

*South West Windsurfing Club  
Competition & Training 2010  
Newsletter December*



**Sam Sills was Techno World Champion in 2009  
Now racing in the RS:x Class he has been voted  
south west region 2010 Young Sailor of the Year**



This is the official journal of the South West Windsurfing Club  
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Well, the dear old British weather couldn't wait for the winter solstice before throwing some snow and ice at us. Thankfully the south west missed the worst of it but the forecasters reckon there's a couple of weeks in the freezer before we get a break.

### PAULS PAD

In the last issue I printed a fuzzy picture of Paul Wright's new house. It's not the house that's fuzzy but the pic was a scan of a print and it didn't come out very well. Just to show how nice the house is he sent me a jpeg pic of it - so here it is. By the time you read this he will have moved in. Hope the move went well, Paul.



**TWO**

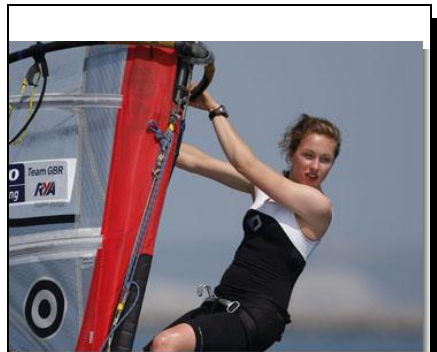
## YOUNG SAILOR OF THE YEAR

As you can see by the cover picture, Sam Sills is the south west Young Sailor of the Year. He was selected from a short list of four by unanimous vote of the Regional Selection Committee and takes over the title from Izzy Hamilton. In past years the National winner was selected from the Regional winners but this year (unless there is a mistake on the RYA website) Izzy has been selected as one of the three finalists for the National Young Sailor of the Year. Izzy's achievements over the years have been impressive. Last year she won the ISAF Youth World Championships in Turkey and this year successfully defended her title in Cyprus. She is the first ever windsurfing **DOUBLE YOUTH WORLD CHAMPION**. Izzy was short listed last year and finished runner up in the National finals; could this be the year she comes out on top?



## YOUTH WORLDS REPORT from the RYA.

Exeter University student Izzy Hamilton is on top of the world again after scooping her second RS:X Youth Worlds gold medal. ....The 18-year-old beat 38 other up and coming young stars to the RS:X Youth World title after six days of racing in the Cypriot venue, adding gold to her two silver medals from the multi-class Volvo Youth Sailing ISAF World Championship in Turkey and RS:X European Champs in Poland, back in July. Hamilton, who is a member of the RYA Volvo National Youth Squad and Skandia Team GBR Development Squad said. "We had a complete mix of conditions and I had good results most days so that's why I've come out on top really – consistency," she added. "I'm really really happy to finally have made first this year after coming second in Turkey at the ISAF's and second at the Euros - I'm just so happy to finish on top at my last youth event," she concluded.



The most popular picture of Izzy ever.

Other British top ten finishes included Launceston's Sam Sills seventh in men's and Bude's Sophie Bailey ninth in women's class.

## THREE

## UKWA CUP SERIES

South west sailors did well in the Cup events this year. Kieran Martin won the Techno series with Adam Purcell second. Third was Noelle Finch who sails at Axbridge, briefly a SWW sailor some years ago. Other SWW club sailors included - 8<sup>th</sup>. Saskia Sills - 12<sup>th</sup>, Imogen Sills - 14<sup>th</sup>, Nat Warren and - 18<sup>th</sup>, Fynn Page.

In the RS:x series south west sailors finished in a bunch. Keeping each other company were 6<sup>th</sup>, Lee Marris - 7<sup>th</sup>, Sophie Bailey and 8<sup>th</sup>, Louis Morris.

Our Raceboard men kept up the good work with Mark Page a creditable 11<sup>th</sup> place and Bob Warren in 22<sup>nd</sup> in spite of missing four events. Even more incredible, Paul Grayston managed to get himself photographed by the official UKWA photographer at Christchurch and he hadn't even entered the event!

