

# *Lasernews*

MAY 76

*At Last – The 1976 Version of*

# **“THE LASER BOP”**

**MIDDLE HARBOUR 16' SKIFF CLUB**

**FRIDAY, MAY 28<sup>TH</sup> 8:00 - 2:00**

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*THE BAR WILL BE OPEN  
FOOD WILL BE PROVIDED*

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*Competitions – Raffles – Record Requests*

**ONLY \$3:00 FOR BLOKES**

**\$2:00 FOR GIRLS**

**BRING ALL YOUR FRIENDS**



PAGE 2

THE N.S.W. & A.C.T. DISTRICT LASER  
ASSOCIATION WISHES TO CONGRATULATE ITS  
MEMBERS

IAN GIBSON  
GEOFF GALE  
DAVID CATTERNS  
JOHN DORLING  
BRAD JOHNSTON

FOR GAINING SELECTION FOR THE FORTHCOMING  
WORLD TITLE IN GERMANY

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SOUTH PACIFIC CHAMPIONSHIPS - LAKE TAUPO

NEW ZEALAND.

This is a story of a 'mozza'. After the invitation race, Mark ('tres uncool') Phillips ruined all Australian chances with these few words "We've come all this way for a Club race". The moral of this is: Don't win an invitation race - Aussies won 8 out of 10 places in this race and then proceeded to sail badly, except for Brad "Aggro" Johnston, for the rest of the series.

This series was notable for two things. Barry Thom had to sail in the last race in a Laser series for the first time, and John Dorling showed that, given the right conditions (60 degree wind shifts and N.Z. women) can be beaten.

Lake Taupo is the sixth largest lake in the world. It had your postcard snow-clad mountain and volcano neatly arranged in the distance. The water was cool (cold) and fresh and tasted nice on the mainsheet.

It was a bit of a problem to steer around the floating rocks and to get the boat to plane in the denser or less dense (or whatever) water.

As well as the 16 well behaved and good looking Aussies, there were 5 drunken bums from New Guinea, 2-470 heavies from Singapore and 1 Western Samoan. The Taupo Yacht Club and the whole town (except the fishing licence inspector) really gave us the treatment we deserved as famous International yachtsmen.

RACE ONE

About 8 knots. God punished Mark Phillips with a 14th. Paul Page, a 7 foot New Zealander (oh God, I hate those tall bastards who foot over the top of you), won from Jack Back and Dave Catterns who did dreadful things to each other all race (it comes from talking to Brad Johnston). Barry Thom 5th, Dorling 6th, Gale 7th, Johnston 12, Dereck Adams 13.



RACE 2

I can't remember the race at all, except that Julian Yeo capsized while in front. Pat Costello won, Ian Treleaven 2nd, Mr. NG, from Singapore 3rd, Barry Thom 4, John Dorling 5, David Catterns 6, Kevin Hazelgrove 13, John Back a Suicide at 32, Phillips being more heavily punished 27, for a clear victory in the "who sleeps on the floor" contest, Barnes 9, Neil Bourke 21, Geoff "I wish I was surfing" Gale 31.

RACE 3

Light and turned into a soldiers' course. Brad Johnston gained vast distances on the reaches and won by miles. Barry Thom showing the consistency that wins series 2nd, Phillips showing the spiritual benefits of the floor 3rd, Dorling (wait for it) 40. Barnes 8, the dreaded Muzza Bocock, starting to show his boring consistency 5. Julian Yeo, the other Singapore sailor 4. Also showing boring consistency was Peter Griffiths of N.Z. with a 10th to add to his 4th and 8th.

RACE 4

A bit of a blow.

Paul Page won from Peter Griffiths, Barry Thom 3, Gale 4, Dorling 7.

RACE 5

The light air flyer from Singapore, Mr. NG, showed a brilliant port end start and won easily from Laurie Hope and Julian Yeo, Phillips 7, Back 8 and Johnston 9.

RACE 6

An agonising one hour drift for the first leg. Arthur Barnes showed great style to win when the breeze came in. The Giant Mouse - 16-stone Mick Du Chateau hung in there in the light and though overpowered in the breeze, managed a big 17th. Elderly Bill Thompson followed Arthur (a bit suspicious some thought), then Bocock and the rest of the fleet was pretty bad tempered.

RACE 7

Again light and dreadful. Brad Johnston worked cleverly up a 15 yard wide funnel of breeze on the first work and was never headed. Barry Thom was happy with a second and the series.



Results of Heat One

SOCCER - N.Z. 2 - OZ 1

POOL - Gale and Catterns still World champs.

SUMMARY - If you don't go to the South Pacifics, wherever they are, your're a mug.

Report by D. Catterns.

