



# MYC NEWS

Issue No.3 April 2008  
2008 Season

## President's Report:

This years Mikasa Women's Challenge proved to be as great an event as ever. There will be a full report with results else where in this Newsletter. However Eos nearly protested the Race Committee on the grounds that being penalised for the fact that the hairs on my legs stuck through the holes in my tights was grossly unfair.

Keith Woodward has been trying to obtain a price for the gates and fencing for the new rigging deck, so far without success. Hopefully they will be erected in the near future so that we can get rid of the construction site fencing.

The Grand Opening Ceremony for the rigging deck, organised by Bruce Davis, run by volunteers, was a huge success. The star attraction was the Manly Village Public School Band which played a selection of four numbers much to the delight of the crowd. Many thanks to the teachers and parents who made it all possible. The kids went sailing with Jim Nixon, motor boating with Greg Zyner, ate sausages and generally had a good time. There was a Boat Rigging Competition with three different classes of sailing dinghy. There was champagne for the toast and Local Member Mike Baird cut the ribbon and declared the deck officially open. Thank you Mike Baird.

OS4 to Pittwater was a bit of a blast. The bigger yachts shot away in the strong south easter but the last three rendezvoused in the lee of Barrenjoey. Hagar 11 to unravel a serious spinnaker wrap up, Eos to patch up Bruce Hitchman who was bleeding copiously and Ratty Tooley just to admire the scenery. Then we drifted into the breeze and took off.

Sadly, long standing member and stalwart of the Club, Peter Wilkins, died on 30th March. He had cancer. He will be remembered for a long time as the race starter and teacher of starting procedures. I can still picture him on Carlyle starting a race on his own. He kept the time, raised the flags and dropped them, blew the horn and was ready with the recall, a procedure that should really involve three people. He will be missed, not only by Bev and the family but by the members of Manly Yacht Club. He was our friend and we respected him. A wake in his memory, attended by many of his old friends and associates,

as well as members of the Yacht Club was held at the yacht club on 3rd April and the family scattered his ashes from Carlyle. A fitting farewell to a good friend. See you on the water.

**Brian Wilson - President**



## JOURNAL OF MANLY YACHT CLUB

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### Farewell Peter Wilkins



*Peter strolled into our lives at MYC 15 years ago, responding to an appeal by our Club for volunteers - to be involved in aspects of on water activity including rescue and race starts.*

Peter was not a yachtsman and had no aspirations to be one but soon found that his new love was starting yacht races for the MYC. He became widely acclaimed by all sailors for his attention and effort to every start.

Peter and Bev had owned motor cruises and enjoyed the waterways over many years and this new recreation became an extension of their love of boats and the water.

Peter's love for the Manly Yacht Club and the historic timber vessel Carlyle on which he spent many happy years is well known and all members are grateful for the opportunities and example he provided. Peter's knowledge of rules and regulations which control competitive sailing was without club equal.

It was fitting that Peter and Bev in latter years began Twilight sailing and the occasional Sunday race and many times a Sunday outing where food and champaign was as important as finding a good anchorage. After a decade of sitting in a starter boat suddenly being on a yacht that was racing was another new thrill and a new perspective !

Peter was always happy and very comfortable at our club - telling a story or two and sharing knowledge and a glass of champaign or wine. He was giving and generous and this touched all members of our club.

*Thanks mate - you were a true blue buddy and we shall miss you.*

**Gene Scott**

*Photos of Carlyle by Colin Cameron*



Farewell Peter

### The Grand Opening Ceremony for the MYC rigging deck



Bruce, Brian & Mike Baird

L: Manly Village Public School Band



Kids went sailing on 'Melody'

### Working Bee on 10 May

**A great season of sailing and fun - means we now need to add a great weekend of maintenance!**

The next working bee at MYC will be on **Saturday 10 May**. We have some major projects to do in addition to the usual weeding, cleaning and tidying up.

The main hall need repainting. This project is likely to take more than just one day so if any-one has some spare time in the few days prior to the working bee and would like to start the work early, please give me a call. Please bring drop sheets, paint brushes, rollers, trays, planks and ladders on the day.

The other major job is maintenance on the pontoon. The main hinges on the ramp need refurbishment. New bearings will be welded in place. The hinge cover plate will be repaired. It would be good to tighten up all nuts and bolts, refix the cleats and generally check the entire pontoon. If you have large spanners to suit nuts on 20 mm threaded rod, please bring them along. Better still, if you don't mind your spanners getting wet, also bring your wet suit and face mask as many of the bolts are only accessible from the water.

Several doors on the lower level are sticking so a wood plane and screw drivers are required, particularly if they come with some-one who knows how to use them!

**If you want further information**  
phone Keith: 99775710 



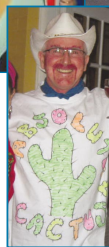
Top L: Chris, Greg, Nick, John? and Greg

Top R: David and Helen leading their Amigos into some new moves!

Right: Mellisa, Fiona and Helen 'feeling Cactus' as oppose to Colin C who came as 'Absolutely Cactus'

Left: Ivana, Thanks to Gabrielle and Greg on a great night

SO MANY MORE great pics! If you want to be reminded with pics of the night..... look up the photos on flickr.com and search "Tricia Croxen"



**The success of this year's Mexican Twilight Ball**, was strongly reflected by the core team, which co-coordinated well timed preparations. From home made Cactus props; to freshly made Sangria, (not to mention the ODD Tequila slammer). Sumptuous Mexican dishes; to Traditional Pinata bashing (very violent ones at that). Hot Salsa Dancing, to having eyes poked out by Sombrero Hats (on short people), a great energetic night was had by all!

Much talent was displayed during the evening by the Latin rhythms of David Lewis and his teacher, Helen (from Manly Vale Studios) and Mr Music man, David McEwen.