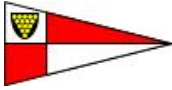
W e l l  
d o n e  
Paul for  
fooling  
the press  
and well  
d o n e  
Gemma  
for a 5<sup>th</sup>  
p l a c e  
finish.



## UKWA INLAND SERIES

Notable performances on the lakes came from Ross Warren, 4<sup>th</sup> in the 4.5 fleet and Lucy Grayston, 10<sup>th</sup> in the 5.8 fleet. The RS:x Youth fleet was won by Tom Squires with Matt Brown second, just one point ahead of Lee Marris. Great effort, Lee, and well done to all our south west windsurfers in home waters and abroad. Here's hoping for more great results in 2011.

**FOUR**



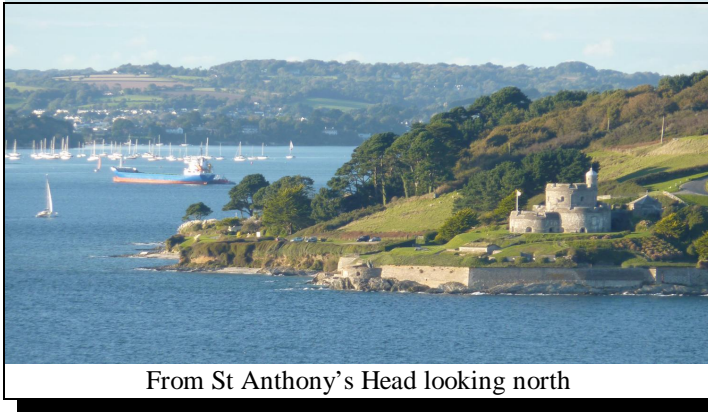
# The Cornish Classic.

South West Regional Championships  
Sponsored by  
**Roseland Paddle and Sail**



With the 2010 Series settled and sorted it was time to conclude the competitive capers and choose our champions at the Cornish Classic. So we sallied forth for a surfeit of sail sport at Saint Mawes, the small seaside town named after one of the many Celtic Saints. In Brittany he is known as Saint Malo; but then, the French are rubbish at spelling and pronunciation.

Legend has it that St Mawes (that should be Mister Mawes - he was made a saint after he died) sat contemplating life, the universe and everything when the honking of a noisy seal disturbed his thoughts. He threw a rock at the seal but missed (legend doesn't say if he tried again or if the seal took the hint and swam off) and the rock landed on top of Black Rock where it can be found today. Realising that he was a rotten shot, trying to hit something in the water and not even hitting the water, he learned to sail in stead. I also tried to do some research on St Anthony but without much success. According to Google it seems his only legacy is a lot of holiday cottages and a light house on he head.



From St Anthony's Head looking north

Travelling from Bristol any Friday is great if you get the timing right. This time I did good! I got through Bristol and onto the A38 with no problems. Once past the 'Moore

- Brabazon International Airport' the only holdup came from a horse box trailer towed behind a geriatric Landrover by a geriatric driver. Even on the dreaded M5 traffic was flowing freely so I arrived in Portscatho early afternoon to be greeted by Yvonne Bryan as she headed for the Post Office. Yvonne is a great supporter of S W racing, seeming to have a never ending supply of tea and cakes for boat drivers, race committee etc.

**FIVE**

I checked into the Treloan camp site then drove down to Percuil to meet up with Bob Warren. We loaded the club marks, ground tackle, flags etc. onto Bob's big rib ready for the morning. I decided to drive to St Anthony's Head for a bit of site seeing. As you can see, the view was amazing! Far in the distance are the moorings of Mylor Yacht Harbour. St Mawes Castle stands proud on the headland with the setting sun giving a rose tint to the grey battlements.

