



Breaking Wind



The Newsletter of Frensham Pond Sailability

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Winter 2009

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2009 Highlights

Brian Grimwood - FPS Chairman

- Frensham Pond Sailability's eighth year since 'launch' in September 2001.
- **Frensham Pond Sailing Club selected as the 'RYA 2009 Club of the Year'. FPS achievements since 2001 recognised as a major factor in the award.**



- Sailing held every Thursday and Saturday morning from beginning of April to end October, plus 2 Wednesday visits by Woodlarks Summer Camp.
- Sailing ranged from 'therapeutic' cruising to fully competitive racing. Paralympic class 2.4mR racing continued through the 2008-09 winter months.
- 120 regular sailing members (increase of 12% vs. 2008); 68% attending independently, 32%

Farnham Lions Endeavour Trophy Presentation 2009

Following the enjoyable FDSAD Christmas lunch, the Farnham Lions Endeavour Trophy was presented this year to Tessa Watkiss by Peter Matthews, President of Farnham Lions.



FPS Sailing Captain Richard Smallwood recounted Tessa's achievements this year, travelling around the country to compete in 8 Access TT events as well as competing in the UK & French Access Nationals.

Tessa took the overall TT honours in the 303 Single class by a large margin with 3 wins, 4 2nd places and a 3rd. To this she added a fine 2nd place in the UK Nationals and 3rd in the French Nationals. An excellent performance and a deserving recipient.

Thank You!

The year has flown by and here we are with the 4th and final issue of the newsletter for 2009. A big thank you to all of our contributors for submitting the interesting and varied articles and photographs, with minimal arm-twisting! Happy sailing in 2010.



**A Merry Christmas
& Happy New Year to All!**

through organisations.

- A further 220 disabled youngsters and adults sailed on single visits. Approximately 1,720 'sailor sessions' on the water during the year (increase of 18% vs. 2008).



- Organisations sailing with FPS during 2009 included Abbey Special School, Stepping Stones School, Ridgeway School, Treloar College, William Cobbett Junior School Unit, Disability Challengers, Disability Initiative, Hydon Hill Cheshire Home, Whitmore Vale Housing Association, Robinia Centre, Sportability, Southampton Sports Association for the Disabled, and Woodlarks Summer Camp (up to 50 sailors plus helpers per visit for sailing and on-site BBQ).



- Sailing achievements encouraged and recognised at all levels - highlights included:
- 8 young sailors presented with RYA Sailability Achievement Certificates. Young sailor (under 18) sessions up 31% versus previous year.



- Continued development of racing interests & skills, regular Thursday race training sessions (theory and on-water).

- FPS 2.4mR Open & Access Open meetings held in June & September respectively.



- FPS Access sailors and 2.4mR sailors raced at 12 venues ranging from Nottingham and Carsington in the north-midlands to Ringwood and Weymouth in the south, and participated in National and European Championships in the UK and France. We even had a representative sailing an Access dinghy in the World masters Games in Sydney, Australia. Many individual honours were gained.



- FPS won, for the third year in succession, the RYA Sailability Ben Ainslie National Access Team Trophy for the best aggregate performance over the season.
- Integration into Frensham Pond Sailing Club's mainstream sailing activities continued. 2.4mR mini keelboat racing, sailed by able bodied and disabled helms, now formally part of the Club's racing programme on Saturday afternoons throughout the year.
- Access dinghies and 2.4mR teams also sailed in the Club's annual 10 Hour Race in June and Champion Club Regatta in September.
- FPS fleet now totals 24 boats. Two new Access 2.3 dinghies purchased in 2009 to

replace older boats as part of the FPS boat replacement policy. Total cost £5,800 funded by generous donations from the Lions Club of Fleet and staff of Coutts Bank, Guildford.

- Socially very active year – Supper dance (January), FPS 'Fitting Out' supper (March), BBQ evening with live music (end July) and 'Laying Up' Supper (October)



- FPS quarterly Newsletter 'Breaking Wind' launched in Spring 2009. Four editions produced during year. Very well received within FPS and further afield.
- Band of enthusiastic and dedicated helpers continues to grow (now totalling over 80) but more still needed!!



