



# Breaking Wind



## The Newsletter of Frensham Pond Sailability

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Winter 2010/2011

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### FPSC 10Hr Race Presentation

A cheque for £7500 was presented to FPSC sailor Ian Johnson and his family on behalf of Leukaemia Research at the recent annual prize giving. Our thanks to all of you who supported the Access & 2.4 teams and helped to raise such an impressive amount.

### FPS Photo Wins Competition

We are delighted to report that Richard Smallwood's entry below has won the 1<sup>st</sup> prize of £500 in a competition held by the Community Foundation of Surrey.



Chairman Professor Patrick Dowling said "The photos displayed in this exhibition are incredibly up-lifting. They demonstrate just how much Surrey residents do to support others around them, whether by giving their time, their skills or their money". The exhibition is at Guildford Cathedral from 3 February – 6 March.

### Zombies Sighted at Frensham!

Not the '60s group but real "live" Zombies shambling around The Frensham Pond Hotel grounds. This was the sight that greeted some of us as we arrived for the FDSAD Christmas lunch, truly a monster mash!



It transpired that Fleet based film producer Rob Weston was shooting scenes for his latest film "World of the Dead: The Zombie Diaries 2". Scenes were also shot in and around Frensham Manor and Frensham churchyard.

### Mid-Life Crisis Supper Dance 22<sup>nd</sup> January

We find ourselves unexpectedly left with a few tickets owing to last minute cancellations. It is a super night out so contact Brian now, first come first served!

### Farnham Lions Endeavour Trophy Presentation 2010

The Farnham Lions Endeavour Trophy was presented at the AGM to Lucy Arkless by Tony Burke, Vice President of Farnham Lions.



Lucy started sailing at Frensham with Abbey Special School about 4 or 5 years ago. For the last three summers, she has been a regular attendee on an

independent basis. She now very determinedly sails by herself in a 2.3 Access dinghy, in all weathers if we would let her! Lucy has consistently shown great persistence & independence, a role model for others.



*Lucy with Tony Burke, Vice President of Farnham Lions & new FPS Chairman Kate Richardson*

## 2010 Highlights

### *Brian Grimwood – Outgoing Chairman*

- Frensham Pond Sailability's ninth year since 'launch' in September 2001.
- Sailing as usual every Thursday and Saturday morning from beginning of April to end October, ranging from 'therapeutic' cruising to fully competitive racing. Paralympic class 2.4mR racing continued through the winter months.
- 122 regular sailing members in 2010, 66% attending independently, 34% through organisations. A further 100+ disabled youngsters and adults sailed on single visits. Approximately 1,500 'sailor sessions' on the water during the year.
- Organisations sailing with FPS included Abbey Special School, Stepping Stones School, Ridgeway School, Treloar College, Disability Challengers, Disability Initiative, Hydon Hill Cheshire Home, Whitmore Vale Housing Association, Springboard Project, Mencap, Southampton Sports Association for the Disabled, and Woodlarks Summer Camp.
- Sailing achievements continue to be encouraged and recognised at all levels:
- First Sailability sailor to gain RYA Assistant Instructor qualification
- High level of participation by students from special schools maintained
- Eight young sailors presented with RYA Sailability Achievement Certificates.
- Continued development of racing interests & skills, regular Thursday race training.
- FPS Access and 2.4mR Open meetings held in

April & May respectively

- FPS Access sailors raced at 10 venues across the country. 9 FPS sailors participated in the Access World Championships, held at Rutland SC in June, with a silver medal gained in the 2.3 Class. FPS sailors won the individual Access 2.3 and 303 (solo) National Championships held in Derbyshire in September.
- For an unprecedented fourth year in succession, FPS retained the RYA Sailability Ben Ainslie National Access Team Trophy for the best aggregate performance over the season. The FPS winning team this year was all female!!
- 3 FPS sailors competed in the 2.4mR World Championships in Holland
- Integration into Frensham Pond Sailing Club's mainstream sailing and social activities continues successfully. 2.4mR mini keelboat racing, sailed by disabled and able-bodied 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.
- Investment in the FPS Fleet continued, now totalling 26 boats. Three boats purchased in 2010 at a total cost of £13k. These included a new Access 303 dinghy and second-hand Laser Stratos keel acquired in late summer, to provide a more stable cruising boat in stronger wind conditions than the existing Wayfarer fleet.
- Another very active year socially – Supper dance (January), FPS 'Fitting Out' supper (March), BBQ evening (end July) and 'Laying Up' Supper (end October)
- Further quarterly editions of the FPS Newsletter 'Breaking Wind' produced. Very well received within FPS and further afield.
- FPS organisation review successfully completed to provide a stronger management structure following implementation in 2011.
- Band of enthusiastic and dedicated helpers continues to grow (now totalling over 80) but more still needed!!