Place	Sail No.	Name	1	2	3	4	5	6	7	TOTAL	CNTRY
1	26433	B. THOM	5	4	2	3	11	12	2	46.7	KZ
2	33836	B. JOHNSTON	12	11	1	8	9	21	1	64	KA
3	32497	P. GRIFFITHS	4	8	10	2	14	16	5	71	KZ
4	19823	M. BOCOCK	16	7	5	6	10	3	13	75.4	KZ
5	32446	P. COSTELLO	9	1	17	17	23	7	7	87	KZ
6	23375	L. HOPE	11	44	6	11	2	33	4	95.7	KZ
7	26464	P. PAGE	1	29	24	1	6	15	DNF	97.7	KZ
8	14185	D. CATTERNS	3	6	12	28	16	5	26	99.4	KA
9	30703	M. PHILLIPS	14	27	3	9	7	DNF	11	103.7	KA
9	32310	J. DORLING	6	5	40	7	29	4	20	103.7	KA
11	14222	A. BARNES	23	9	8	14	27	1	21	105	KA
*****											
16	30752	J. BACK								141	
18	12812	G. GALE								158	
25	15087	D. ADAMS								183	
27	26548	D. BENTLEY								192	
31	16053	K. HAZELGROVE								202	
43	14881	A. HARLAND								267	
51	23426	M. DU CHATEAU								300	
52	14294	N. BOURKE								301	
71	24853	MS. L. HARLAND								434	

TEAM POINTS            NEW ZEALAND            1071.2  
                           AUSTRALIA                1351.8

THE AUSTRALIAN LASER CHAMPIONSHIPS

THE VENUE - Black Rock Yacht Club, Melbourne - THE REASON - The Australian Champs - THE QUEST - for cubes and 7 trips to Kiel.

THE CONTESTANTS - 80 of Australia's best - THE RACING -

Unbelievably close over good courses in generally windy conditions.

HEAT 1

A 10-15 knot northerly, nasty wind chop, an anxious fleet, a

leeward end favoured line resulted in one hell of a 'God damn

Yacht Race'

.../6



Results of Heat One

- 1. G. GALE
- 2. I. GIBSON
- 3. G. LINACRE
- 4. P. BURFORD
- 5. T. DORNING

HEAT 2

0-1 - all directions. Bill Brownlee was only 2 minutes from the line when the 3 hour limit expired. The fleet returned to

the beach frustrated.

HEAT 3

0-1 - all directions. This time it was Andrew Foulkes' to have his big moment ruined, 2 minutes also from the line. The fleet returned to the beach Neurotic. AGAIN NO RACE!!!

HEAT 4

A 15-20 knot westerly, with waves increasing by the minute made the heavyweights live again after the day before. This race saw a lot of the heavies overlay the windward mark and a lot of boats 'pond' at the gybe.

- 1. GALEY
- 2. GIBBO
- 3. BURF
- 4. D. CATTERNS
- 5. LINNO

HEAT 5

This race was scrubbed due to committee error in laying substitute windward mark as wing mark, which almost half the fleet took as being the windward mark. A protest was lodged by Garry Linacre, Tim Dorning and Mark Phillips on the grounds that they were materially prejudiced by the error and their protest was upheld. The protest Committee decided not to abort the race but to substitute a result that was the average of all the other results of each competitor throughout the series.

HEAT 6

This race was sailed in a sick and shifty (5-8 knots) southerly



By winning this race Peter Burford only had to beat Gale and Gibson, who both had bad races, in the final heat. Second in this race and showing his form at last was Brad Johnston

- 3. J. DORLING
- 4. D. CATTERNS
- 5. A. FOULKES

HEAT 7

A good 10-15 knot souwester greeted the fleet who required 2 general recalls before they could get going. Barry Thom, the Kiwi, who had spent all week in bed with Gastro, recovered to win this race. Peter Burford sailed his usual excellent race for second and the series.

- 3. TIM DORNING
- 4. A. FOULKES
- 5. I. GIBSON.

1 0  
 2 3  
 3 5.7  
 4 8  
 5 10  
 6 11.7  
 7 13  
 8 14.7

From this series South Australian Peter Burford, New South Welshmen Ian Gibson, Geoff Gale, David Catterns and John Dorling, Western Australian Graham Lillingston and Victorian Andrew Foulkes will attend the World Laser Championships in Kiel, Germany, and we wish them the best of luck.

*Best 3 of 4*

ED.

THE POINTS SCORE

PLACE	SAIL NO.	NAME	1	4	5	6	7	PTS.	STATE	
1	12845	P. BURFORD	4	3	1	2	12.88	8.7	S.A.	
2	33895	I. GIBSON	2	2	30	5	29	21.7	N.S.W.	
3	32309	G. GALE	1	1	26	14	33	23	N.S.W.	
4	35678	D. CATTERNS	10	4	7	16	45.5	45	N.S.W.	
5	32310	J. DORLING	12	7	4	9	46.63	47	N.S.W.	
6	23468	G. LILLINGSTON	6	10	11	7	55.13	57.7	W.A.	
7	12818	A. FOULKES	15	21	6	4	55.5	50.7	VIC.	
8	30703	M. PHILLIPS	9	8	16	8	59.25	65	N.S.W.	
9	24872	T. MANNING	7	11	27	6	60.38	74.7	VIC	
10	33836	B. JOHNSTON	13	17	2	19	62.5	80	N.S.W.	
11	32330	G. LINACRE					64.5		VIC	
12	12848	T. DORNING					69		VIC	
13	23457	F. BUCEK					76		VIC	
14	33835	R. LOWNDES	23	9	5	28	13	87	73	NSW
15	30711	P. YEOMANS					87.75		NSW	
16	14197	J. GAUNT					97		WA	
17	14115	I. DIXON					102		SA	
18	23462	A. BELL					103		WA	
19	23216	YEO NGAIE-HOE					104		WA	
20	14159	M. STOVIN-BRADFORD					107		NSW	



