



At Last – The 1976 Version of **CONTRACTOR LASSER** BODY

MIDDLE HARBOUR 16' SKIFF CLUB FRIDAY, MAY 28TH 8:00 - 2:00

THE BAR WILL BE OPEN FOOD WILL BE PROVIDED

Competitions – Raffles – Record Requests

ONLY \$3:00 FOR BLOKES \$2:00 FOR GIRLS

BRING ALL YOUR FRIENDS

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

PAGE 3

RACE 2

SOUTH PACIFIC CHAMPIONSHIPS - LAKE TAUPO admemor times I
capsized while in front. Pat CONALARY WAN, Ian Treleaven 2nd.
Mr. NG, from Singapore 3rd, Barry Thom 4, John Dorling 5,
David Catterns 6, Kevir Hazelgrove 13, John Back a Suicide
at 32, Raperingitationing of heating prices of a portation race, and
Mark ('tres_upgool'), Phillips_ruined_all_Australian_chances.
with these few words "Weive come all this way for a Club race" on
The moral of this is: Don't win an invitation race - Aussies BOAR
won Bigyt of 10 places in this race and then proceeded to sail
badly, except for Bradi "Agoro" Johnston, for the rest of the text
showing the consistency that wins series 2nd, Phillips showing
This series was notable for two things, Barry Thom had to sail at
in the last race in a Laser series for the first time, and John 04
Dorling showed that, given the right conditions (60, degree wind
shifts and N.Z. women) can be beaten etsianos onited oniveds osla
Lake Taupo is the sixth largest lake in the world of It had your s
postcard snow-clad mountain and volcano neatly arranged in the DAR
distance. The water was cool (cold) and fresh and tasted nice
Paul Page won from Peter Griffiths, Barry Thom 3. tealer in Dorling It was a bit of a moldory of moldory at a to the floating rocks and
to get the boat to plane in the denser or less dense (or whatever)
The light air flyer from Singapore, Mr. NG, showed a brilliangtaw
As well as the lowell behaved and good looking Aussies, there are
were 5 drunken bums from New Guinea 3-2-470 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, ahbeyiang aw
Mouse - 16-stone Mick Du Chateau hung in there in the lig <u>ano apar</u>
vpoárserijo cált i o 10 nörsöge nau kezőfti dát mi tu pátagos takon taktok a kerek a kerek a kerek a kerek a k
Page, (a, 7, foot New Zealander (oh God ulthate those tall bastards
who foct over the top of you), won from Jack Back and Dave Catterns who did dreadful things to each other all race (it comes from JOAR
who did dreadful things to each other all race (it comes from BIAR
talking to Brad Johnston), Barry Thom 5th, Dorling 6th, Gale 7th,
yard wide funnel of breeze on the first work and way hever headed.
Barry Thom was happy with a second and the series.

PAGE 4

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 aint victory in the who sleeps on the floor (.contest, Barnes 9,) Neil'Bourkel21, GeoffewIsuish fewagosurfing" Galew31. eeedt dtiw The moral of this is: Don't win an invitation race - Aussie ZAR Light and turned into a soldiers course. Brad Johnston gained w vast distances on the reaches and won by miles. Barry Thom volta 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 hig 4th and 8th. largest largest have sixth be at the sixth largest and the sixth largest and the sixth size and the sixth largest largest large be at the sixth size and size at the sixth size at the sixth size at the sixth size at the postcard snow-clad mountain and volcano neatly arranged in that distance. The water was cool (cold) and fresh and tasted nica A Paul Page won from Peter Griffiths, Barry Thom 3, Gale 4, Dorling 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 The light air flyer from Singapore, Mr. NG, showed a brilliant port and start and won easily from Laurie Hope and Julian Yeo, 2A were 5 drunken bums from New Guiges and Johnston 9. and 1 Western Samoan. The Taupo Yacht Club and the whole tousand An agonosing one hour drift (for the first leg. ended and tosoxe) 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 dA Bill Thompson followed Arthur (a bit suspicous some thought); 9289 antaits Bocock and the rest of the fleet was pretty bad tempered. on w who did dreadful things to each other all race (it comes RACE⁷ 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.