More information can be found on

<http://www.frenshampondsailability.org.uk/>

The 2011 sailing season will start on Saturday 2<sup>nd</sup> April. 2011 will also be the 10<sup>th</sup> Anniversary of FPS and a celebratory event is planned in July, watch this space!

**A big thank you to everyone for supporting Frensham Pond Sailability during 2010!!**

## And it's Goodbye from Brian...

The highlights above show just how much FPS has achieved under the leadership of our long serving Chairman Brian Grimwood and his loyal team. Brian is now standing down after being at the FPS helm since 2001. As you are well aware, he will be a very hard act to follow but we are very pleased to report that Kate Richardson has agreed to take up the challenge with our full support. Brian has penned the following Chairman's farewell:

"It all started in 1999, while I was Vice Commodore of the Sailing Club. I 'volunteered' to manage what was described as 'a small project to install an accessible toilet in the Clubhouse'. Within 12 months, it had developed into a full scale £250k fundraising and building project, resulting in the launch of Frensham Pond Sailability in September 2001.

The lesson there is – never volunteer for anything. I hope our new Chairman isn't reading this! Seriously though, I regard myself as being extremely fortunate to have found something so absorbing, challenging, satisfying and enjoyable. It has given me huge pleasure to see Sailability develop in so many ways over the last 10 years or so.

However, it would not have succeeded without the enthusiasm, goodwill, and help of all concerned, sailors and helpers, a great bunch of people. It would also not have worked without the very positive support of the Sailing Club management and members. I think I can safely say that the Frensham Pond Sailability /host Sailing Club relationship is amongst the best, if not THE best, I have come across.

I would also like this opportunity to thank our very large network of Sailability supporters; individuals and organisations. It has been very comforting to know that help is there when required.

I will still be around, you may be disappointed to learn! Maybe not every Thursday & Saturday in future but still very much involved, both in the management of Sailability (I will be concentrating on the fundraising side) and hands-on (or is it knees down?) on the jetties.

I would like to conclude by saying that I am delighted that Kate will be my successor. I am confident that Sailability will be in a very safe pair of hands. I am sure

you will all join with me in wishing Kate every success".

## ...and Welcome Aboard Kate

By way of a welcome and introduction, Kate kindly agreed to a mild interrogation by the editor!

**Ed:** Please tell us a bit about your background

**Kate:** I grew up in Scotland, just outside Edinburgh right next to the beach, and joined the local yacht club when I was about 13 or 14. I became very involved in racing, initially in a Mirror dinghy and then a 420. I spent three summers teaching sailing at Port Edgar, a marina just outside Edinburgh from where I got into sailing big boats - racing and delivering. I was part of the Scottish Ladies Sailing Squad until academic work and other commitments took over but have never really lost the love of racing.

**Ed:** Sounds like fun, how about work?

**Kate:** I have a background in children's disability and worked for many years at Great Ormond Street, The Institute of Child Health and Guys Hospital. For the past 13 years we have moved around as a result of my husband's job - we lived in Pakistan for a few years and then latterly in Kiev in the Ukraine. In each of these postings I worked on a voluntary basis for various charities. I am currently doing an Open University degree and would like to explore something related to this and the work in the Ukraine - not sure quite what as yet!

**Ed:** Quite a varied background, do you still sail?

**Kate:** Since having my children, who are now 16, 13 and 10, our sailing has been mainly on flotilla holidays and club sailing in the Mediterranean (although I have been accused of never really relaxing whilst cruising and always wanting to trim the sails!). We have recently joined Hayling Island Sailing Club - the love of the sea sailing is difficult to hide and worth the drive.

**Ed:** How did you first become involved with FPS?

**Kate:** Through Bridget Woodhouse and Vicki Hinde who have helped with FPS for a long time. Our daughters were in the same year at school. I became involved in Sailability because I currently have the time and it involves two things I feel very strongly about - one the sailing and the other enabling people with disability to participate in an activity that is fun and outdoors. It's also fun and I meet lots of great people from many walks of life.

**Ed:** How do you see the coming year or so?

**Kate:** Brian is a difficult person to follow. He has put so much time and effort into starting Sailability at Frensham. I hope to be able to continue its current course and steer an appropriate course with the help of all those that have been involved for a lot longer.