21.	JOHN GLEESON	51.	J. LUTHER
22.	C. EASTAUGH	52.	D. PAYNE
23.	C. POOLMAN	53.	T. MEHAN
24.	R. McDONALD	54.	A. JOHNSTON
25.	W. PHILLIPS	55.	R. MUNDLE
26.	A. BARNES	56.	B. ROSS
27.	P. WILKINSON	57.	F. BORGHOUTS
28.	D. WOODS	58.	D. BENTLEY
29.	K. MCCOLL	59.	T. HUNTER
30.	J. BACK	60.	A. BUTCHER
31.	J. ADAMS	61.	I. DILLAWAY
32.	K. WADHAM	62.	M. O'KEEFE
33.	N. WITTEY	63.	L. BEATTIE
34.	A. LYNAR	64.	A. GRIFFITH
35.	J. COATES	65.	T. CARRUTHERS
36.	G. GILBERT	66.	R. WILLIS
37.	B. THOM	67.	J. POUND
38.	G. PEARSON	68.	D. STEWART
39.	R. WALLACE	69.	F. TILBURGS
40.	R. HEALEY	70.	P. FARNILL
41.	I. PITT	71.	B. BROWNLEE
42.	B. WHITE	72.	J. HURST
43.	J. PRESNEL	73.	J. O'MAY
44.	R. MOORE	74.	W. BOVIS
45.	S. DEUSSEN	75.	J. HAMMOND
46.	G. BECHET	76.	P. MILEWSKI
47.	D. MORGAN	77.	C. DOBSON
48.	A. MASON	78.	N. WITTEY
49.	R. MARSHALL	79.	D. FORD
50.	N. PLUMBRIDGE	80.	R. LEE
		81.	R. MEIK
		82.	J. HODDER

In conjunction with this a silver fleet event was held and the first 10 placings for this were:

1.	E. HODGETTS	6	PTS.
2.	N. YOUNG	11.4	
3.	A. MCCLURE	35.1	
4.	W. DIXON	36	
5.	J. BAGSHAW	40	
6.	B. BRUNTON	44.7	
7.	P. MADDERN	51.7	
8.	C. MACAULAY	61.7	
9.	D. BLAKE	65.7	
10.	R. DE BERNARDI	69	

AUSTRALIAN LADIES' CHAMPIONSHIPS

Firstly the Association would like to thank:

- KERRIE KILPONEN
- MARK PHILLIPS
- PHIL YEOMANS
- JOHN HURST



KEVIN HAZELGROVE                      KEVIN WADHAM  
 WARWICK PHILLIPS                      DENIS O'NEIL  
 ANDREW MASON                              DAVE BENTLEY  
 PAY JOYCE                                      and              DON SHARP

for the use of their boats for the series.

Below report from Lyndall Coxon on the Ladies' Champs.

"The ladies were sailing on Rose Bay over the weekend of 20-21st March. The competition was keen. The breeze light and spectators were there en masse. Everybody had a lot of fun and a most successful series.

Friday night, opening night, the competitors mingled at a cocktail party, weighing up the opposition, discussing boats, consuming food and trying not to predict the following days sailing. We had a beaut time and were given our official Qantas "attache cases" - with code flags, courses, T-shirts and of course, perfume! It was early to bed for most in preparation for the next day's sailing.

Saturday morning there was a very light 0-6 knots breeze. After a slow start, the race was shortened, the winner being Tammy Miller from N.S.W. (sailing Andrew Mason's Laser. Second was Jennie Merrington, N.S.W., in her blue GT-stripped borrowed boat. Third place went to Karen Davis.

The afternoon's race proved a victory to Nicki Bethwaite - who sailed well in the 4-8 breeze having led all the way after a good start. Sue Savage, Queensland, (in Mark's Freddie Fudpucker) picked the shifts well to come in second. Vanessa Dudley was third in this heat.

Saturday night - more celebrations with a steak and prawn night at Woollahra Sailing Club. This was another good night!

Sunday morning the wind was stronger very early. Some of us went out with weight jackets, we gave them to the support team just before the start as the breeze dropped to 8-10 knots. Vanessa Dudley won this heat, Jennie second and Patrea Heathwood (Qld) finished third.

Into the final heat, anyone of five girls could have taken out the series. Vanessa proved very strong to win well from Nicki, with Tammy in third spot. The excitement as places were worked out! and Vanessa was outright winner with Jennie Merrington slipping into 2nd place by  $\frac{3}{4}$  point from Nicki Bethwaite and Tammy Miller.

Vanessa and Jennie won trips to Holland to sail in the World Womens' Champs to be sailed in 420 class boats in the European summer. Congratulations and good sailing.

Gai Lee was very consistent in this series to finish 5th overall



- well done Gai. Prue Vasey sailed well in the light breezes in "Harvey Wallbanger" in each race. Keep up the good sailing Prue!  
 "Ethel" and Anne Hooper sailed well over the weekend. My own boat "Beazel Bomb" trailed the field but I'm looking forward to sailing in such a fun regatta next year.