I drove back to Arthur's Field to find Ady and Julie parked up next to my pitch. Julie was moving things from one place to another and Ady was letting her. Eventually the van was converted from mobile department store to bungalow on wheels. Ady fixed the insulation around the cab, set up the TV Aerial, plugged in the electrickery and set about the evening meal. While I straightened up my bedsit on wheels Debs (Mrs Richards, the owner) came over and gave me a hug. "So nice to see you again!" she said. Just one more reason for stopping at Treloan Coastal Holidays.

So after a good nights kip and having made sure that sleeping beauty next door was up and about I made the short trip to St Mawes. Stop on Tredenham Road to unload and chat to the one or two early arrivals until the local traffic wardens put in an appearance. It was all very low key with some friendly advice on where to park and a reminder that tomorrow was Sunday...!?

Looking out to the west you could see white caps a plenty and it seemed good for fast and furious slalom races. The thought of a wild and windy slalom convinced some people to rig small sails and short boards but there was no way we could get to the windy bit unless we launched from somewhere else! By the time we got our committee boat, 'Gold Stag' anchored the wind had veered and was nowhere near as strong. The forecast was for the wind to build steadily all day so we pressed on with the plan. Hey-ho! Such is the life of a race officer.





Josh. St. Mawes secret weapon.

After three races the overall scores showed Tom Eskdale leading with 5 points, Bob Warren on 7 and Louis Morris on 11 points just ahead of Duncan Bryan on 12. The only other sailor to complete three races was 4.5 Team 15 clubber, St. Mawes own Josh Croft. We broke for lunch as the wind refused to build. The only thing it did which was true to the forecast was to keep going further north which provided some interesting shadows and bends. The course races should prove very interesting.

Guided by local experience (Bob Warren and Paul Grayston) Gold Stag was anchored on the north side of the harbour. Paul took the pin end mark out in the pig to lay the start line and the sight of me alone on Gold Stag grabbed the Harbour Master's interest. He came across to see what was going on but was happy with my explanation. Course laid. Skippers briefed. Everybody ready to go.

This was the first appearance at a south west event of Team Keeping! Last year Bruce Keeping showed us that his twenty year old, home built board, can still be competitive when he race his 'Sabre' at Wimbleball. For the Championship event he imported his brother Peter, from Portugal, to sail the latest evolution of sword. This cutting edge development uses the latest technology so I suppose you could call it the 'Carbon Cutlas'. Unlike anything you have seen before, it's designed to slice through the water and point up wind higher than you can imagine. Peter won the World Championships twenty years ago and obviously still loves the sport.



Peter on the Carbon Cutlas

So how would the Raceboard of the late eighties fare against the designs of the noughties? Well, pretty good, really. Peter was suffering from a severe lack of practice and fitness but at the end of the day he was pushing our established stars. After 6 races Tom was leading, one point ahead of Bob and Lee with Louis just a few points behind. Duncan was doing a Jensen by failing to finish race 6.

## SEVEN

So we packed up the kit and left St Mawes to the Emits. I called in at Trethem to see Yvonne, her mum and friends and have a cup of tea. I was careful not to eat too much of her yummy cake because of the scrummy buffet we would have at the Plume of Feathers later that evening. I like the idea of a camp site within walking distance of a pub because if I have to drive I won't drink. As things turned out, Ady insisted on driving his van and staying sober. What a great feast we had at the Plume. For the second year running I ate so much that I had no room for the fish pie which came round later; shame, it looked so good. Thanks, Bob for organising the banquet.

The next day was Sunday! Exactly as the Parking Wardens had predicted! Dawn was breaking and I was awakened by the noise. I should have seen a spectacular sun rise except for Ady's van in the way, and the fog. I remember fog from last time we were here. Is this the same fog? Maybe there are a lot of them in storage. I know there's something called a fog bank. I think that's where they keep them?

By the time we got to St Mawes the weather had improved and there was a steady northerly breeze which couldn't decide whether to blow over the hill or round it. Bob said it was ideal conditions for a Snickers Race (for those with short memories, used to be called Marathon) and when our trusty safety boat driver, Tristan, had laid the pin end mark we were all set to go. Bob had suggested a couple of laps around Lugo and Castle but the conditions were so good we did about four (I think) and got the finishers to call their laps as they crossed the line.