Many thanks to the following team: Firstly, MYC Twilight yachties, for turning up and making it such an atmosphere of fun, good company and great dancing!

Prop Designers; Hall set up and bar work: Chris Stockdale, Ian Dennewald, Sally, Al Thomson and Kees

Mexican Chef: Craig Whitting and assistance in kitchen by Anne Hogan, Sally and Helen. Creator of Pinata : Elena, Home made Sangria and supply of sombrero hats, Josen and Kees. Front Door welcoming team, Christabel Casimir and Greg James. and Budget monitor and Bar supplier, Al Thomson.

A very festive and celebrative closure to the Zilzie Twilight Series.

**So until next year Amigos and Sinoritas.....We will party again!**  Gabrielle

### COMMODORE'S REPORT

Another crowded month of Manly Yacht Club activities has come and gone. Has it become too crowded? The number of participants turning up to race is getting smaller and smaller - 4 boats in Div1 and 4 in Div 2 for Race 4 of the Whitworth Summer Trophy! This series used to be one of the most popular. Do we need to re-evaluate our sailing program?

The Mikasa Women's Challenge, albeit a little smaller this year, was still a great success as was the Mexican themed Twilight Ball. A few sore heads emerged on the Saturday and Sunday following - perhaps that's why the numbers were down for WST-4. Thanks go to Ivana and her team of helpers, and to Gabrielle and her team. None of these events would get off the ground without the enthusiasm of the members of this club. So, don't be shy, if you want to help, there is always plenty to do.

The Davis Marina sponsored Commodore's picnic will again be a Le Mans start ending up at Reef Beach. If you can't convince your skippers to enter, then, come by foot - see details elsewhere in this newsletter.

Preparations for the next MYC handbook have begun and I'd like to draw your attention to the photo competition for the cover. Any corrections or suggestions for the handbook can be emailed to me - maz@radford-yacht.com - before the 30th April 2008.

Preparation for the Presentation night in May have also commenced - mark the date - Saturday 24th - in your diary. No excuses about some rugby game that may be on!

As the membership renewal notices go out this month, it is time to remind boat owners who race with our club that Manly Yacht Club encourages all crew members racing with us to belong to a YA affiliated club, in the interests of the boat owner; the crew and Manly Yacht Club. From time to time in the sailing season, competitors have approached Race Directors and other members of the Sailing Committee with complaints about perceived infringements by competitors on the race course. In this issue of the newsletter you will find an article that might resolve some of these complaints and encourage a better understanding of the Racing Rules of Sailing.

As always, I'd like to thank those members who make it possible for the rest of us to race each week; and I'd encourage members who don't find themselves on boats from time to time to give it a go on the start boat or the mark laying boat -

**contact Pam - bpdavis@bigpond.net.au**

On a final note, for those of you who attended Peter Wilkins excellent Race Management courses, and those of you who sailed past him on the start line hoping he wouldn't wave the recall flag, I hope you will remember him fondly and remember the things that he taught you.

**Maz Theaker - Commodore** 





Wayne and Ivan were very proud to accept their medal for the Australia Day Regatta from Stephen Critchley at Sydney Town Hall on Wednesday evening, 12th March.

We fielded a team at Canberra for the National Access Dinghy Titles on the Easter Weekend. We had a good team of helpers and barrackers, as well as our racing crews Ivan and Wayne, Peter and yours truly, and our boat stacker and removal teams. We all had a wonderful time in Canberra, raced for the full 6 races possible, and learnt a lot about racing in very light winds. Wayne and Ivan finished 13th over the two days, and Peter and myself were 22nd in the field.

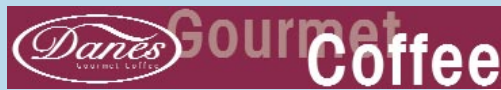
After our weekend in Canberra, we decided that we need some training in race starts, and race techniques, so we put our boats out for an extra day on Saturday, 29th March. This was a great training day, with many thanks to Jan, who did the training, and to Jan and Peter in the Safety/Start/Finish boat.

On 22nd March we had our friends from Hornsby Lifestyle, as well as some members from the general community sailing in the remaining three boats that had not travelled to Canberra. Thanks to Judy and the crew who worked very hard to make it work with less boats and volunteers.

5th April saw us all back together again. We had an enormous day, with at least 40 people present on this best Summer day we've had all season, even though it fell in the middle of Autumn. We really appreciated the extended deck as there were groups of people enjoying the day both on the water, and on the deck from as early as 9.00 a.m. to about 2.00 p.m. when all the boats were away.

Eli Demeny

## MYC RESULTS



RACE 9 [30/03/2008] MYC Club Championship 2007-2008 CC9											
Division 1 Keel TOT HC results Start : 13:15:00											
PI	Sail No	Boat Name	Elapsd	AHC	HC Cor'd	TCHC	Skipper	Class	Score	Fin Tim	ET/OD
1	MYC12	San Toy	1:59:54	0.987	1:58:20	0.992	G Radford	Radford12	1	15:14:54	1
2	MYC100	Shear Magic	2:07:55	0.942	2:00:30	0.948	R Steffens	Adams10	2	15:22:55	5
3	4863	Two Can	2:18:38	0.891	2:03:31	0.896	D Steudt	Masram920	3	15:33:38	7
4	6689	Copernicus	2:01:39	1.018	2:03:50	1.012	G Zyner	Radford12	4	15:16:39	3
5	AUS1161	Wild Life	2:04:20	0.997	2:03:58	0.993	B Davis	Etchells	5	15:19:20	4
6	6776	D/W/Waves	2:00:23	1.034	2:04:29	1.022	J Thomas	BeneteauFirst40.7	6	15:15:23	2
7	MYC375	Out There	2:11:59	0.972	2:08:17	0.964	G James	Cavalier375	7	15:26:59	6
DCN	2080	Moma		0.913			G Zyner	Cavalier35	10		
DCN	KA16	Pam		0.948			PMcDonald	International5.5	10		