The highlight of the series were the cheer squads, team and shore managers, especially from the Laser crews - thank you Mark, Phil, Jo, Andrew, Bill, Kevin, Nifty and everyone else for your support at all the marks (except when checking out the talent on the far side of the island), finishers, starts, on shore and for keeping the beer cold (by drinking it quickly).

Thanks Laser owners who lent their boats to the ladies - they were very much appreciated. Thanks to QANTAS, Modern Boating, P.S.A., all organisers, starters, finishers, weather organisers and especially to Tony James and Mark Phillips for their splendid work in looking after the girls.

I hope that this series may become an annual event for ladies in Lasers. - Lyndall Coxon

WOMEN'S CHAMPIONSHIP POINTSCORE

1.	VANESSA DUDLEY	4.5	PTS.	NSW.
2.	JENNY MERRINGTON	9		NSW.
3.	NICKI BETHWAITE	9.75		NSW.
4.	TAMMY MILLER	9.75		NSW.
5.	GAI LEE	14		NSW.
6.	SUSAN SAVAGE	15		QLD.
7.	PETREA HEATHWOOD	19		QLD.
8.	MARGARET HOWES	21		NSW.
9.	ROSEMARY COLAHAN	24		VIC.
10.	SALLY COLAHAN	28		VIC.

TRAVELLERS' TROPHY

HEAT 6 - Palm Beach Sailing Club

The race was sailed in a shifty nor-easter with a lot of holes. The finish was very close with the first 4 boats finishing within 4 seconds.

1. ANTON LYNAR
2. BOB LOWNDES
3. ROB MUNDLE
4. GEOFF PEARSON
5. ANDREW MASON

HEAT 7 - WOOLLAHRA SAILING CLUB

Gai Lee 11/... overall



WOOLLAHRA SAILING CLUB C'T'D

35 boats started in a 8-10 knot nor-easter. The fleet was split up by a hole on the first reach having to go around a 100' tanker as a bottom mark. The placings were:

1.	A. BARNES	18.	M. STOVIN-BRADFORD
2.	J. DORLING	19.	I. TAYLOR
3.	M. PHILLIPS	20.	S. REUBEN
4.	I. GIBSON	21.	J. BUNTING
5.	D. GOWER	22.	J. MUYSKEN
6.	MISS V. DUDLEY	23.	J. BACK
7.	P. CRAVEN	24.	G. GILBERT
8.	D. BENTLEY	25.	H. HORNIBROOK
9.	MISS G. LEE	26.	P. OKKERSE
10.	R. LOWNDES	27.	W. MASON
11.	P. YEOMANS	28.	D. GOODE
12.	D. BOYLE	29.	MISS A. HOOPER
13.	G. PEARSON	30.	A. CIRIGOTTIS
14.	G. BEATSON	31.	A. GEMES
15.	A. KIRK	32.	P. BUTCHER
16.	R. COTTRELL	33.	C. GIBSON
17.	A. LYNAR	34.	MISS V. WILLMAN
		35.	G. WITTEY

HEAT 8

SOUTHERN ZONE CHAMPIONSHIP - CONNELL'S POINT SAILING CLUB.

Each heat provided a different winner in the variable conditions. This kept the interest high and the points close. Overall positions were as follows:

1.	N. WITTEY	21.	C. BOVIS
2.	G. PEARSON	22.	C. LANGDON
3.	A. HOWARD	23.	W. MASON
4.	D. MARTIN	24.	H. ROGERS
5.	G. GILBERT	25.	J. SMITH
6.	D. GIBSON	26.	A. VOGES
7.	G. COOKE	27.	R. COTTRELL
8.	A. KIRK	28.	W. BOVIS
9.	D. PAYNE	29.	G. MAVER
10.	J. MCCURRICH	30.	I. STEWART
11.	D. GOODE	31.	M. HARRIS
12.	K. HAZELGROVE	32.	G. PATTERSON
13.	G. WITTEY	33.	LYNDAL COXON
14.	D. DICKER	34.	M. ORROCK
15.	BODE	35.	N. BARKER
16.	A. ABICHT	36.	H. FLEMING
17.	M. STOKES	37.	P. MILEWSKI
18.	P. FARNILL	38.	S. LAMBERT
19.	K. HAMPBRIDGE	39.	R. HILL
20.	B. KEIGHAN	40.	M. TUMETH
		41.	J. CAIN
		42.	C. HASKARD
		43.	C. ANDERSON
		44.	W. PHILLIPS



WOOLAHRA SAILING CLUB C'T'D

45. K. KENDRICK  
 46. T. MAGRATH  
 47. D. ROBINSON

TRAVELLERS TROPHY - FINAL PLACINGS

8 HEATS - FIVE TO COUNT

PLACE	BOAT NO.	NAME	1	2	3	4	5	6	7	8
1	14222	A. BARNES		1	2	5	1		1	
2	30703	M. PHILLIPS		4	1	3	3		3	
3	30711	P. YEOMANS	1		8	2	2		11	
4	32392	G. PEARSON	5	9		13	8	4	13	2
5	26548	D. BENTLEY	3	3	6	8			8	
6	30707	G. GILBERT	5	23	16	15	13	7	24	5
7	14299	D. GOODE	5		13	12	27		28	11
8	23493	A. LYNAR				11	10	1	17	
9	9959	R. COTTRELL		14			17		16	28
10	24989	W. PHILLIPS	5	5	5					45
11	12869	H. ROGERS		21		16	24			24

Congratulations to Tony Barnes for being the fastest traveller and Graham Gilbert for being the best traveller. Trophies for these two and for second and third will be presented at the 'dance' on May 28.