As the trip to Castle seemed to go so well we decided that Black Rock would be a good turn point for race number eight. We laid a smaller course for the junior fleets with T15 buoys. Charles Warren looked after the Juniors while Tristan acted as safety for the main fleet. The junior course was much shorter than the main course so first across the line was Ross Warren followed by Nick Sylvester. Lou Brown and Josh Croft both finished before the first Raceboard, Bob Warren, came home.

And so to the last race. This would be a tricky couple of kilometres up river to Percuil boat yard and back. Once again Bob and Jack headed the fleet but Peter Keeping was re-learning the skills he had twenty years ago to stay with them and finish third. If only he had the muscles he had twenty years ago!



It was so good to have fourteen Raceboards on the water. How good would it be to build up to the numbers that the London region get at their events. However, let's not forget that it's the young windsurfers we have to bring into racing for the future of the sport. I would love to see more competition in the 3.5 and 4.5 fleets as well as continued increase in the adult fleets.

## EIGHT

Thanks to all who supported SWW Championships and those who helped run the event. Special thanks to Paul for use of Gold Stag,, Bob for providing safety boats and Tristan and Charles for driving them. A very special thanks to St Mawes Sailing Club and to the Club Member who allowed Ady to park in his lay by and use his Camper Van as Race Head Quarters.

## South West Windsurfing Regional Championships

Sponsored by

### Roseland Paddle and Sail

Rank	Helm name	R1	R2	R3	R4	R5	R6	R7	R8	R9	Nett
1 <sup>st</sup> 3.5	Scarlett Croft							1.0			1.0
1 <sup>st</sup> 4.5	Josh Croft	(1.0)	(1.0)	1.0	1.0	1.0		1.0	1.0	1.0	6.0
1 <sup>st</sup> 5.8	Lou Brown	1.0	1.0		1.0	2.0	1.0	1.0	(3.0)	(Dnc)	7.0
2 <sup>nd</sup>	Ross Warren	(Dnc)	(Dnc)		2.0	1.0	Dnc	2.0	1.0	Dnc	14.0
3 <sup>rd</sup>	Nick Sylvester	(Dnc)	(Dnc)		Dnc	Dnc	Dnc	3.0	2.0	1.0	18.0
1 <sup>st</sup> 6.8	Fynn Page	(1.0)	1.0					1.0	1.0	1.0	4.0
1 <sup>st</sup> 7.8	Ross Bromhead	(1.0)	1.0	1.0	1.0	1.0	1.0	1.0	1.0	(2.0)	7.0
2 <sup>nd</sup>	Nick Welsh	(Dnc)	2.0	(Dnc)	3.0	2.0	2.0	2.0	3.0	1.0	15.0
3 <sup>rd</sup>	Jack Dalgleish	(Dnc)	(Dnc)	Dnc	2.0	Dnc	Dnc	3.0	2.0	3.0	22.0
1 <sup>st</sup> F	Charlie Milner	(1.0)	1.0					1.0	1.0	1.0	4.0
1 <sup>st</sup> IR	Bob Warren	1.0	(3.0)	3.0	(4.0)	2.0	3.0	1.0	1.0	1.0	12.0
2 <sup>nd</sup>	Lee Marrs	(Dnc)	(6.0)	1.0	3.0	1.0	1.0	3.0	4.0	2.0	15.0
3 <sup>rd</sup>	Duncan Bryan	3.0	4.0	(5.0)	1.0	4.0	(Dnc)	2.0	2.0	3.0	19.0
4 <sup>th</sup>	Tom Eskdale	2.0	1.0	2.0	2.0	5.0	4.0	(6.0)	(6.0)	5.0	21.0
5 <sup>th</sup>	Louis Morris	4.0	2.0	4.0	(5.0)	3.0	2.0	(5.0)	5.0	4.0	24.0
6 <sup>th</sup>	Zak Page	(Dnc)	5.0	6.0	6.0	6.0	5.0	(Dnc)	7.0	8.0	43.0
7 <sup>th</sup>	Mark Page	(Dnc)	(Dnc)	Dnc	Dnc	Dnc	Dnc	4.0	3.0	6.0	49.0
8 <sup>th</sup>	Gemma Grayston	(Dnc)	7.0	(Dnc)	7.0	7.0	Dnc	7.0	Dnc	7.0	53.0
1 <sup>st</sup> R	Peter Keeping		(Dnc)	1.0	1.0	1.0	1.0	1.0	(2.0)	2.0	7.0
2 <sup>nd</sup>	Bruce Keeping		(Dnc)	(Dnc)	2.0	2.0	2.0	3.0	3.0	3.0	15.0
3 <sup>rd</sup>	Hawthorn Wilson		1.0	2.0	3.0	3.0	(Dnc)	(Dnc)	Dnc	Dnc	23.0
4 <sup>th</sup>	Jack Warren		(Dnc)	(Dnc)	Dnc	Dnc	Dnc	2.0	1.0	1.0	25.0
5 <sup>th</sup>	Bruce Dalgeish		(Dnc)	(Dnc)	4.0	Dnc	3.0	4.0	4.0	4.0	26.0
6 <sup>th</sup>	Jacob Henning		(Dnc)	(Dnc)	Dnc	Dnc	Dnc	Dnc	Dnc	Dnc	42.0

