places went to Peter & Peta Etherton (303 doubles) and Tessa Watkiss (Liberty).

Carsington and Notts County were the venues for the next two events. Regular FPS helms consolidated their positions in the series with two more wins for Lindsay Burns, a 1st and 2nd for Michael Everitt, 3rd places for James Woosnam and Katie Apse and a win for Andy Sheath & Kate Lintott in their first event of the season. Returning South to Oxford in mid-June, 9 FPS helms

took to the water in unseasonably cold, wet and windy conditions.



303 start Oxford TT © Richard Johnson

The sailors rose to the challenge and racing was very close in most of the fleets. A double 1-2 for Lindsay Burns and Greg Parker (2.3 class), and Michael Everitt and Katie Apse (303 singles), and 3rd places for Andy Sheath & Kate Lintott (303 doubles) and Paul Phillips (Liberty) completed a good day for FPS.

The Bristol TT at Baltic Wharf was held on 15th July in very light winds with a small but competitive fleet. In the 303 singles Michael Everitt claimed his 5th win of the season after a close battle with Scotland's Jessica Campbell. In the Liberty fleet Tessa Watkiss claimed 2nd and Alison Grant took 3rd.

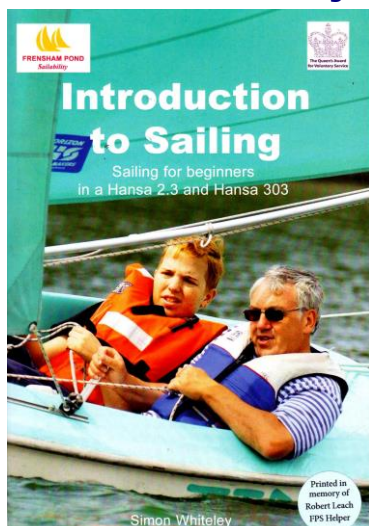


Mike Everitt (2554) on his way to winning the 303 one-person event at Bristol © Peter J Farmer

The Hansa National Championships were held in Rutland over the weekend of the 2nd – 4th August. Congratulations to Lindsay Burns and Michael Everitt for maintaining their championship positions of first in the 2.3 and 303 one person fleets.

Waveney and Oulton Broad hosted their inaugural TT on the 14th August with Frensham sailor James Woosnam winning the 303 one person class and Denis Hantman achieving fourth in his first TT. Lindsay Burns came first in the 2.3 class, Tessa Watkiss second in her Liberty, 'Myles Adrift', and Andy Sheath and Kate Lintott 2nd in the 303 two person class in 'Andy the Bear'.

Introduction to Sailing booklet Printed in memory of Robert Leach



A reminder of the brilliant booklet 'Introduction to Sailing' available to members this season. It is a reading 'must' for all Frensham Hansa sailors and buddies. Always available from the Reception Desk for only £2!

A big thank to Sue Leach for generously covering the printing costs as a bequest in memory of her late husband Robert, who was a helper with FPS, but who sadly died last year.

'Love Activity' Campaign

Chartered Society of Physiotherapy

The CPS, in association with RYA Sailability, have made a short film to promote their 'Love Activity' campaign which is aimed at getting people who don't like exercise as active as possible. Elizabeth Gradwell, one of our volunteers, is a Chartered Physiotherapist and has been instrumental in involving Frensham Pond Sailability in the promotion of sailing as a healthy activity.

Please have a look at this video link to see the short film promoting sailing:

https://www.facebook.com/charteredphysios/videos/334417317478544/UzpfSTI2MTkxNDQxMzg5ODM1ODoYMzM0Mzg5MDczMzE3NTM4/?eid=ARDW14UaqQHOVQRcW397ME3pGgLBqLA6hVV3T2KUQEKB9reCU-zeI_D_IT6CYeNRSvYJww1xXR5UXzk-

Lara Sturgis, one of our sailor members has the following to say about her time on the water:

'Sailability is a National organisation supported by the RYA. Sailability gives people with all kinds of disabilities, independence and freedom. It allows you to get out of your wheelchair, it makes you feel free, alone in the boat. I don't have to rely on anyone. It is the best feeling. Because I can go as fast or as slowly

as I like - I am in control. I feel very safe in the boat which has a very heavy keel. This means that the boat is very stable in the water. Sailability also allows me to be competitive and compete in races up down the country.'

Ever thought of a sailing holiday?

Bridget Woodhouse

As I am about to go on a sailing holiday myself, I thought I'd find out what there is out there for disabled sailors. Some of our more competitive sailors are used to travelling in order to sail at different venues, and keep doing it, so its fair to assume they must enjoy it. But for those of us who love sailing but don't always want to compete, why not go on a sailing holiday for a bit of an adventure? My brother who occasionally sails with us at FPS had a sailing holiday in the north of England, and experienced camping as well as a whole week of fresh air and sailing.



There are now companies that offer disabled sailing holidays round the Greek Islands, in specially adapted boats with a skipper. Take the whole family! Get all your friends involved, and you never know they might get the sailing bug too!

SOME DATES FOR YOUR DIARY AUGUST - NOVEMBER

AUGUST:

31ST – BURGHFIELD TT

SEPTEMBER:

11TH – NORTHAMPTON TT

18TH – FRENSHAM TT

21ST – FPS AND FPSC YOUTH REGATTA

OCTOBER:

6TH – 13TH – HANSA EUROPEAN CHAMPS, PORTUGAL

17TH – MINI REGATTA - RICHARD SMALLWOOD TROPHY

25TH – LAYING-UP SUPPER

31ST – FINAL SAILABILITY SESSION FOR 2019

NOVEMBER:

7TH – WINTERISATION DAY

21ST – 2019 FORUM