



Breaking Wind



The Newsletter of Frensham Pond Sailability

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A Message from Kate

Kate Richardson, former FPS Chairman



After four very enjoyable years with Frensham Pond Sailability, I decided this Spring that it was time to step down as Chairman of FPS and return to my career as a physiotherapist.

The process is somewhat lengthy as I have been away from clinical practice for a number of years and it is not possible to combine my FPS commitments with work. FPS has been a marvellous opportunity to work with some truly amazing volunteers and sailor members. I first came along to Sailability five years ago as a volunteer and became Chairman the following year.

It has been a very busy and challenging time, during which FPS has achieved a huge amount. Our membership has continued to thrive and we have improved the sailing experience for all our members.

We have seen the introduction of the Youth Group on a Saturday morning with strong support from our young helpers.



We have launched nine new boats, hosted the Hansa National Championships twice and we have continued to receive strong support from local donors and sponsors.



The FPS Management Committee and FPS Sailing Committee work extremely hard to provide safe, enjoyable sailing throughout the season and to facilitate integration of FPS into the main Sailing Club. It has been a pleasure to be part of this team, thank you all for your support. I wish you all a fantastic season and hope to be able to join you later in the season.

FDSAD Annual Lunch

The 25th January saw a good turnout of swimmers, sailors, helpers and friends who enjoyed the annual lunch at the Frensham Pond Hotel, ably organised by FDSAD secretary Jenny Taylor and her team.



The occasion was used to make the 13th presentation

of the Farnham Lions Endeavour Trophy to FPS sailor Lara Sturgis for her commitment, determination and endeavour throughout the year. Her sailing and racing has come on in leaps and bounds and in all weathers. Lara also plays a leading role in the Youth Group as well as acting as an ambassador for FPS off the water at events and meetings with our supporters.



Lions Vice President Simon Moran-Smith makes the presentation to Lara, watched by Grandmother Lesley

East Hants Sports Awards

Local sportsmen and women and the people who help make sporting achievements possible were recognised at the East Hampshire Sports Awards 2015 on 12th February at the Old Thorns Manor Hotel, Liphook. The evening was hosted by long serving ITV presenter Fred Dinenage, MBE.



FPS nominated John Brooker for the Senior Disability Sportsperson of the Year award and he won it! John was the highest placed youth (under 20) sailor in the International Association for Disabled Sailing World Championship in Canada in the Paralympic 2.4mR class and did very well in his first full season of racing.

Free Membership Award

Mark Greenwood, FPS Membership Secretary

You might recall that a year's free membership is offered as an incentive to those who submit their annual subscriptions before the deadline. The winner this year is Alec O'Connor, our congratulations to Alec and we look forward to seeing you at the Pond!

Fitting Out Supper

The FPS social season got off to a good start on 27th March with an excellent meal, thanks once again to Carol Clibborn and her hard working galley team. This was followed by an inspiring talk given by the well-known disabled sailor Geoff Holt MBE, DL.



FPS Acting Chairman Paul Phillips thanks Geoff Holt

A Visit To Stepping Stones

Bridget Woodhouse, FPS Schools & Groups Coordinator

Just before Easter our schools and groups coordinator Bridget Woodhouse and Lisa Skirrow went to Stepping Stones School and awarded well deserved RYA Sailability Certificates to a number of young sailors: Lucas Harman, Toby Case, Lewis Williams, Rachel Gay, Georgia Stronge, Lewis Chappell, and Joe Johnson.



Joe Johnson especially started to enjoy learning the skills required to start racing and was awarded the Silver level Certificate. Congratulations to him and all the young sailors! We welcome them and a few new faces back again this spring.

A Triumph For Pond Life

The FPS team "Pond Life" held off a strong challenge to win the annual Farnham Weyside Rotary Quiz Night by a small margin. Quiz maestro David Holford set his usual tough questions to test knowledge of current affairs, science, history, geography, sport and music, including something called One Direction.



Farnham Weyside President Robert Baird with Pond Life Fundraising News

Brian Grimwood, FPS Trustee responsible for fundraising

I am delighted to report that, thanks to the generosity of our supporters, we started the 2015 season with 3 new Hansa dinghies within our fleet and a new safety boat!