UPPER HUNTER SAILING CLUB REGATTA

LAKE LIDDELL - MUSWELLBROOK

1. HOWARD ROGERS
2. ANGUS CAMPBELL
3. TONY CHAMBERS

Wind - 20-25 knots

PITTWATER CHAMPIONSHIPS - R.P.A.Y.C. CLUB CHAMPS

This was a 6 heat series with four to count. It was sailed over 3 weekends in varying conditions -

1. I. GIBSON
2. M. PHILLIPS
3. J. BACK
3. D. CATTERNS

R.P.A.Y.C. members had a successful season with Geoff Gale, Dave Catterns (el presidente) and Brad Johnston winning trips to Kiel. Mark Phillips is the 1975/76 Club Champion.



BALMORAL REGATTA AND CLUB REPORT

A very successful season just ended at Balmoral with 5 cubes being won by its members. These achievements reflect the growing standard of racing at the club.

With experience to be gained by Ian and John at the Worlds at Kiel, and the prospect of 40 starters next season, some great club racing seems assured.

RESULTS SUMMER SEASON

CLUB CHAMPIONSHIPS

1.	WARWICK PHILLIPS	24989	2460 PTS.
2.	GRAHAM GILBERT	30707	1839
3.	PAUL MILEWSKI	23406	1825
4.	RAY COTTRELL	9959	1718
5.	DAVID PAYNE	30766	1661

'A' DIVISION POINT SCORE

1.	WARWICK PHILLIPS	1280	PTS.
2.	GRAHAM GILBERT	1122	
3.	RAY COTTRELL	1058	
4.	ANDREW KIRK	959	
5.	DAVID PAYNE	958	

'B' DIVISION POINT SCORE

1.	R. BRADING	1271	PTS.
2.	P. LAWSON	1245	
3.	H. ROGERS	1124	
4.	R. LUSCOMBE	839	
5.	C. O'NEIL	804	

WINTER RACING.

The Winter Season commenced Sunday, 1.5.76 and will continue through to July 4, with races starting at 11.0 a.m. Visitors will be most welcome.

Warwick Phillips.

CONNELLS' POINT CLUB REPORT

The Connells Point fleet has grown considerably this season as has the standard of competition. There is not one single boat in the fleet who does not have a "very friendly" arch rival on the water.

Our usual fleet is about 23 give or take a few and next season we are hoping for at least 40 boats.



Our Club Championship has been decided with Nev Wittey in Little Demon coming in first, then Warren Bovis in Slock for second and Andy Howard in Cheshire Cat close behind for third place.

We have also established our own very successful private Laser meetings at private homes where we discuss both the serious and social side of Laser racing.

NEV WITTEY

### VAUCLUSE YACHT CLUB REPORT

Vaucluse have just completed a tremendously successful summer racing season.

This is the first year that Lasers have been sailed at Vaucluse and from zero boats last August we now have 13 active members.

Saturday arvo races have attracted regular attendance from Woollahra and Balmoral members and even Greg Patterson from Narrabeen Lakes is sailing. Club members are supplied with a key to enable them to take out their boats at any time, with the result that many members sail Wednesday evenings during daylight saving.

Lock-up boat storage means boats are well protected and boats may be launched from the ramp or beach.

We are aiming for a Laser membership of 30 by the end of next season, so anyone interested in joining should contact Joe Chadwick at 335-005 Office, or 32-0751 (private) for details.

Good sailing!! Joe Chadwick.

### WORLD CHAMPIONSHIPS 75/76

The N.S.W. and A.C.T. District Laser Association finds itself in the position of having to find funds to send 5 of its members to this year's World Championships and unfortunately, as we are unable to use Association funds, we are about to embark on a fund raising campaign.

Firstly, the big night is advertised on the front page (it is very important that all members make an effort to attend with a few friends to make this a big night). Secondly, we intend to buy a Laser and raffle it. Tickets will be available at the "Big Bop" and also from your Club Captain or from P.S.A. for \$2.00.

### WORLD CHAMPIONSHIPS 77/78

The N.S.W. Association has had approval from the national body to apply for the 77/78 World Championships, and has done so. The suggested programme is November 26-December 4, 1977. Port Stephens N.S.W. The Australian Champs to be held over the period just prior to the Worlds, also to select Aussie reps. The overseas competitors to take part in a separate regatta with races starting



10 minutes after each Australian championship heat. More on this later.

Tell all your friends to buy a Laser and start practising (you might even do some yourself).

WORLD YOUTH CHAMPIONSHIPS

Nev Wittey, from you know where, was top Junior in Melbourne and gained selection for the Youth Championships.

CYC WINTER SAILING

The CYC's Winter Point Score series starts on May 30. The races are to be sailed every Sunday at 11.0 a.m. Further details available at phone 32-9791.