Division 2 Keel TOT HC results Start : 13:05:00											
PI	Sail No	Boat Name	Elapsd	AHC	HC Cor'd	TCHC	Skipper	Class	Score	Fin Tim	ET/OD
1	1152	Bokarra	2:23:56	0.771	1:50:58	0.782	M Lucas	Santana22	1	15:28:56	7
2	1255	Melody	2:19:29	0.826	1:55:13	0.833	D Smyth	SwansonDart	2	15:24:29	6
3	MYC9	Beausoleil	2:17:49	0.858	1:58:15	0.861	T Thomson	Cavalier28	3	15:22:49	5
4	MYC5	Eos	2:13:03	0.909	2:00:56	0.897	B Wilton	BritanySloop	4	15:18:03	3
5	5830	Cheap Thrills	2:07:57	0.969	2:03:59	0.943	B Miffin	Ross830	5	15:12:57	1
6	127	Carinya IV	2:12:47	0.966	2:08:16	0.941	J Nixon	SwansonCamer00	6	15:17:47	2
7	6295	Ratty Tooley	2:15:59	0.976	2:12:43	0.976	I Dennewald	Northshore34	7	15:20:59	4
DNC	983	Pacifica		0.875			C Rogers	Catalina30	14		
DNC	4617	TU/Suspects		0.832			K McKay	Northshore33	14		
DNC	5747	Sip Ahoy		0.794			M Bailes	Northshore34e	14		
DNC	AUS160	Kaotic		0.958			A Crothers	J24	14		
DNC	MYC3	Manly Sailing		0.981			C AHogan	S80	14		
DNC	MYC202	Isea II		0.763			M Collis	BlueBird	14		



RACE WST - 4 [06/04/2008] WHITWORTH SUMMER TRPHY										
Div	Sail No	Boat Name	Skipper	Boat Type	Handicap	S/Time	F/Time	Ov/Time	Co/Time	Score
2	MYC33	Lautrec	Helen Ebeling	Passage 33	0.816	13:05:00	15:25:59	02:20:59	01:55:03	1
2	MYC1	Aussie Rules	Gene Scott	Cavalier 975	0.804	13:05:00	15:33:09	02:28:09	01:59:07	2
2	1152	Bokarra	I McAlpine	Santana 22	0.750	13:05:00	15:46:10	02:41:10	02:00:53	3
2	MYC820	Good Intent	Peter Bennell	Clansman 30	0.768	13:05:00	15:59:58	02:54:58	02:14:22	4
2	983	Pacifica	C Rogers/R Carah	Catalina 30	0.770	13:05:00	DNS			13
2	1255	Melody	Sorrell Lambie	Swanson Dart	0.750	13:05:00	DNS			13
2	4617	TU/Suspects	Kim McGee	Northshore 33	0.785	13:05:00	DNS			13
2	5747	Sip Ahoy	Murray Bailes	Northshore34e	0.760	13:05:00	DNS			13
2	AUS147	Okavanga Delta	J McPherson/E Reid	J24	0.850	13:05:00	DNS			13
2	MYC24	J-Curve	J Morrison/A McKay	J24	0.844	13:05:00	DNS			13
2	MYC3	Manly Sailing	C Stockdale/A Hogan	S80	0.875	13:05:00	DNS			13
2	MYC9	Beau Soleil	Bill Spence	Cavalier 28	0.760	13:05:00	DNS			13
1	MYC100	Shear Magic	Xavier Decomps	Adams 10	0.975	13:15:00	15:36:09	02:21:09	02:17:37	1
1	6689	Copernicus	Greg Zyner	Radford 12	1.020	13:15:00	15:32:26	02:17:26	02:20:11	2
1	MYC375	Out There	Greg James	Cavalier375	1.004	13:15:00	15:37:24	02:22:24	02:22:58	3
1	MYC12	San Toy	Maz Theaker	Radford 12	1.015	13:15:00	15:37:22	02:22:22	02:24:30	4
1	KA16	Pam	Peter McDonald	International 5.5	0.972	13:15:00	DNS			7
1	MH22	Cape Fear	Kevin Boxhall	Cape 35	1.058	13:15:00	DNS			7



## MARATHON WST-5 20 April 2008



### News

The Big Blue has been busy with it's children's sailing program offering lessons every Sunday and Wednesday after school, and now welcomes Sophie Robinson to the team. Sophie is our new kids sailing instructor and has a wealth of experience as a Dinghy Instructor in Turkey and Antigua. All children between 8 to 15 are welcome to join our holiday program on 16th and 23rd April from 10:30 to 1 pm, only \$30 per lesson. Bookings essential but additional dates may be available.

Please call 9977 4000 for more info and to book..

See you on the water!

The Big Blue Team



**SAIL RECYCLING**  
give your sail a second life.  
Any retired sail  
(esp spinnaker!)  
gladly accepted.

Please contact Candace  
0424798136  
Candacechristensen@gmail.com



La Mans start 2007



Tug-a-war 2007

## Invitation to the Commodore's Picnic

When: 11:00am Sunday, 4th May 2008  
 Where: Reef Beach (MYC if the weather is not good)  
 What: Fun Race and BBQ (BYO drinks)  
 Who: Everyone (no boat? Walk around!)

We thank Davis Marina for their ongoing commitment as our Official Sponsors of the Manly Yacht Club Commodore's Picnic.

Our tradition continues with a La Mans start at Manly Harbour Beach (near Oceanworld); racing around YA marks; then heading off to Reef Beach for the 12:30 BBQ. The usual activities...tug-a-war; beach cricket; face painting; treasure hunt for the kids; cappuccino boat for the adults ...

All Yachts, MJ's, Access Dinghies, Centreboards, Kayaks or other watercraft intending to enter, or those intending to walk around, should advise Maz on 9938 1296 or maz@radford-yacht.com, with crew numbers to assist with catering.