More information can be found on www.frenshampondsailability.org.uk

Our very considerable thanks to our very generous supporters, donors and helpers.

Plans for 2010: More of the above!!

Thank you very much for supporting Frensham Pond Sailability.

The Sydney World Masters

Paul Phillips

In October 2009 I attended the World Masters Event in Sydney, Australia competing in an Access 303 single handed. The easiest way of describing the World Masters is like the Olympics for old people! 28,000 Competitors competing in 30 Sports with the only difference being that you are ranked by age. For the Sailing, the rankings were over 35, 45, 55 and 65 so I was in the junior group at 35+.



There was the feeling that you were at a big event as you continually bumped into people across the whole of Sydney with their official Accreditation and matching backpacks. In addition there was an Opening Ceremony in the 2000 Olympic Stadium, a special production at the Opera House, transport laid on and even a daily Masters Newspaper.

We were sailing at Dobroyd Aquatic Club which is located on an inlet off the main harbour, halfway between central Sydney and the Olympic Stadium. Here the solo Access 2.3's and solo and double handed Access 303's were competing (there were Laser, Hobie Cat, and Taser classes competing at another venue across the city).



The clubhouse is a two storey building which was built in 2005 after a fire destroyed the previous building and their fleet of boats. Downstairs are changing rooms and boat storage and upstairs there is an open room similar in size to the Frensham clubhouse with kitchen and offices. There is also a balcony wrapped around two sides of the building which given it was on the first floor, gave a fantastic

view of the racing while enjoying the Sydney sunshine!



As to the sailing, all age categories started together with separate starts for the 2.3's and double 303's one half of the day and then the larger solo 303 fleet alternating in the other half of the day. The aim was for 2 races per day in each class but with the weather that was either 1, 2 or 3 races per day!



We had a practice race which was conducted in a nice pleasant 8 knots (in which I was 4th overall and won my age category) and I left that day with dreams of gold medals. Wishful thinking as then the wind arrived and the remaining 4 days of the regatta had to contend with wind of 20 – 30 knots with the odd 40 knot squall thrown in for good measure!

Reefing and bailing became very much the order of the day! Despite this I managed to hang on to a medal (by a solitary point!) at the end of the regatta.



Overall it was an excellent event and everyone was very friendly and welcoming. Volunteers were a key part of the games overall and the bunch at Dobroyd were fantastic and did everything they could to help.

There was a Canadian and a Dutch guy along with me from overseas and the rest were Australian. The main topic of conversation throughout the week was who would be attending the Worlds in Rutland. Be warned, some of them are quite good sailors.....!

Geoff Holt's Atlantic Adventure Update

Geoff left Lanzarote on 10th December as planned and is now nearing the Cape Verde Islands for an unscheduled stop following bad weather and engine problems. More information and chart Geoff's progress here: <http://www.geoffholt.com/>

CALENDAR OF EVENTS

JANUARY 2010:

23RD – MID-LIFE CRISIS SUPPER DANCE

FEBRUARY 2010:

20TH - RYA SAILABILITY NATIONAL CONFERENCE

MARCH 2010:

4TH – BOAT FITTING OUT WORKING PARTY

6TH/7TH - RYA DINGHY SHOW, ALEXANDRA PALACE

26TH – FITTING OUT SUPPER

APRIL 2010:

1ST – START OF FPS SAILING SEASON!

The Origin of Nautical Terms No.4

Footloose & Fancy Free

The foot refers to the bottom of a sail that is attached to the boom. A sail that is not attached to the boom is said to be "footloose" and is very difficult to control as it moves with the wind. The term "footloose & fancy free" refers to the motion of a footloose sail.

Comments & Contributions

If you have any comments on this newsletter or you would like to contribute an article or photos, we would really like to hear from you. Please contact Brian Grimwood email: brianmag@btinternet.com

or Peter Etherton email: etherton.peter@tiscali.co.uk

Tail Piece



I think we'll have to drill here before we can start!