



Breaking Wind



The Newsletter of Frensham Pond Sailability

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Summer 2013

IN THIS ISSUE

- 1 A Message From The Chairman, Youth Group Trip
- 2 Fundraising News
- 3 Farnham Sport For All, Youth Group Fun Day
- 4-5 Pippa Wilson, June 2 Renamed, Competition News
- 6 Kerr-azy Art, FPS Forum, Calendar of Events,

A Message from the Chairman

Kate Richardson, FPS Chairman

Recently I was asked to provide some simple statistics to show the number of people participating in sailing at Frensham Pond Sailability. They were surprised when I explained this was not simply our Thursday and Saturday morning sessions. Unlike many other groups, FPS has sailors participating in racing at the Club on a Thursday and Saturday afternoon and at events throughout the UK and abroad, see page 4.

None of this activity would be possible without the support of so many regular, dedicated FPS volunteers who are willing to organize the jetty, rig boats, man the safety boats, run the reception desk, hoist sailors in and out of boats, buddy sailors on the water, coach our sailors and "man" the galley and the barbeque! They are an amazing group, always willing to help even when we add extra sessions like the Youth Day and late sessions on a Thursday for a group of youngsters from George Abbott School. Thank you all for your support - you are amazing! Best wishes to all, Kate.

FPS Youth Group Summer Trip

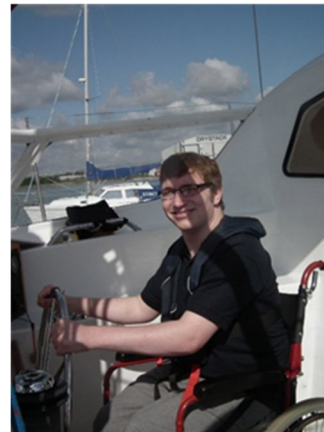
Lara Sturgis, FPS Youth Group Sailor

On Monday 19th August we went on a catamaran called the Spirit of Scott Bader. This is kept at the Port Solent marina near Portsmouth. When we arrived we went on board and met the crew, John and Elis, who showed us all around the boat. We had a safety check to make sure our life jackets were on properly then we were

shown how to clip the harness onto our life jackets if we wanted to go up to the front of the boat.



John showed us a map of where we were going to go on the trip.



David was the first person to drive the boat out of the marina through the lock in to Portsmouth harbour. This was a difficult drive because it was quite tight but David did very well.

At this point all of the crew were sunning themselves on the front of the boat while David and I were at the helm.



After David had finished driving it was my turn to take over the helm and I drove the boat quite a long way, near to where we were going, the Isle of Wight.



When I had finished helming I wanted to go up the front of the boat so John wheeled me up in my wheelchair. When I got up there John clipped me and my chair to the boat with a harness.

I was in my chair with the harness on and with the brakes on but my brakes were not very good so I fell out of my chair. I was fine but that was how I ended up sitting on the front of the boat.



While I was at the front of the boat David was at the helm of the boat again. Then it was Mia's turn to take over the helm of the boat. Mia then took us to the destination where we anchored the boat to have our picnic lunch.

When we had finished our picnic lunch we set off sailing again in the afternoon back to the Port Solent Marina. Jo and Sam were helming on the way back and Becky, Kate, Sue and John had a go at helming too. We arrived back at the Port Solent Marina at 5pm.

On behalf of all the Youth Group, thank you to Kate for organising a great day out and to Sue for helping.

Fundraising News

Brian Grimwood, FPS Trustee responsible for fundraising

Once again I am delighted to say that fundraising has continued to progress well and very many thanks again

to all of our members and supporters who contributed towards this. An update is definitely required on three of the stories reported in the Spring Newsletter.

Firstly a very big thank you to Vicki Maisey and Sol Ocampo for organising the 'Team FPS' entry into the LIDBA 25 mile sponsored cycle ride held in early June. There were eight 'Team FPS' riders, who raised a magnificent £1,030 (including Git Aid recovery). A wonderful effort and we look forward to even more riders next year!!

Secondly, and it makes me feel exhausted just writing about this, Cranleigh Preparatory Schoolmaster and ultra-runner, Dudley Manning, has now completed his three events, running a total of 495 miles!! Sponsorship money raised by Dudley now totals a staggering £5397 (including Gift Aid), all of which comes to Sailability. Dudley, a huge, huge, thank you!