Notice of Race will be sent out separately. Sailing Instructions will be issued at the start line. The Robbie R will be transporting people from boats to shore if required.

**Anyone wanting to assist with the activities on the day, or want more information, should contact Maz on 9938 1296.**



### "SNAP THE FRONT COVER OF OUR HANDBOOK"

Photography competition for all MYC members.  
**Shoot something abstract, still life, realistic, atmospheric, dramatic or off beat.**  
**Colour or black and white**  
**Subject must be sailing**

*The art director reserves the right to crop and visually adjust the chosen image. Judges will be: Maz Theaker, Jim Nixon, Ivana McAlpine. Prize is FAME on being published on the cover of the handbook. Deadline: before the 30th May 08. Keep it to one image at a time. Email: ivana@imdesign.com.au. Email Subject: MYC handbook photo comp Good luck! Ivana*

## PRESENTATION NIGHT Saturday 24th May

Bar Opens at 6.30pm for 7.00pm start Adults \$8 Children FREE

Light food and a complimentary glass of wine or soft drink provided

Luck door prize!

**THE night for ALL MYC sailors:** Access dinghies, BB Sailing, MJ's, Centreboards, Pointscore Yachts, Twilights, Summer and Winter Series. Get writing your acceptance speeches now just in case!

**ALL members WELCOME:** come collect your trophy; time to meet up with old and new members and enjoy a relaxed social night at the MYC.

**Dear Members of Manly Yacht Club and Sailability,** As some of you know I work with a great gang of children and young people whose lives are affected by long term disability at The Children's Hospital at Westmead in my role as a Rehabilitation Doctor for Children. Our biggest annual fundraising event **The Emerald Ball will be held on Saturday 17th May 2008, at Star City.**

There is a superb line up of special guests and performers including our Patron, Sami Lukis as MC with Comedian Tom Gleeson, plus a special performance by Aussie rock legends 'Gangajang' and the band Funkstar, a trivia competition hosted by our celebrities plus many more surprises.

This very important event raises money for children who have a range of disabilities including: Acquired Brain Injury, Cerebral Palsy, Limb Deficiency, Spinal Cord Disorders, Spina Bifida and Connective Tissue Disorders. Last year we raised over \$300,000 and our aim this year is to do better! The funds allow us to make the latest treatments available for our kids. To find out more about go to: [www.chw.edu.au/rehabilitation](http://www.chw.edu.au/rehabilitation)

Tickets to the event are \$150. Accommodation is available at star city and I will organise coach transport from Manly to the event if there is enough interest. If you have any questions in regards to the event or would like to book tickets, **please do not hesitate to contact me on 0439903812 or email [louisen2@chw.edu.au](mailto:louisen2@chw.edu.au).**

You might also know Jessika from Sailability who spends a lot of time at the hospital for appointments and stays - Jessikas message is: **"come on and not only have a great time but help raise some funds for children like me and my friends to be able to benefit from the wonderful work the Hospital does....."**

**Thank you...Louise Tofts (Beau Soliel) and Jessika 0439903812**



Middle Harbour Yacht Club  
**Quantum Sails**  
**Winter Series 2008**

**NOTICE OF RACE**

ANTICIPATE THE SHIFT

Racing starts on the Sound with **Scratch Starts** from 1100 hours and On-Water finishes. **Course lengths specially tailored to wind strength.**

**SPECIAL:**

MYC Winter Series - 10 races	\$378.00
Yachts with Black Envelopes the Annual Pointscore or Twilight Series*	\$280.00
Central Race Entry	\$ 93.00

Middle Harbour Yacht Club  
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 Telephone: (02) 9599 1244  
 Facsimile: (02) 9599 1248  
 Email: [info@myc.com.au](mailto:info@myc.com.au)  
 Web: [www.mhyc.com.au](http://www.mhyc.com.au)





# MIKASA

## MYC RESULTS

RACE 1 [16/03/2008] Mikasa Women's Challenge Division 1 Keel TOT HC Start 13:05:00												
PI	Sail No	Boat Name	Elapsd	AHC	HC Cor'd	TCHC	Skipper	Class	Score	Fin Tim	ETOrd	
1	MYC9	Beausoleil	2:47:46	0.780	2:10:52	0.782	T Croxson	Cavalier28	1.0	15:52:46	3	
2	A73	Top Odds	2:54:31	0.755	2:11:46	0.755	K Petersen	Nihsore27	2.0	15:59:31	4	
3	1255	Melody	2:56:42	0.750	2:12:32	0.748	C Christensen	SwansonDart	3.0	16:01:42	5	
4	MH11	Viva La Vita	2:12:35	1.070	2:21:52	1.039	S John	Northshore370	4.0	15:17:35	1	
5	MH12	Animus	2:16:47	1.045	2:22:56	1.012	M Yeomans	Adams10	5.0	15:21:47	2	