NINE

# Here is a Quiz for Christmas

**Who was born on Christmas Day?** Almost certainly not Jesus of Nazareth, but Who?

**Who died on Christmas Day?**

**Who banned Christmas** - in England between 1647 and 1660?

**On Christmas Eve, 1968,** Television broadcast a Christmas Message, a reading from the first chapter of the book of Genesis. Who sent the message and from where?

**When Christ was born,** who was the Roman emperor?

**Name the eight reindeer** from the poem 'Twas the night Before Christmas' ?

**How many of the Eight Reindeer are male?**

**Name the first British Monarch** to broadcast a Christmas message to the nation?

**The Twelve Days of Christmas.** How many gifts in total did 'my true love give to me' in the song?

**Christmas Island** in the Indian Ocean is a territory of which country?

**When is epiphany celebrated?**

**Good King Wenceslas looked out, on the Feast of Stephen.** When is the Feast of St Stephen?

**December 25<sup>th</sup> is Saint .....**Day. She is remembered in Wilton, Wiltshire, as the foundress of the abbey there in the year 800.

**What do Santa's little helpers have for lunch?**



**Answers will be revealed at the Prize Presentation in on March 19<sup>th</sup>.**

TEN

## Plan Ahead and make the most of your training and racing opportunities.

Whatever you want out of windsurfing you need to find out as much as you can about the sport to be sure you are making the right decisions. Everyone who has tried racing agrees that you learn quicker through racing than just sailing back and fore on your own. South West Windsurfing Club was created to provide learning opportunities to windsurfers of all ages through training and racing. Running events at Sailing Clubs throughout the South West gives a wide range of venues and conditions adding to your knowledge and skills. Social evenings at clubs or campsites adds to the experience.

This calendar will help you to plan your year. All known course race and training events are listed and colour coded for easy reference. As a general rule your experience and ability will determine which events will be suitable for you to enter. As a guide:-

Team 15 events are fun for all young windsurfers from seven or eight to fifteen years old. Teams are split into fleets according to the size of the sail being used so even the smallest competitor can be a winner.

Whether you belong to a Team 15 club, a Sailing club, a Windsurfing club or no club at all, South West Windsurfing is where you can get extra coaching, more time on the water and expand your circle of friends. South West Windsurfing Club events are suitable for all ages, especially mums and dads. We run a Raceboard fleet and a Fun fleet for youth and adult windsurfers. If you are under 15 and can sail round a triangle you can join the South West Windsurfing Club. You will receive extra training on Saturdays and gain valuable racing experience on Sundays. Your windsurfing will improve very quickly and soon be ready to try for a place in the Zone Squad.