Thirdly, it was reported in the Spring Newsletter that the 6th Form of Cranleigh Prep School had adopted FPS as its fundraising cause of the year. I am delighted to say that money raised for FPS from events run at the school during the last academic year totalled a magnificent £2260. Very many thanks again to all the students, staff, (and parents!) at the School.

We were delighted that Dudley and a group of 6th formers could visit Frensham in July on a Sailability day and see what we do, meet some of our sailors, and experience sailing in the Sailability boats!

Phew- I am exhausted after that – but there is more..... A very big thank you also to:

a) The Rotary Club of Fleet for donating £566 from money "trawled" from the Fleet Rotary Wishing Well in the Hart Shopping Centre in Fleet

b) The Rotary Club of Farnham Weyside for donating £587 from their members who attended a Rotary Club BBQ hosted by FPS at the Sailing Club in July

c) Bucket shakers and marshals for raising £214 from operating the car park at the Rowledge Village Fete in May

Well, I hear you say, how is the money going to be spent? Most of it will be used to meet our on-going operating and capital costs. However, the FPS Management Committee is currently developing a 'wish list' of further expenditure items which would improve the facilities and services offered to our members. Any ideas you might have would be very welcome and can be input by clicking on brianmag@btinternet.com.

Farnham Sport For All Day

Kate Richardson, FPS Chairman

On August Bank Holiday Frensham Pond Sailability and Frensham Pond Sailing Club participated in the Farnham Sport for All Day at the Farnham Rugby Club. The day aimed to encourage more people from the local community to participate in sport within local clubs. This gave FPS the ideal opportunity to highlight how appropriate equipment and helper support can enable people with disabilities to enjoy sailing and participate within Frensham Pond Sailing Club.



As key supporters of this event, not only did it give us the chance to speak to potential new members - it also gave us an opportunity to market our activity to local councillors, potential future volunteers and current supporters and sponsors. In addition we were able to meet Jeremy Hunt MP and were able to update him on our activities and progress this season. He was very supportive of our all efforts and is keen to involve us in future initiatives.

FPS Youth Group Fun Day

Kate Richardson, FPS Chairman (photos Allan Franklin)

The day was billed as a day of fun sailing at Frensham Pond for youngsters with disability and requiring support to sail and what a day we had with twenty boats on the water!



22 youngsters arrived on the day all keen to have a go at sailing. The youngsters were split into two groups, those new to sailing and our FPS Youth Group. Those new to sailing had chance to try sailing in both the Access 303 boats and the Laser Stratos and Wayfarer. The Youth Group used the Access 2.3 fleet and were challenged by the light winds.

The sun shone and both groups had a superb time with games and simple races.



Once again we had 50 plastic ducks on loan from Farnham Weyside Rotary and the youngsters had fun "fishing" – well done to Susan Hamer from the Abbey School for collecting the most ducks.



Doughnuts mid-morning and a picnic lunch outside the Club House encouraged the youngsters to share stories whilst a range of prizes were awarded.

In addition, as FPS participated in the Farnham Sport For All two days earlier we were able to award each sailor with a medal and a certificate to recognize their involvement on the day. Many thanks to all our helpers on the day and a special thank you to Lindsay Burns, Olly Fitzgerald and Brian Grimwood for their support in organizing the day. Tony Machen's excellent videos and photos of the day can be seen here:

<http://www.youtube.com/watch?v=INe3vu-iFlo>

<http://www.youtube.com/watch?v=aoAST0IQvw&feature=youtu.be>

<http://www.youtube.com/watch?v=6JH0I0dKU0I>

Pippa Wilson's Return Visit

Olympic Gold Medallist Pippa Wilson returned to Frensham recently to sail with Year 9 students from The Abbey School. Pippa's visits are part of the London 2012 Olympic Legacy Sporting Champions programme, bringing world class athletes face to face with young people to inspire and motivate them to participate in sport.



Pippa went out on the water with every crew so all the students had an opportunity to sail with her. The Abbey students have been involved with FPS for 10 years; Deputy Head Heather Wallace said that this wonderful extra-curricular activity is enjoyed by the students, many continue after they have left school.