FORTHCOMING ATTRACTIONS

COFFS HARBOUR YACHT CLUB, COFFS HARBOUR - NOTICE OF RACE, LASER REGATTA.

The Coffs Harbour Y.C. proposes to hold the Third Annual Banana Bender Regatta over the June long weekend.

THE PROGRAMME

SATURDAY	12th June	2.0 p.m.	Heat 1
SUNDAY	13th June	10.0 a.m.	Heat 2, 3
		2.0 p.m.	Heat 4, 5
MONDAY	14th June	10.0 a.m.	6

The Third and Fifth heats on Sunday will be held immediately all competitors have finished the second and fourth heats.

BRIEFING - SATURDAY 12.00

Should weather prohibit sailing outside the Harbour (as last year) a course will be set within the Harbour.

There will be a barbie at the Club on Saturday night.

This is a beach entry regatta with \$6.00 covering the series.

LAKE KEEPIT SAILING CLUB - KEEPIT KOOL REGATTA

R. (Printed) Tidder,  
 Nominal and Very Honorary  
 Secretary,  
 Lake Keepit Sailing Club,  
 P.O. Box 588,  
 GUNWEDDAH, N.S.W. 2380

\*\*\*See Page 16

Tel: 422122 (Office)  
 421627 (Home)  
 STD. 067



- WHERE:** Lake Keepit Sailing Club, Keepit Dam.
- WHEN:** Queen's Birthday Weekend 12th - 14th June, 1976.
- HOW:** When sailing North turn 45 degrees to Port at South West Rocks, continue sailing some distance until you land in Keepit Dam, or by road, 24 miles from Gunnedah, 35 from Tamworth.
- WHY:** Good sailing, good country hospitality, good food, good booze, good nights (bring your own comforter).
- CLASSES:** Any, even kindergarten.
- HANDICAPPING:** Modified Victorian Metre-stick, using sliderule sextant and thumb (anyone found hitching a ride loses 10 places).
- BEDDING:** Motels in Gunnedah or Tamworth. On site vans at Keepit Caravan Park (ring Keepit Dam Post Office to book and book very early. Some tents available. Advise L.K.S.C. Secretary early. Floor boards in Keepit Clubhouse.
- PROGRAMME:**
- |          |     |       |                      |   |
|----------|-----|-------|----------------------|---|
| Saturday | 12. | a.m.  | Register.            |   |
|          | 12  | 1.00  | Briefing.            |   |
|          | 12  | 2.00  | Invitation Race.     | (Diss iss not an invitation, you will enter dis race. |
| Sunday   | 13  | 10.00 | Heat 1.              | (Why we call them                                     |
|          | 13  | 2.00  | Heat 2-up the river. | (heats in the middle of winter I'll never know.       |
| Monday   | 14  | 9.30  | Heat 3.              |   |
| Monday   |     | P.M.  | Thats it folks.      |   |
- FOOD:** Will be on tap. Sorry only New or in cans. A canteen will also be run. (This will be for the 1st Maiden Welter, other nominations welcome).

LAKE KEEPIT SAILING CLUB - KEEPIT KOOL REGATTA

R. (Phred) Fiddes,  
Nominal and Very Honorary  
Secretary,  
Lake Keepit Sailing Club,  
P.O. Box 588,  
GUNNEDAH. N.S.W. 2380

Tel: 422122 (Office)  
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STD. 067



PHYSICAL FITNESS

GREENWICH FLYING SQUADRON, BAY STREET, GREENWICH. LASER WINTER RACES -

DATES - FIRST SUNDAY OF EACH MONTH  
STARTING TIMES - 12.30  
COURSES - COURSE MAPS AVAILABLE AT CLUB  
ENTRY - \$1.00 PER RACE - \$2.00 FOR SERIES - BEACH ENTRIES

SPUNKY BUM REGATTA, R.P.A.Y.C., SUNDAY JUNE 6

YES, FOLKS, ITS ON AGAIN, THE INFAMOUS SPUNKY BUM REGATTA. THE RULES ARE SIMPLE, YOU MUST HAVE A SPUNKY BUM CREW. THE SPUNKY BUM TO BE JUDGED BY THE COMMITTEE (THERE MUST BE LURKS AND PERKS -ED)

OTHER EVENTS INCLUDE -

- \* A slalom race - only if its windy
- \* Spunkies skippering, heavies as crew
- \* Backwards Sailing Race
- \* Kerrie's Kitch Korner Prizes again to be awarded

There will be a B.Y.O. Barbie afterward - films, and grog for sale. YOU CAN'T MISS THIS ONE!!!!!!

THIS ARTICLE DEDICATED TO GIBBO, GALEY, CATTS, EEPS AND J.D.

Guten Tag. Wie Spat ist es?

Es Ist Elf Uhr.

Ist das Mittagessen Fertig?

Nain, noch night

PHYSIOLOGY

Der zug nach kiel kommt um viertel nach zwolf an, nicht wahr?

YA!!

TRANSLATION

Good day, what time is it?

It is eleven o'clock

Is lunch ready?

No, not yet.

The train to Kiel arrives at a Quarter Past Twelve, doesn't it?

Yes.

MARK PHILLIPS (ED)

V.C. to K.K. for typing this boring epistle!!