RACE 1 [16/03/2008] Mikasa Women's Challenge Division 2 Keel TOT HC Start 13:05:00												
PI	Sail No	Boat Name	Elapsd	AHC	HC Cor'd	TCHC	Skipper	Class	Score	Fin Tim	ETOrd	
1	1152	Bokarra	2:51:58	0.695	1:59:31	0.719	D Smyth	Santana22	1.0	16:06:58	13	
2	6157	The Tavern	1:52:28	1.120	2:05:58	1.133	A Thompson	Sydney38-2	2.0	15:07:28	1	
3	MH22	Cape Fear	2:03:29	1.030	2:07:11	1.038	I McAlpine	Cape35	3.0	15:18:29	3	
4	MYC12	San Toy	2:09:30	0.987	2:07:49	0.993	M Theaker	Radford12	4.0	15:24:30	4	
5	AUS147	Okavanga Delta	2:33:52	0.843	2:09:43	0.843	E Reid	J24	5.0	15:48:52	12	
6	AUS160	Kaotic	2:32:40	0.850	2:09:46	0.850	R Davidson	J24	6.0	15:47:40	11	
7	6295	Ratty Tooley	2:30:18	0.870	2:10:46	0.867	R Sadleir	Northshore34	7.0	15:45:18	8	
8	MYC3	Madama Butterfly	2:30:26	0.875	2:11:38	0.870	S Lambie	S80-2	8.0	15:45:26	9	
9	6689	Copernicus	2:10:28	1.020	2:13:05	1.009	B Canham	Radford12	9.0	15:25:28	5	
10	MYC100	Shear Magic	2:22:43	0.942	2:14:26	0.929	J Madden	Adams10_2	10.0	15:37:43	6	
11	4863	Two Can	2:31:17	0.891	2:14:48	0.877	M Walek	Masram920	11.0	15:46:17	10	
12	12136	Local Hero	1:59:34	1.150	2:17:30	1.124	S Williams	Sydney36	12.0	15:14:34	2	
13	MYC375	Out There	2:26:53	0.972	2:22:46	0.936	A Hogan	Cavalier375	13.0	15:41:53	7	

RACE 1 [16/03/2008] Mikasa Women's Challenge Division 4 Keel TOT HC Start 13:25:00												
PI	Sail No	Boat Name	Elapsd	AHC	HC Cor'd	TCHC	Skipper	Class	Score	Fin Tim	ETOrd	
1	2246	White Pointer	1:53:13	0.905	1:42:28	0.908	A Vrisakis	KaufmanSloop	1.0	15:18:13	1	
2	MYC200	Slipstream	2:02:51	0.840	1:43:12	0.840	J Legoux	Sigma36	2.0	15:27:51	2	
3	MYC5	Eos	2:04:51	0.835	1:44:15	0.832	P Meakins	BrittanySloop	3.0	15:29:51	3	
4	MYC33	Lautrec	2:05:49	0.830	1:44:26	0.826	H Ebeling	Passage33	4.0	15:30:49	4	

RACE 1 [16/03/2008] Mikasa Women's Challenge Division 5 Keel TOT HC Start 10:35:00												
PI	Sail No	Boat Name	Elapsd	AHC	HC Cor'd	TCHC	Skipper	Class	Score	Fin Tim	ETOrd	
1	156769	Rampage	1:03:05	0.800	50:28:00	0.801	P Smith	Laser	1.0	11:38:05	1	
2	123247	Gumbanu	1:03:16	0.800	50:37:00	0.800	H Fairweather	Laser	2.0	11:38:16	2	
3	101475	Charles Angel	1:03:28	0.800	50:46:00	0.799	V Morgan Smith	Laser	3.0	11:38:28	3	
4	167060	Kookaburra	1:04:13	0.800	51:22:00	0.795	L Bladean	Laser	4.0	11:39:13	4	

RACE 1 [16/03/2008] Mikasa Women's Challenge Division 7 Keel TOT HC results 10:35:00												
PI	Sail No	Boat Name	Elapsd	AHC	HC Cor'd	TCHC	Skipper	Crew	Class	Score	Fin Tim	ETOrd
1	812	Lion Heart	1:04:21	1.000	1:04:21	1.022	J Cole	Kate Turner	Acc/Dinghy303	1.0	11:39:21	1
2	303	Greg Mott	1:07:51	1.000	1:07:51	1.000	M Molins	Shelley, Singer	Acc/Dinghy303	2.0	11:42:51	2
3	753	Dolly Wallis	1:07:54	1.000	1:07:54	1.000	J Morgan	Jessica Kelderman	Acc/Dinghy303	3.0	11:42:54	3
4	833	Woody	1:10:32	1.000	1:10:32	0.985	P VanHolland	Jayne Kelderman	Acc/Dinghy303	4.0	11:45:32	4
5	758	Jack Harkness	1:11:04	1.000	1:11:04	0.982	J Cameron	Helen Hendry	Acc/Dinghy303	5.0	11:46:04	5
6	255	Sunrise	1:14:09	1.000	1:14:09	0.966	E Demery	Maria Jarman	Acc/Dinghy303	6.0	11:49:09	6

### 'Go Good'.

The prestigious 'Mikasa Womens Challenge' weekend arrived and it appeared in the heavens, emerging through the trees in our garden, 'Go Good', a sky sign. Could there be other auspicious omens of success?

Sunday morning, dew on the grass a North Easter indicator. Out on the water the dawn goddess, Eos, the supernaturally beautiful woman adorned in diadem, yellow robe and white feathered wings, opened the gates of heaven so that Helios could ride his chariot across the sky. Yes, it definitely would be a good North Easter. To cap it all a Sea Eagle swooped down and skillfully plucked a fish from the water, by our boat. Call me superstitious, but the Gods, sorry goddesses were smiling.



*Galatea ('Tea' for short!), the clone of Supergirl has ousted Margo (Supergirl), from the tiller of 'Bokarra', by adding a 'K' and dropping an 'R', therefore introducing Kr Kryptonite to the vessel, giving the new name of 'Bokkara'. 'Tea' performs her duties with sociopathic relish and Christabel assists in channeling the kryptonian energies, with aplomb.*


The result Bokarra (Bokkara) comes 1st in Division 2.







*Thank you Ladies.  
Thank you Goddesses.  
Colin Cameron*



**THANK YOU SPONSORS & IVANA & HER TEAM**







T: J Cole and Kate Turner

L: Peta Smith  
Peta was also the winner of Blue's "free drink on the MYC deck" guessing competition in the March MYC newsletter.  
A: the Maxi 30m "City Index Leopard"

Photos by Colin Cameron



**2008  
WINTER SERIES**

**SIMRAD**

Remember the twilight races, the great sailing, the handicap starts, the short Harbour courses. Well why not join us for the SIMRAD Winter Series.