303W "Andy the Bear" is named in memory of ex-FPSC Cadet Sailor Andrew Bridge, who was lost at sea in 2014. As reported in the Autumn 2014 Newsletter, this was funded by sponsorship money raised by 3 of Andy's friends cycling from London to Paris in 24 hours. The photo below shows Andy's mother, Mary, launching the boat. Following the launch, a number of family members were able to have a sail in "Andy the Bear" despite the quite blustery conditions.



The photo below shows the new 2.3's. One is named "Dennis" in memory of FPS sailor Dennis Maisey who sadly died last year.



The boat was funded by a sponsored cycle ride by work colleagues of the brother of Dennis's wife, Victoria. The second 2.3 is named "Kestrel", a name associated with the donor organisation.

As all readers will appreciate, on water safety is of paramount importance. So, thanks to the generosity of the Lions Club of Farnham, we were particularly delighted to take delivery of a new safety boat "Lionheart 2" for the start of the season. This replaces the old "Lionheart", which was originally funded by Farnham Lions back in 2001 at the launch of Sailability, and has provided over 14 years very reliable service. "Lionheart 2" was launched with due ceremony at the end of April:



This included a very demanding buoyancy test!!



Our thanks go to all of our supporters.

Youth Group Activities

Brian Grimwood

The Saturday Youth Group is now in full swing for the 2015 season, experiencing the full range in weather conditions and handling them very well. The two additional Hansa 2.3's acquired this year enables us to have 10 youngsters sailing independently at the same time under the watchful eye of the lead instructor, Olly Fitzgerald, and our superb team of young helpers. This year, we are delighted to welcome Sarah Harvey Nevin, a very experienced ex-FPSC Cadet Sailor and RYA Dinghy Instructor as Olly's 'No 2'.



Congratulations go to Harry, Lucy, Lara and Anna for completing their RYA Assistant Instructor and RYA Powerboat 2 courses during a very cold half-term week in February. The photo above shows some of our Youth Group with the Mayor of Waverley, Councillor Liz Wheatley, during her visit to the Club in April.

My 2015 London Marathon

Bob Cornwell, FPS Helper & Marathon Man



After 16 weeks of dedicated marathon training, at last the great day arrived with a rude awakening: I was up with the sparrows at 5am, just in time for breakfast and a short drive to the coach to join a group of my running colleagues. Leaving at 6 a.m. the coach takes you directly to the start area at Blackheath.

Once in Blackheath, there were 2.5 hours to kill, ample time to get nervous and worry about pace, finishing times and getting too hot or too cold in the race. The air temperature was 12C but there was a very keen northerly wind so during the countdown it was an issue of keeping warm in the marquee and emerging in bin-bag attire, which would be discarded milliseconds before the start.

Starting pens are allocated according to expected finish time so I was fortunate in starting off with similar paced runners. Once you've set off the last thing to think about is how many more miles you've got left to run. A common technique is to mentally split up the race into manageable chunks and tick off in what you have achieved. Along the route there are many distractions, which include live steel bands, disco players and pipe bands and of course the magnificent supporters in the crowds.

Reaching the Cutty Sark is the first highlight at around 7 miles where the crowds are especially amazing. At this point it crossed my mind to wonder what it was like to sail such a fine ship. The next exciting experience is to run across Tower Bridge, one of the most popular spots for spectators. You get a splendid view of the "Gherkin" ahead of you and once round the next corner you are halfway (Whoopee!).

Shortly after you see the elite runners coming towards you on the opposite side of the road, they would have started at the same time as me yet were 9 miles ahead! At 16 miles I started to get tightness in my calf muscles and had to slow down for fear of not finishing. This is when the mind has to tell the body to keep going but I must say the crowds spur you on and there's the thought of the sponsorship!

Canary wharf is quite a spectacle and the support from the crowds there is incredible. The next section is quite a long slog back to Tower Hill with about 3 miles to go, then Blackfriars with 2 miles to go. The biggest challenge comes at this point – you're tired, the muscles are getting stiffer.

Although it's only 2 miles to the finish it seems like an eternity to run such a relatively short distance. You can see Big Ben across the curve of the river and you've still got Bird Cage Walk to run before the relief of entering the Mall with just 400m to run to the finish line.