June 2 Renamed June B

Earlier this summer we all agreed that our Access 2.3 "June 2" ("June" before that) should be renamed June B in memory of June Bonner who passed away in May of this year. June will always remain in our thoughts.



*FPS
Youth Group
Sailor
Kieran Benham
aboard June B*

Competition News

Peters Etherton & Gregory, Access & 2.4 Class Captains
Thursday Access Club Racing continues to thrive with 20 helms taking part, including 3 new racers. To date there have been 10 different race winners, with new solo helms Craig Winskil-Hales & Kate Hedley both taking their first race wins recently. Well done!
The Access Traveller Trophy series continued in increasingly warm weather with mostly decreasing wind for many of the next 7 TT events. A record 10 FPS helms competed at Ringwood in warm June sun with light, shifty winds. The racing was very close with Tessa Watkiss claiming 1st overall in the 303 singles from James Woosnam 2nd, Monique Foster 3rd, Paul Phillips 4th, Martin Renouf 5th & Ali Grant 7th.



The 303 Fleet heading upwind at Ringwood

The 303 doubles saw very close racing too with Peter & Peta Etherton 1st and Andy Sheath & Kate Lintott 2nd with Lindsay Burns and Christine David also 1-2 in the 2.3 class. A new venue at Frampton on Severn saw Lindsay and Tessa take their class wins again with Paul 2nd in the 303 singles.



A stunning photo taken at Burghfield by Alex Irwin

Burghfield was next, on one of the hottest days of the year. Eight FPS sailors took to the water in very light airs, just enough to hold two very slow races. The wind dropped completely after lunch and racing was abandoned as temperatures soared! Lindsay was 2nd in the 2.3 Class, Tessa 1st & Monique 2nd in the 303 Singles and Peter & Peta 1st in the 303 Doubles. More of Alex Irwin's brilliant photos can be seen here: <http://www.sportography.tv/>

Then it was North to a wet and cool Notts County where Lindsay took her fifth 2.3 win of the season while Monique took her turn to lead Tessa and Paul home in another FPS 1-2-3 in the 303 Singles. These results were repeated at Woolverstone before it was off to a sunny but very shifty Baltic Wharf in Bristol, followed by a cool and wet visit to Northampton. With 2 events to go Lindsay's 7 wins have secured the 2.3 class title but the 303 singles and doubles titles are too close to call. More event reports & photos can be found here:

<http://www.yachtsandyachting.com/class/Access>

The French Nationals were held in Bordeaux in June and 3 FPS sailors competed. Monique did very well to come 2nd in her first Liberty event, Lindsay was 7th in a hard fought 2.3 class and Tessa was 25th in a large mixed 303 singles and doubles fleet.

The FPSC 10 Hour Race The Access class entered 1 team "The Boatles" and finished a best ever 4th place of 24 teams and were credited with the fastest lap as well thanks to Lindsay's efforts. The 2.4mR class entered 2 teams who were evenly matched: "The Mamas and Papas" came 5th and "The Drifters" were 6th.



10Hr Race- The Access Team takes on the Big Boys!

The RYA Sailability Multiclass Regatta took place at Rutland in August with Lindsay 3rd in the 2.3 class, Monique 1st in the 303 singles with Tessa 3rd and Margaret Foreman was 2nd in the 303 doubles sailing with Nicola Hopkins of QMSC.

The UK Access Nationals were held over 3 days at Rutland in September with 8 FPS helms competing. The competition was intense with several race winners in each class. The final results rested on the last two races and Lindsay Burns fought off a strong challenge



2013 UK 2.3 National Champion Lindsay Burns

from Rutland's Rob Risbridger and Chris Hole to retain her 2.3 National Champion title.

The 303 singles class had 4 FPS sailors battling for the overall title, Paul Phillips prevailing to take his first National Championship from Tessa Watkiss 2nd (still recovering from spinal surgery!) with defending Champion Margaret Foreman 3rd closely followed by Monique Foster 4th and Martin Renouf in 6th.