- Short courses around the northern end of Sydney Harbour
- Spinnaker and non spinnaker entries
- Great series prizes, and race day prizes from SIMRAD & Danes Coffee
- Crew prizes
- 5 races over 4 months
- Post race BBQ and debriefing at MYC

This year we are welcoming a shiny new sponsor in SIMRAD (boat stuff) they will be supplying the major series prizes and Danes Coffee will be helping out with the race day prizes.

So organize your crew and come along for some great winter sailing.

The notice of race and race entry forms will be in your letter box soon, or call Ian Dennewald on **9949 3939 for more information.**

*Winter Series  
Snow man  
competitions  
on the new  
rigging deck*



The forth race of the offshore series on Good Friday saw a record fleet report to the starting line and greet the starters David Parle and Al Thomson. We had ten starters in the racing division and one, Slipstream, in the newly and unofficially formed cruising division. After a beautiful, warm and sunny week the conditions were true to form for a Good Friday race; cool to cold, overcast with strong southerly winds of 20knots gusting to 25-27knots at times and a 2-3m swell The start was clean and fast despite the larger than normal fleet. One boat, Copernicus demonstrated how not to start a race, being at least a minute late to the start; maybe they were looking for clean air, or trying to be extra conservative with the new boat (I think not).

The first leg to the junction buoy saw a good exchange between Pensive, Dances with Waves and TwoCan closely followed by Out There and the rest of the fleet. Cmist being also at the back of the fleet at the start quickly made up ground and rounded the first mark close to the leaders.

The conditions in the Sound and across the Heads contributed to what was probably the roughest and wettest part of the race, at least for some. Those who reefed their main appeared to do much better, in general, than those who elected not to.

Once through the Heads and away from the "washing machine" of the North Head the competitors started what was probably the most fun part of the race. The apparent wind angle was quite square for most of the way to Barrenjoey with the following swell of 2-3m providing some good surfing conditions for most yachts and not so comfortable conditions for some of the crew on Copernicus. The reported speeds for this part of the race were in the 9-12knots with TwoCan hitting 14knots as their maximum speed.

Pensive and Dances with Waves hoisted their kytes at the earliest opportunity and slowly started pulling away from the rest of the fleet, with the exception of Cmist who despite only poling out kept in close touch with the two leaders. About 500m and further out to see saw Out There, TwoCan, also flying their kyte, and Copernicus have their own little race for most of the way to Barrenjoey, with Ten Sixty having their own race further behind these three and ahead of the rest of the fleet; Ratty Tooy, Hagar and EOS.

Pensive managed to stay ahead of Dances with Waves for most of the way, however, approaching Barrenjoey they managed to find a rather sizeable hole and slowed to a crawl. This gave the opportunity to Dances and Cmist to pass them and begin their own dual up Pittwater to the finish line. Cmist crossed the line first about 2min ahead of Dances with Pensive some 5min further behind. The conditions inside Pittwater moderated very quickly and the breeze started to weaken rapidly to some 8-10knots well before the rest of the fleet saw the blue tower of the RMYC.

The overall winner was Two Can followed by Dances and Out There. The results of this race contributed to the overall pointscore becoming very close and making the last offshore race very significant to Dances with Waves (on 7points), Out There (on 8 points), Pensive and Carinya (on 9 points). Hope to see you all on Sunday April 27th OS-5 for our inaugural Longitude Race.

**GREG ZYNER**

- Diary Dates**
- Sat 19 Apr Sailability  
Hornsby Lifestyle
  - Sun 20 Apr Yachts WST - 5  
Centreboards APS - 10
  - Fri 25 Apr ANZAC Day
  - Sun 27 Apr OS - 5
  - Mon 28 Apr Sailing Committee Meeting
  - Sat 3 May Sailability  
Hornsby Lifestyle
  - Sun 4 May Commodore's Picnic**
  - Sat 10 May Working Bee**
  - Mon 12 May Board Meeting
  - Wed 14 May Sailability -  
Aranounbai/MAPS
  - Sat 17 May Sailability Picnic and  
Race Day
  - Sun 18 May NWT - 1
  - Sat 24 May Presentation Night**
  - Sun 27 May Yachts - WT-1
  - Mon 26 May Sailing Committee Meeting

DUTY ROSTER CREW:

**DUTY ROSTER CREW :**

**CONTACT: Pam Davis: 9939 1972**

**bpdavis@bigpond.net.au**

**Saturday 10th May -  
Deadline for the May issue**

**margaretlucas@bigpond.com**

**PH: 9977 1611 M: 044 7654 100**



**A warm welcome to our new members**

**ASSOCIATE:  
Will Barker**

**ASSOCIATE:  
Cary Budd**

**STUDENT:  
Lynnette Budd**

**REJOINING ASSOCIATE:  
Catherine Ciret**

**REJOINING ASSOCIATE:  
Tricia Croxen**

**ASSOCIATE:  
John Mudge**

## HARD YAKKA *(This piece featured in the UK mag 'Seahorse')*

**Double Gold medalist and Five time World champion**

**Ben Ainslie on what he puts into,**

**and gets out of the Finn Dinghy. By Blue Robison**

Off Sydney heads I could just make them out on the horizon, three tiny triangles glinting in the afternoon sun. They had to be Finn's, nobody else would be crazy enough to be out that far...

It took me ten minutes at thirty knots in the RIB to reach them, Anthony Nossiter, Ed Wright and Ben Ainslie running back in with the sea breeze, canting the boat to windward leaving just a kayak's width of hull in the water, boom high in the air, mainsheet direct to your hand and just a sliver of board down.

Roll the boat towards you, muscle in the sheet, surf down the swell, look where the other guys are, check your trim, check the swell, check the breeze, lean back and do it all over again and again, until it feels like your arm is being ripped out of your shoulder.