Having made it to the finish, I managed to snick in a Personal Best finish time of 3hrs 57 minutes, making all my hours of training worthwhile. My overall position was 12945th out of 37540 finishers. Finally, I would like to thank all those of you who have sponsored me for Frensham Pond Sailability not only for this marathon but also for all my previous half-marathon and marathon challenges.

Editor's Note: What Bob did not tell you is that he also finished an impressive 58th out of 275 runners in his age group! You can still support Bob and FPS here:



<http://uk.virginmoneygiving.com/BobCornwell-2015>

My Round the World Adventure

Kate Whyatt, FPS Helper & FPSC GP14 Class Captain



Last December I made the decision to join the Clipper 15-16 race and to race around the world in a 70 foot racing yacht.

I had come to a time in my life where I needed a change in my day to day routine. I was thoroughly enjoying my GP14 sailing, helping out with Sailability at Frensham on Thursdays and Saturdays, and volunteering for Ocean Stars Trust, a charity that works with children in Sri Lanka, but my heart was not in my work anymore and I felt that it was time to take a break.

Why sail around the world you may ask? Because it's there, is one reason, but I also want to see the world from a different perspective. I don't think I have appreciated the size of the planet as I have travelled around at 30,000 feet so it is time to really understand how large and powerful the earth is as I go around at mean sea level.

To experience sailing in the Southern Ocean, to watch the stars rise and set while on night watch, and to see the birds and sea life I have never seen before, are all reasons to make this trip. Fewer people have sailed around the world than have climbed Mount Everest – this is my Mount Everest.



What is the Clipper 15-16 race all about? This is a bi-annual race that was first launched back in 1996 by Sir Robin Knox-Johnston, this one being the tenth. The boats are a matched fleet of 70 foot ocean going vessels that have been specially designed to circumnavigate the world with an amateur crew.

The course takes the boats more than 40,000 nautical miles right around the world, from west to east, and crew can either sign up for the complete circumnavigation or for one or more of the eight individual legs. This is a serious race and points are scored in a similar way to F1; 12 points for first, 11 for second, etc. with extra points for reaching a gate first, but also points deducted for, for example, rule infringements and equipment damage.

The skipper is a professional sailor and is responsible for guiding his/her amateur crew through the vagaries of the weather and sea states, and safely back to England. Ages vary from 18 to 70+ years with a mix of men and women from all walks of life. Amazingly, approximately 40% of those who sign up have never sailed before. Now that needs courage!!

As I travel the world I am hoping to raise money for two charities close to my heart, Frensham Pond Sailability: www.frenshampondsailability.org.uk and Ocean Stars Trust www.oceanstars.org.uk. To this end I have set up a Virgin Money Giving page <http://uk.virginmoneygiving.com/KateWhyatt> and all donations will be split 50:50 between the two charities. Please support this epic adventure, a journey that is going to take me 45,000 miles around the world over 11 months, that is going to challenge me both physically and mentally and that will, at times, be terrifying. Finally, in order to keep friends and family informed as to what I am up to as I prepare for and take part in the race I am writing a blog, so please have a look at:

www.katewhyatt.blogspot.co.uk

Competition News

The 2015 Hansa Traveller Trophy (TT) series got under way at Burghfield SC on 28th April in perfect conditions. With 27 boats from 8 clubs a great day's racing was guaranteed. FPS sailors competed with success in all 4 classes for the first time, with Paul Phillips giving his new Liberty "Saoirse" its TT debut.



"Kestrel" also made its race debut in the 2.3 class with Lindsay Burns seeing off a challenge from local sailor Martin Stone.

FPS sailors also claimed 3rd with Paul Kingston and 4th with Greg Parker (pictured here) who coped well in the strong gusts.



Another race debut, "Andy The Bear" in the 303 singles saw James Woosnam take the overall win from Kate Hedley 2nd and Leslie Phillip 3rd.

The 303 doubles was hotly contested with 3 different winners in 3 races. The Etherton's took the crucial final race win with Andy Sheath & Kate Lintott 2nd for FPS.