**Ed:** Thank you for your time and we all look forward to working with you in the future.

## Presentations to Brian

Following the AGM Brian was presented with some mementos from sailors, helpers & committee members:



*Yvonne & Peter presented Brian with a signed card and a Collage showing key events in the history of FPS*

*Nick presented Brian with a SatNav to assist with his onshore navigation*



*Maureen presented Brian with a limited edition print of "Crossing The Bar" by marine artist Peter Toms*

*Noted Bon Vivreur Clive presented Brian with a voucher for a stay in a Hotel du Vin (a suitable test for the onshore SatNav)*



*Angela presented Brian with a bouquet of flowers for Margaret, who has been very supportive of Brian & FPS (Our best wishes to Margaret who was unwell & unable to attend)*



*Tony presented Brian with this framed photo of him racing his 2.4mR*

*So did he touch the mark or was this an extra strong gust???*

*(Photo courtesy of Claire Samuel)*



Our thanks to Allan Franklin for taking the photos & to Carol & Sally for putting on the excellent spread!

## Sailability at Frensham Pond

*Mary Fardell*

**Editor's Note:** This article was originally written by Mary for the MS Society's magazine "MS Matters".

Thanks to Elizabeth Gradwell's article in this Magazine last quarter, I tried out Sailability. A brilliant way to get fresh air without always being in the wheelchair but I thought hmm! How are they going to get me into a boat? They have two removable hoists that can be firmly positioned in concrete sections on the jetties leading out to the specially adapted small dinghies.

The feeling of the air rushing by me even at a 'slowish' speed is awesome. If you had said to me years ago you'll be sailing on Frensham pond I wouldn't have believed you.

Of course we rely on some willing helpful volunteers to help us. Sailing 'Buddies' are available to help you sail the boat if you have no/or little experience. But if you have some experience then there are adapted single handed dinghies to sail by yourself.



It also depends on the numbers of disabled folk who turn up on each day, but even if you can't sail that day (sometimes it's too windy or wet), it's a lovely place to have your lunch and watch the experienced sailors do their stuff. The facility is available on both Thursday and Saturday mornings.

There are one or two things to bring to your attention if you are thinking of having a go at the sailing, the disabled loo and the drinks are in the clubhouse which is perhaps about 100 yards from the jetties so this fact has to be borne in mind for those of us with plumbing problems (as I call it!) but If you can cope with this situation, then I recommend this as a great opportunity.

## Going Dutch

*Peter Gregory*

It was a bit of a surprise to see in the Autumn edition of *Breaking Wind* a picture of my boat being suspended from a crane above the tree tops with the comment "have you ever seen a 2.4 fly?". For the record it was my boat GBR 36 – Courageous. The photo was taken at this year's 2.4mR Open World Championships at Hoorn in the Netherlands. This is what my boat looked like a little closer to the ground!



After identifying my boat to *Breaking Wind*'s editor, I foolishly remarked that I suppose I ought to write about my experiences at the Worlds and without pausing for breath he said "yes". So here are my thoughts about the championships.

Firstly I should point out that this season has been my first attempt at participating in any racing away from Frensham Pond, so please excuse any naïve remarks I might make as I am still a bit green about these events.

The Worlds were on the 19<sup>th</sup> - 25<sup>th</sup> September and as well as myself there were two other Sailability sailors taking part – Paul Philips and Keith White. We were joined by two other FPSC sailors Bruce Hill and Simon Hill (no relation in case you wondered!).

I travelled with Simon Hill as chauffeur. We left my house in the early hours of Friday 17<sup>th</sup> September to catch the 7.50 Shuttle at Folkestone and were towing Simon's boat. My boat should have already been in Hoorn, having been taken there by Steve Bulmore who was using a twin trailer to take his boat and mine. By 8.30 we were driving in France.

We arrived in Hoorn late afternoon and dropped Simon's boat off at the sailing club. After a brief stop we headed to Andijk, about 30 minutes away, where we had a bungalow on a holiday site. Bruce Hill was also sharing the bungalow with Simon and myself, and he arrived during the evening.

On Saturday we headed to Hoorn to rig the boats and find our way round the facilities. After a tiring day travelling, Saturday was a much more relaxed day so we had time to recuperate and get ready. The 19<sup>th</sup> was taken up with measuring the boats and sails and also weighing the boats.