We have a saying in Australia "Hard Yakka". All Olympic sailing is hard but the Finn is Hard Yakka. It is a physically brutal, big small boat, that forged America's cup sailors like John Bertrand, Russel Coutts and Jochen Schumann. It is Ainslie however, who won Finn Gold Cups in '02 '03 '04 '05 & '08, with an extraordinary Gold medal performance in Athens, who is back in the class after his America's Cup commitments and is on the hunt for another top podium place in Beijing.

With the session over I waved to the ever grinning Australian Anthony "Nokka" Nossiter & pulled up alongside Ainslie in the RIB. He looked up for a second, nodded once, then went back to work. And work it is. You don't burn calories in the Finn you incinerate them. Silver Medalist and Gold cup winner Sebastien Godefroid said " Pain is just a form of electricity running through your body. You can choose to ignore it".

Yeah right...

Blue: I watched two sessions of you downwind training outside the harbour in waves with a couple of other Finns. You weren't in front when the coach called the start, but you won both of them by the bottom mark - not by much, but you were in front. It doesn't surprise you you finished first?

Ben Ainslie: No not really. Like training like racing. I want to be winning, and that's the thing. It is important for me to treat training like racing.

Blue: After the sessions ended and you all split up to sail back to different clubs, there was no change in your concentration or routine as you sailed back to the dinghy park.

BA: That is also important. It is something I learned racing against Robert Scheidt in Lasers over the years. We had that great rivalry, which is very fortunate as I think it has made me the sailor I am today. He is a bit older than me and was "The Man" when I came into Lasers, so I learned a lot from his approach. Part of that is when you hit the water, you gotta switch on & train like you race. When you are out there you can see people having a bit of a chat, and not really focussed on what they are doing. If you are on the water you have to make use of your time.

Blue: Time is what you are short of after your involvement in the America's Cup. Did you feel a bit rusty getting back into the Finn?

BA: Yeah... (laughter) that's an understatement! It was quite funny. After a light regatta in China, I was back in Weymouth during an Optimist regatta. One of the parents quizzed me about what a tough boat the Finn was to sail, and I was a bit chippy, and said "Ahh well its all about technique really.." then the next day it blew 25 knots and I got absolutely hammered! I got off the slipway and capsized, so lost my gloves... and all the other young blokes in Finns were having a good laugh and pushing me, so my hands got shredded, then I was taken out by the boom a couple of times, so when that happens it reminds me what a tough boat the Finn actually is...

Blue: Devoti boat and North sails?

BA: Yeah Tim Tavenor built this one for the 2004 games and took a bit more time on it. There wasn't anything specific done for my weight or technique, just a standard hull but they put a bit more care in the build cycle. I like the feel of this one. I have another training boat in Europe without the same feel to it, so If I qualify I would like to keep this one for a while. We worked really hard with Paul Hobson at North UK in development and one of the designers from North's Argentina in sails throughout the range but predominantly in light air. For a big regatta I would use a new sail, and so that would last about twenty hours.

Blue: Masts?

BA: Wilke. A standard Wilke took me through the first three years in the class, and now I am using a back-up mast I had, so really only two masts in my Finn career. I have been lucky in finding something that works for me. I think you can end up churning through masts, so its important to learn to tune the boat around the mast, learning to sail with it and persevere a bit.

Blue: After winning Olympic Gold in the Laser in 2000 you moved to the Finn. Your early impressions?

BA: Good really. The boat handling side is hard when its breezy, but when you set the boat up well going to windward in a breeze it's a bloody nice boat to sail. The Laser is a great, but it doesn't have the same feeling as a Finn, so I slowly got to grips with the boat handling in a breeze and now really enjoy it.

Blue: Most Finn sailors are heavier than you and many are taller, reflecting the physicality of the boat. How did you overcome that early on?

BA: Early on I got around it by being quick downwind, working hard at the angles and picking up waves. When I joined the class I think there were only a few guys who had the right downwind technique, people like Mateus Kusznierevicz, and Andrew "Bart" Simpson. Over the past five years a lot has changed and now the fleet is much better downwind, but in that time I have improved my upwind performance, mainly through fitness and a slightly different set up of the boat.

Blue: Any work needed to strengthen your ankles, knees or back?

BA: No I just needed to put more muscle on. I found I would get up to my natural body weight 94- 95 kg's and I couldn't put more on unless I started to get fat, which I didn't want to do. I found if I was fit enough I could be competitive at that weight, and obviously being light helps downwind.

Blue: And you eat more than when you sailed a laser?

BA: Oh God yeah probably twice as much! I focus eating more protein than I used to do to help with the muscle growth, and of course carbohydrate.

Blue: Looking at your Gold Cup wins, in Athens 2002 relatively new to the class and weighing in the low 90 kgs, towards the end of that regatta in race seven with 20 knots of breeze and a decent swell you finish second, well in front of heavier guys. This surprised a lot of people.

BA: I remember that race. Most of the fleet had over stood the windward mark, and because of that I was in the top ten. It was big swell so I went like a rocket downwind, and got on the back of a group of Bart, Mateus, and Sebastien, who match raced up the right hand side, so I took off to the left, got a shift, coming back well. So yeah I was quick downwind but as in any boat if you sail smart you can keep yourself in the race even if you are not the quickest upwind.

*Continued on page 9*



Blue: Then Cadiz 2003 and Rio 2004 you are buried early on and make up huge ground. How?

BA: Yeah half way up the first beat in Cadiz I realized I had a lot of work to do! Being completely buried whilst Rafa was up there was a bit of a worrying time, but a good first run got me back to twelfth, so that gave me confidence and the bit between my teeth. It was then important to sail the shifts well on the beats and stay focussed. Same again in Rio 2004. The nature in an Olympic class with big fleets is you aren't going to get it right every time. In the Laser class its no different, Robert Scheidt's trademark is coming back from a bad start, and I think that is important to success in every Olympic class.