PHYSICAL FITNESS

There are many factors that influence sailboat racing performance. Assuming that you are interested in winning, you must research every facet.

One such aspect is Physical Fitness. It cannot be ignored no matter what type of boat you sail and what age you are. You must devote just as much drive to getting yourself suitably fit as you do to preparing your boat.

Fitness is a general term and a certain level of fitness should be the aim of the competitive sailor. This level is the degree of fitness that will allow you to race in a series of races so that physical limitations or discomfort are not a factor in determining the outcome of the series or of a single race.

FITNESS

Fitness is not only strength. Basically there are three categories of fitness - ENDURANCE, STRENGTH and FLEXIBILITY.

Endurance fitness is the ability to persist in physical activity and to resist muscle fatigue. You need not be operating at maximum output continually. This is the type of fitness that sailors generally should strive to accomplish.

Absolute strength is necessary in sailing in some rare instances, for example in sailing boats in which a force has to be exerted against a heavy load. However in sailing any boat it is desirable to have a "minimum quantity" of strength.

Flexibility is the range of possible movement in a joint or series of joints and sailing will require this category to some extent in some parts of the body.

The boat requiring hiking with no hiking assists such as trapezes and sliding seats where wet clothing is allowed needs the main emphasis placed on endurance training. Such boats are the Finn and Laser.

PHYSIOLOGY

Imagine that you are hiking your boat in a good breeze; you have put on all the allowable weight in wet clothing and you have to hang out for the whole windward leg, approximately 20 minutes. The weight of the upper part of your body (where you should have most of the added weight) is pulling on your abdominal muscles. Your quadriceps muscle on the front of your thigh is in tension holding the greater part of your body outside the boat. The pressure exerted by the side deck and gunwale is starting to occlude the main blood vessels of the legs and you feel "pins and needles" in your toes.

When muscles operate they utilize fuel which is glucose and break this down with the aid of oxygen into energy for muscle contraction and waste products. The waste products if left to accumulate, cause muscle cramps, forcing you to bring your weight inboard and thus slow.

When the glucose level is reduced in the circulating blood the muscle still requires glucose to operate. Glycogen, which is a form of stored glucose present in the muscle, spleen and liver is mobilized and broken down in the muscle to yield glucose. Glycogen stores, once depleted, can take several days to be replenished. Therefore it is desirable to maintain the glucose level of the circulating blood so that the glycogen stored is preserved.

Hiking without a trapeze occludes the blood vessels to the lower limbs and thus reduces the amount of blood containing glucose and oxygen that can reach the muscle cells.

Training increases the muscle bulk providing more muscle cells to do the work, increases the blood flow to the exercised muscle and the ability of the muscle to obtain the glucose and oxygen. The increased blood flow also facilitates the rate of removal of the waste products from the muscle.

Training must also be designed to increase the vital capacity of the lungs so that a greater volume of oxygen can be taken in with each breath, and to increase the cardiac output. This is the volume of blood pumped from the heart in unit time. It is one of the significant limiting factors in athletic performance. The cardiac output is determined by two factors, the heart rate and stroke volume (amount of blood ejected with each beat).

Effects of athletic training are to decrease the heart rate for a given work load and over a long training period increases the stroke volume.

There is not a great deal we can do to increase the efficiency of the peripheral circulatory system. However the quantity of blood available to be pumped through the various capillary beds can be influenced by allowing a decrease flow to the inactive muscles and an increase flow to the active muscles.

This is an autonomic or non-voluntary mechanism.

I have simplified the physiology but basically we have to aim at a good cardiac performance to give a high supply of fuel to the operating muscles, and to improve appropriate muscle groups by increasing the bulk and local circulation.

In several regattas I would often be well placed at the end of the first round of a race and on the second and third windward legs would lose places due to errors in playing windshifts. I now realize that this was due to a lack of physical fitness. I was paying attention to my fatigue and pain rather than to tactics.

It is very satisfying to approach the last windward leg in a blow with a feeling of confidence, knowing that you are in better physical shape than the sailor immediately ahead of you, and then power past him at the beginning of the beat.

Also if you are physically fit you are less tired on that downwind run on the Olympic course and can approach the jibe with confidence, knowing that your mind and body are not dulled by fatigue.



Some basics must be understood. You cannot get fit in a short time.

In order to gain any benefit while doing dynamic exercises, your heart rate must exceed twice the resting rate. Repetitive cycles are necessary and the loads used should be higher than you would experience while sailing. Single exercises must be over the whole range of movement for that particular muscle group that is being exercised. You should only reach about 90 percent of total exhaustion during each training bout as 100 percent fatigue gives very slow improvement.

Condensed from an Article by John Clarke.  
A Canadian Finn Sailor and Olympic Representative.