Sunday was a bit nerve-racking as we waited to see if our boats were legal. The first stage was to get the boat measured and mine passed OK. Next the sails had to be checked and if your sails had the RYA measurement sticker on the sails you were waved through in double-quick time! (Thank you Graham Howlett!) Then the boats were weighed. At this point there was a lot of sawing lumps off the lead from boats' keels as a number of boats were overweight! Luckily I got through this and my boat could then be lowered into the water.

Monday we arrived at the club as soon as possible to get ready for the practice race at 13.55. We had a race briefing and then headed from the marina out into the IJsselmeer, which is the largest lake in Western Europe. (1100 km<sup>2</sup> or nearly 425 square miles). It was rather a baptism of fire for me as I had never before raced in a fleet of 82 boats and to give some feel for what that looks like, here is one of the starts and the photo has got most of the boats in.



For the practice race we had quite strong winds. It was bad enough for Keith White's mainsail to tear from the end of the boom to nearly the mast! The next four days racing were in much lighter winds. It was so light that any weed caught on the keel or rudder probably stayed there and slowed you down. So it is not just Frensham that has a problem with weed!



On Tuesday the championship proper started with the first three races. For me, not finishing last was my goal and out of the 82 boats that actually competed during the week I finished 57<sup>th</sup>, 73<sup>rd</sup> and 72<sup>nd</sup> on the first day. So I was reasonably happy with my results but had still not got over my trepidation of sailing in such a large and august fleet! One small point, we left the marina at 10.00 and did not get back until about 16.00. Rather a long time to be on the water!

Wednesday and the wind dropped. So much so that in the first race only 34 boats finished within the time limit after the winning boat, myself included. The two other races I managed 79<sup>th</sup> and 75<sup>th</sup> so I dropped back a bit in the fleet. Thursday we had just two races and I ended up 66<sup>th</sup> and 54<sup>th</sup> and I was pleased I had improved. It was also nicer only spending about 4 hours on the water. Friday I managed my best result of 49<sup>th</sup> in the first race. Sadly it did not last as I finished 69<sup>th</sup> in the second race.

The final day's racing on Saturday dawned with strong winds. The pre-start manoeuvring was rather exciting because in all the spray it was not very easy to see where other boats were. By now the wind was very close to exceeding permitted speeds for racing. Luckily after the start the wind moderated slightly so we could complete the race OK. Although I started well in this race and was well up in the fleet, I slipped back as the race progressed and finished 61<sup>st</sup>. The final positions for the Frensham sailors were:

52<sup>nd</sup> – Bruce Hill, 63<sup>rd</sup> – Simon Hill,  
67<sup>th</sup> – Paul Phillips, 74<sup>th</sup> – Peter Gregory  
82<sup>nd</sup> – Keith White

It was not all racing in Hoorn though, there were times when we relaxed!



The championship was won by the current Beijing Paralympic Gold Medallist, Paul Tingley of Canada. Next year's Open Championship is in Norway so I suspect expense will rule that out for me. The good news is that in 2013 the Open Championship will be at Weymouth so I guess there will be another good turnout for Frensham 2.4mR sailors.

## CALENDAR OF EVENTS JANUARY - MAY

### JANUARY:

22<sup>ND</sup> – MID-LIFE CRISIS SUPPER DANCE ☺

### FEBRUARY:

21-25<sup>TH</sup> – RYA COURSES

### MARCH:

3<sup>RD</sup> – BOAT FITTING OUT & START OF RACE TRAINING

25<sup>TH</sup> – SAILABILITY FITTING OUT SUPPER ☺

31<sup>ST</sup> – HELPER TRAINING & LUNCH

### APRIL:

2<sup>ND</sup> – START OF SAILABILITY SAILING SEASON ☺

9<sup>TH</sup> – HELPER TRAINING, 9AM SHARP!

13<sup>TH</sup> – TT1 NOTTS COUNTY (NORTHERN SERIES)

27<sup>TH</sup> – TT2 OXFORD (SOUTHERN SERIES)

30<sup>TH</sup> APRIL – CADET OPEN, LIMITED SAILABILITY SAILING

### MAY:

7<sup>TH</sup> – FPSC WORKING PARTY (AM ONLY)

18<sup>TH</sup> – TT3 CARSINGTON (NORTHERN SERIES)

21-22<sup>ND</sup> – FPSC 2.4MR OPEN

24-30<sup>TH</sup> – EUROPEAN CHAMPIONSHIPS LAKE GARDA

## Comments & Contributions

Our thanks to all the contributors to this issue. If you would like to contribute an article and/or photos, we would really like to hear from you. Please contact Peter Etherton: [peter\\_etherton@btinternet.com](mailto:peter_etherton@btinternet.com)