Blue: After you won the 2005 Gold cup in Moscow, #1 ISAF ranked Finn sailor Jonas Hoegh - Christensen said you were comparable to Michael Jordan, Schumacher or Lance Armstrong. Now when the press say that its one thing, but when fellow competitors say that...

BA: Well I paid him a lot of money! (laughter)... No seriously that is obviously a top compliment. What do I think of that statement? Very flattering, but for me it's important I keep focussing on getting better.

Blue: The Athens Olympics. Eight days that revealed a great deal about you. Day one, first race you get a 9th. Second race a protest led to you DSQ. Not a great way to start any regatta.

BA: My mind set was "Ok this has been a disastrous start, but imagine if you could go out and win this from here." I like having my back against the wall, it brings the best out in me. Interestingly the day after that DSQ I was rigging the boat with my coach and whilst turning the boat over I ended up pulling a muscle in my back, so had an ice pack taped on for a bit to help, and I thought "Well this just can't get any worse, but if you want to win this, you just have to make it happen..."

And in a way the pressure is off. Sure I have had a catastrophe and thats that. From here it must get better. I had a bit of a chat and a beer with Star sailor Iain Percy who is a good mate, and for the rest of the week I decided to keep pretty quiet.

Then sailing out on day two we had an abandoned start and I was quite close to the sailor that protested me. I could see he was panicking because he probably thought I might come over and take him out! That made me laugh. He is focussing on something that isn't going to happen, and I am concentrating on something that is...

So on the final day, finishing ahead of Raphael to win was just a massive sense of relief. It's odd but I have never really shown much emotion when I finish a race, it was the same when racing with Team NZ in Valencia. Some people ask why as it's a bit boring, but you are so focussed in what you are trying to do, it is hard to switch away from that mentality and realize what you have just achieved. So in Athens I was so entrenched in the mindset of competing well and not making any mistakes after the difficult start to the regatta, it took a while to relax!

Blue: What do you think you learnt from day one of Athens 2004 and the whole week?

BA: Interestingly it was my third Olympics and at every one I have had a terrible start. Atlanta I think I was 24th in the first race, Sydney I was 19th I think, and then no different in Athens, so quite funny. One thing for certain after competing in Athens, if things go wrong I have a lot of confidence that I can turn things around.

Blue: The Finn is a very demanding and physical boat. How do you deal with pain as a daily part of your job?

BA: Its no different from a laser, hiking out is painful and it certainly helps if you are very fit, and train the right muscles. There is other pain associated with the Finn as when the boom contacts with your body, which happens pretty frequently & you just have to deal with (So it's not just me! Blue) but certainly conditioning and strength conditioning helps a huge amount.

Blue: Do you have a mantra or saying running through your head to help you hike harder?

BA: I think when you are racing you are so focussed and so into it, you want to sail fast and up there then that makes you go through the pain, it's harder when you are training, as you say to yourself "Perhaps I can back off a bit and it won't hurt quite so much" (laughter), but you know you need to push yourself hard in training to get your fitness right. You train in the gym for muscle mass, but there is no substitute for hiking time on the water.

Blue: Recovery?

BA: Historically I have always been pretty poor in terms of hydration and managing my rest periods. Laser sailor (Dr) Michael Blackburn has always impressed me with his approach, so its something I am I am aware of and improving now that I have returned to the boat after a break.

Blue: Bad days; everybody has them. How do you deal with them?

BA: I am not very good with bad days. I am better than I used to be but I hate losing. Well I hate losing in sailing. I am not so bad with other things, but in sailing I can't take losing, so I am probably a bit quiet for an hour or so, then have a beer or two and concentrate on improving the next day.

Blue: Do you ever get a klutzy day when you are un-coordinated in a boat?

BA: Sometimes yeah, and that is really frustrating when you get out of sync, especially downwind in waves if you are out of sync it's a terrible feeling and you can lose your confidence. Hopefully we wont see any of those days.

Blue: You are a highly regarded and well respected sailor. That must intimidate some of your competitors. Are you aware of that?

BA: Yeah, I think there may be a bit of jealousy at times and also respect, so sometimes you get breaks on the racecourse perhaps others don't get, and sometimes people are keen to knock down those at the top, so it works both ways. I am comfortable with that.

Blue: Do you think you are a better Finn sailor than Laser sailor?

BA: (Pause) I think so yeah. I feel more at home in the Finn. I think I have a good feeling for it because it's a heavier boat, its almost like a keelboat where you have to have some fundamentals of boat handling and starting right if you want to sail it well. A Laser is unique because it is so dynamic, you can pull off weird and wonderful things - a double tack in five seconds, whereas a Finn is more like a big boat, you have to have the principals right, and that suits me well.

Blue: Sailing a Finn downwind well in light airs is a great feeling. Is that seat of the pants? Concentration?

BA: Both. I learned that skill in Lasers and its slightly different in the Finn as its heavier boat and you have the mainsheet one to one from the boom, so its about feel, and tactically being in the right place. No point being quick in someone's wind shadow or on the wrong shift.

Blue: Anything you don't like about the Finn?

BA: Pulling it up the slipway...

Blue: The biggest thing you learned from the cup that you have carried over to your Finn campaign?

BA: The biggest thing was working with a team, talking them through the maneuvers, and a sense of management, organization and logistics. A little bit on the technical side, but the America's Cup is so different from the Finn, so sure I learnt a lot but it was also good to get a break. The Finn is very hard year in year out. Now I am very fresh and very motivated looking to 2008, so I am pretty sure I will train harder than the other guys, and hopefully will get the results.

Blue: After four hours training on the water in twenty two knots of breeze, what will you have for dinner tonight?

BA: A big steak for sure...

Blue: Thanks for your time and good luck in Beijing.