**DID YOU KNOW THAT YOUR CENTREBOARD**

**RUDDER AND TILLER IS NORTH \$126.72**

**FOR JUST \$27.88 YOU CAN PURCHASE**

**A BLUE MUSTO AND HYDE CARRY ALL BAG**

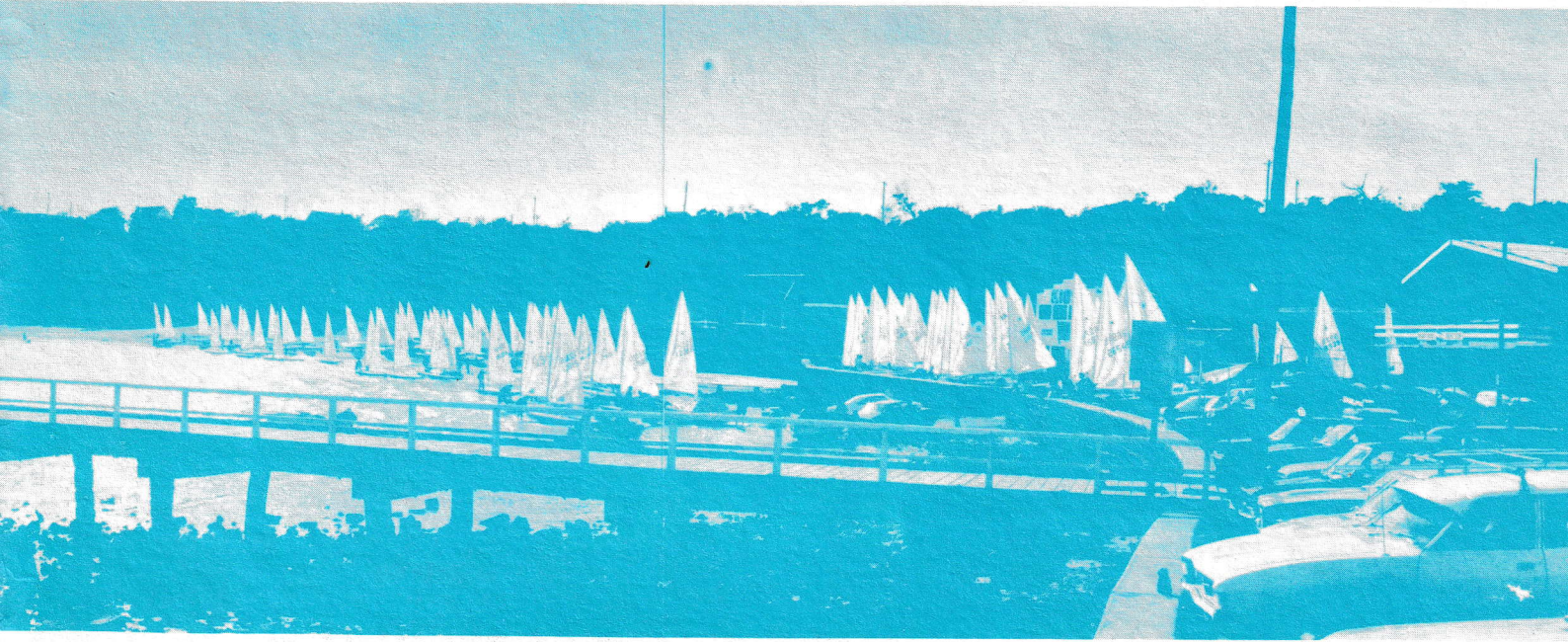
**FROM PERFORMANCE SAILCRAFT**

**AND KEEP THEM ALL PROTECTED**

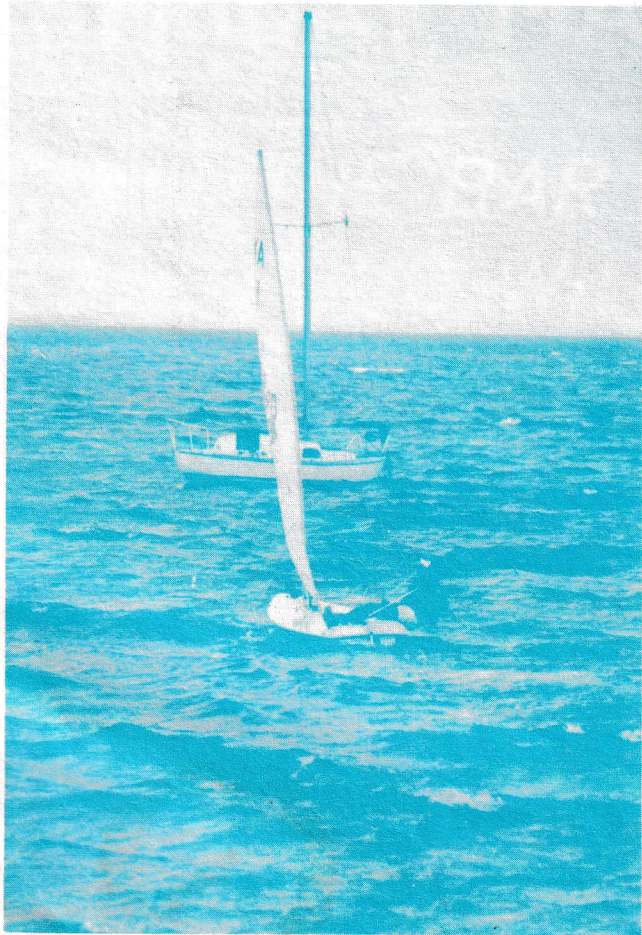


# BLACK ROCK RE-VISITED

Photos courtesy "26548"



HEATS 1, 4, 6, 7



HEATS 2 & 3