2013 UK 303 Singles National Champion Paul Phillips

The 303 doubles class was also very keenly contested to the end. With 3 wins, Rutland's Chris Emmet & Malcolm Kirk did enough to take the title but the next 3 crews finished on equal points. The results of the final race saw the Swiss pair just hold on to 2nd with Peter & Peta Etherton 3rd and Andy & Ced Sheath 4th. Spectators were impressed by the high standard of racing; for FPS sailors that speaks volumes for the instruction from Nick Clibborn & John Townsley and the fantastic support we get from all of the hard working FPS volunteers, thank you!

2.4mR Class Update: Our Early Summer league had a healthy 19 entries competing with Richard Smallwood, Myron Prosser and Bruce Hill taking the first three places. Our highest place Sailability helm in 4th place was Peter Gregory. It must be noted that racing continued on the 15th and 22nd June when 20 knot winds were blowing over the pond! Only 4 and then 3 helms respectively braved the conditions. Bruce Hill won both weeks with John Brooker getting an excellent 2nd place on each week.

During the racing on the 15th June in strong winds Peter Gregory managed to broach when on the final run and destroyed a jib!



This year's **Sail for Gold** regatta was at Weymouth on 9-13th June. John Brooker continued to gain experience in a top level international fleet when he gained 11th place out of 14. On the 27th/28th July the Inland Nationals were at Rutland, Megan Pascoe won with Bruce Hill 2nd. In a fleet of 14 John Brooker made a strong showing in 8th place with Simon Hill 11th.

Then on the 10th and 11th August the **Tidal Nationals** were held at Poole where Megan continued her winning ways. Bruce Hill was pushed back into 3rd place this time. Simon Hill, John Brooker and Peter Gregory completed the line up from Frensham in 15th, 16th and 17th places respectively.

August saw the start of our **Late Summer Series** and at the time of writing Richard Smallwood is leading with Peter Gregory in 2nd place. There is still very healthy competition occurring each Saturday afternoon. For example, on 24th August 14 2.4mRs were racing, more than the other two fleets racing combined!



The biggest event of the year was at Poole on 6-14th September where the **2.4mR World Championships** took place. In a fleet of 75, Swede Stellan Berlin won Gold with Helena Lucas and Megan Pascoe in Silver and Bronze places. Of the four Frensham sailors, Bruce Hill and Simon Hill finished 33rd & 34th with John Brooker 64th & Peter Gregory 68th. Full results here: <http://www.kbsuk.com/24m/worlds2013/info.asp?InfoType=Results>

Kerr-azy Art!

Jackie Kerr, FPS Sailor with Hydon Hill

Jackie Kerr is an artist. Jackie doesn't think so but her artwork tells a different story. In 1985 Jackie was diagnosed with MS and, by the time she moved into Hydon Hill in 2010, she was using a wheelchair full time. She had lost the use of her dominant hand and was told she could hope for no improvement in her condition.

Jackie had always been very active but now, although she loved the service and the staff at Hydon Hill, Jackie

felt unfulfilled so she decided to buy a cheap box of paints and when she got home she painted her first picture. Despite being unused to using her left hand the painting turned out pretty well. Jackie didn't think it was very good but she persevered.



She also started creating 3D art, using all sorts of materials from driftwood to glitter - each piece uniquely different from the last. Jackie is a real inspiration. Her motivation comes from within herself.

She says: "I think it looks like a load of rubbish but doing my artwork gives me a reason to get up in the morning". As you can see, it is far from rubbish. It gives Jackie a purpose and it also gives a great deal of pleasure to others.



FPS Forum 14th November

Kate Richardson, FPS Chairman

Calling all FPS Sailor and Helper Members to the Frensham Pond Sailability Forum to be held on **Thursday 14th November 11am** in the FPSC Club House. The forum is your opportunity to be involved in the running of FPS Sailability – hear about our activity throughout the season and our plans for next year. It is your chance to have a say and influence plans. Coffee from 10.15am!

CALENDAR OF EVENTS OCTOBER - NOVEMBER

OCTOBER:

- 2ND – OXFORD TT (6TH NORTHERN EVENT)
- 16TH – FRENHAM TT (6TH SOUTHERN EVENT)
- 25TH – LAYING UP SUPPER ☺
- 31ST – END OF SAILABILITY SEASON ☺

NOVEMBER:

- 7TH – FLEET WINTERISATION & HELPERS LUNCH
- 14TH – SAILABILITY FORUM 11AM