With 9 boats entered, the Liberty fleet was the largest and saw David Durston take 1st, holding off a strong

challenge from Tideway's Melvin Kinnear in 2nd, making a long overdue return to competition. Paul Phillips took 3rd overall by 1 point from Ric Cassell & Pat Crowley to complete a great set of results for FPS. *The excellent photos above are reproduced with the kind permission of professional photographer Alex Irwin, see these and many more on Alex's website: www.sportography.tv*

The first Hansa Grand Prix (GP) event of 2015 took place at Whitefriars SC on the weekend of 9/10 May. FPS was represented by Lindsay Burns in the 2.3 class with Andy & Ced Sheath and James Woosnam & Steve Wooding in the 303 doubles.

James was expecting to sail solo but as the only solo entry, stalwart FPS helper Steve stepped up to the plate to crew. Lindsay took the 2.3 honours while stiff opposition from the Chesil and New Forest pairs saw James & Steve finished 2nd with Andy & Ced 3rd of the 7 entries. You can read the Y&Y race reports here: <http://www.yachtsandyachting.com/class/Hansa>

The 2.4mR Open: 19 entries competed in 6 races held in very gusty and shifty conditions on 9/10 May. FPSC sailor Bruce Hill won the first race, Steve Bulmore took 2 wins to take 2nd overall but it was Rutland's Iain Stowe with 3 wins who took the overall win. Richard Smallwood's consistency earned him a solid 3rd overall. First FPS sailor was John Brooker in 7th with Peter Gregory 9th. You can read Jim Morley's full report here: <http://www.yachtsandyachting.com/news/182814/24mR-Open-at-Frensham-Pond>

FDSAD Events & Activities

Ted Bonner, FDSAD, FPSC & FPS

Sailors, are you aware of just what other sports are available to you on a one-off basis? They are generally free of charge apart from you making your own way to the venue where the sport is to take place. For example, you can go flying, generally from Blackbushe and gliding from Lasham; a hoist is available to access the aircraft. A small charge is made for powered flights.

Other activities include Clay Pigeon Shooting, Archery, Rifle Shooting, visits to places of interest & rough terrain driving (Quad biking). Places are generally limited, depending on the activity. The above events are organised on specific days, so there is a possibility that some may coincide with a sailing day.

All these opportunities are organised by Sportability and FDSAD can put you in touch with them. You will need to become a member of Sportability but this is also free. FDSAD are also organising the following events during the year, to which all sailors are invited, first come first served:

- Farnham Operatic Society's "Oklahoma" First night

tickets 16th June 7.30pm at a reduced price of £8.00. Spaces for wheelchair users are available.

- Skittles Evening on 26th Sept at the "Jolly Farmer" Blacknest. Tickets £8.00 includes basket meal
- A Quiz night at Frensham British Legion on 17th October. It would be great to have a Sailability team for each of the above two events.
- Annual Lunch at Frensham Pond Hotel 24th Jan. 2016. Looking forward to another good crowd of Sailability members.

If you are interested please phone Jenny Taylor FDSAD Secretary on 01252 726950.

CALENDAR OF EVENTS JUNE - AUGUST

JUNE:

- 1-3RD - RYA L2 RACE COACHING COURSE
- 13/14TH - HANSA TT & GP CARSINGTON
- 27TH - HANSA TT NORTHAMPTON

JULY:

- 4TH - FPSC 10 HOUR RACE (NO SAILABILITY)
- 5-11TH - HANSA EUROPEAN CHAMPIONSHIPS RUTLAND
- 16TH - LAST DAY OF SCHOOL GROUPS
- 23RD - DISABILITY INITIATIVE VISIT
- FPS SUMMER REGATTA & TEA
- 30TH - NO SAILABILITY - FPSC/RYA COURSE WEEK

AUGUST:

- 5TH - HANSA TT FRAMPTON
- 6TH - DISABILITY CHALLENGERS VISIT
- 7TH - FPS SUMMER BBQ ☺
- 12TH - FPS YOUTH FUN SESSION
- 14-16TH - HANSA NATIONALS WEYMOUTH
- 21-23RD - 2.4MR INLAND NATIONALS RUTLAND

Tail Piece

Where on Earth is this monument to a Hansa keel?



A beverage of the editor's choice for the first correct answer from an FPS sailor!

Many thanks to Bob Cornwell & Kate Whyatt for their contributions and to Kaz Kawamura, Bridget Woodhouse, Allan Franklin, Tony Machen, Richard Smallwood, Brian Grimwood and Alex Irwin for their photographs.