If you are selected for the South and Southwest Zone Squad you will receive coaching at weekend sessions between November and April. You will also compete in the Eric Twiname Championship, a team competition for junior classes of windsurfers and dinghies.

As you gain experience you may want to compete in National events. The UK Windsurfing Association run a series of events on lakes around the country. This would be a good series to try before going on to the Cup Series which are held on the sea.

UK Windsurfing is the National Association for windsurf competition. They run racing and have links to speed, freestyle and wave events around the United Kingdom. Their website gives all the information you need to compete:- See <http://ukwindsurfing.com/>

**ELEVEN**

Date	2011	Location	Organiser	Description
Jan	15 - 16	Weymouth PSA	RYA Zone	Squad Training
Feb	5 - 6	Roadford	RYA Zone	Squad Training
Mar	12 - 13	Bristol C Y C	RYA Zone	Squad Training
	<b>19 - 20</b>	<b>TBC</b>	<b>South West W C</b>	<b>Training</b>
Apr	16 - 17	Northampton SC	UKWA Midlands	Inland Series 1
	<b>16 - 17</b>	<b>TBC</b>	<b>South West one</b>	<b>Training / Racing</b>
	20 - 22	Weymouth PSA	RYA Zone	Squad Training
	30 - May 1 - 2	Weymouth PSA	UKWA National	Cup Series 1
May	7 - 8	Rutland Sailing Club	RYA	Zone Squad teams
	14 - 15	Derwent Res. SC	North-West	Inland Series 2
	<b>14 - 15</b>	<b>TBC</b>	<b>South West two</b>	<b>Training / Racing</b>
	21 - 22	Calshot	RYA Zone	Squad Training
	28 - 29 - 30	Minnis Bay	UKWA National	Cup 2 / NSC
Jun	4 - 5	TBC	SW Team 15	Inter-Club 1
	11 - 12	Whitwell SC	UKWA Midlands	Inland Series 3
	11 - 12	Whitwell SC	RYA & MWA	Nat Junior Champs.
	<b>18 - 19</b>	<b>TBC</b>	<b>South West three</b>	<b>Training / Racing</b>
	25 - 26	Mumbles	UKWA National	Cup Series 3
Jul	2 - 3	TBC	SW Team 15	Inter-Club 2
	9 - 10	Bridlington	UKWA National	Cup Series 4
	<b>16 - 17</b>	<b>TBC</b>	<b>South West four</b>	<b>Training / Racing</b>
	23 - 24	TBC	SW Team 15	Inter-Club 3
	<b>30 - 31</b>	<b>TBC</b>	<b>South West five</b>	<b>Training / Racing</b>
Aug	1 - 4	Pitsford Res	Techno Class Assoc	Training Camp
	6 - 7	-----	-----	-----
	<b>13 - 14</b>	<b>TBC</b>	<b>South West six</b>	<b>Training / Racing</b>
	20 - 21	-----	-----	-----
	27 - 28 - 29	-----	-----	-----
Sept	3 - 4	TBC	SW Team 15	Inter-Club 4
	10 - 11	Farmoor	London UKWA	Inland Series 4
	17 - 18	Christchurch	UKWA National	Cup Series 5
	24 - 25	TBC	RYA	Zone Champs
Oct	1 - 2	Weymouth PSA	RYA & UKWA	Youth & Masters / Cup
	8 - 9	-----	-----	-----
	15 - 16	Whitwell SC	Midlands UKWA	Inland Series 5
	<b>15 - 16</b>	<b>TBC</b>	<b>South West Region</b>	<b>Championships</b>
	15 - 21	Weymouth PSA	UKWA National	Speed Week
	22 - 23	-----	-----	-----
	23 to 28	Cagliari, Sardinia	ISAF RS:x Techno	Europeans.

## TWELVE



*Wishing you a very merry Christmas,  
Fair Winds and  
Good Sailing in  
Two Thousand and Eleven*