PAGE 5

Results of Heat One --

1. G. GALE 2. I. GIBSON 1 ZO - 2 .Z.N - R33202 3. G. LINACRE

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

Report by D. Catterns.

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

Place	Sail No	• Name	1	2	3	4 50	f r ust ð ati	TOTAL	SCNTRY
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TEAM P		NEW ZEALAN AUSTRALIA	D ittee	107 135 mmoo		b bedd	was scru	T_5 a race	

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. <u>HEAT 1</u> A 10-15 knot northerly, nasty wind chop, an anxious fleet, a

leeward end favoured line resulted in one hell of a 'God damn <u>a TABH</u> Yacht Race' was sailed in a sick and shifty (5-8 knots) was sailed in a sick and shifty (5-8 knots).

PAGE 5

Results of Heat One -

1. 2. 3.	I. G.	GALE GIBSON LINACRE		02 1	ano 201	N . Z .	ers.	SOCCER
4. 5.		BURFORD DORNING	llije	Catterns	bns	eleĴ	9592	POOL

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

Report by D. Catterns.

0-1 - all directions. Bill Brownlee was only 2 minutes from the line when the 3 hour limit expired. The fleet returned to YATthe beach frustrated. A 2 2 1 emsN oN lis2 ecolg

HEAT 3 MOTEMHOD n Cl This time it was Andrew Foulkes' to have 0-1 - all directions. his big moment ruined, 2 minutes also from the line. The fleet Teturned@to4the8Beach Néurotic.44AGAIN NO RACE!!! 15 DNF HEAT 4 26 .0 KA 103:7 11 PHILLIPS

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.

8 C I	ene gybe.		GALE	. 0	12812	18
281			ADAMS	.0	15087	25
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202	2.	GIBBO	HAZELGROVE	. Ж	16053	31
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300	4.	D. CATTERNS	DU CHATEAU	. M	23426	51
301	- 0	LINNO	BOURKE	o VI	14294	52
434			L. HARLAND	MS.	24853	71

HEAT 5

ZEALAND 1071.2

TEAM POINTS

This race was scrubbed due to committee error in laying substitute windward mark as wing mark, which almost half the fleet took as and 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 AllednU substitute a result that was the average of all the other results НЕАТ A 10-15 knot northerly, nasty wind choose an envious the terms resulted in one hell of a 'God damn B TABH ent! l Pavoured ne bisveel This race was sailed in a sick and shifty (5-8 knots) southerly .../7

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

JOHNSTON MUNDLE ROSS BORGHOUTS BENTLEY HUNTER <u>7 TAJH</u>	n a r c	322 407 507	D. DORLING D. CATTERNS A. FOULKES	MEDONALO PHILLIPS WILKINSON WICKINSON MCCOLI	• • • •	24。 25。 28。 28。
HEAL / HAINUH	e	• 20		MCCOLL	ъ Х	*67

A good 10-15 knot souwester greeted the fleet who required 2 general recalls before they could get going. Au Second Secon

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	8	5. I. GIBSON.
BROWNLEE	. 8	Carls GIDSON.
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10 M 10 M 10 M 10 M	10000	itar anti-

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.

AIBR384.

THE POINTS SCORE

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KEVIN WADHAM

KEVIN HAZELGROVE

- well done GailI3N O CIN3Cy sail29I LIH9 XJIWAWight breezes in "Harvey VallcanY3LTN3B 3VAC race, KeNOSAM W3RONA od sailing Prue! 95 DAK VALLCANY3LTN3B AVAC bace S2020 YAQ

for the use of their boats for the series elist "dmod hand boat" boat "boats for the series elist "dmod lessed" boat Below report from Lyndall Coxon on the Ladies' Champs.

"The ladies were sailing on Bosc Bay over the weekend of 20-21st March. The competition was keep. The breeze light and spectators were there en masso. Everybody had a lot of fun and a most is a 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 Gantas "attache cases" with code flags, courses, I-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 D-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.MISecond was Jennie Mamou Merrington, N.S.W., in her blue GT-striped borrowed boat. Third place wenty to Karen Dayis.

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 Voollahra Sailing Club. This was another good night!

Sunday morning the wind was stronger very early. Some of us wentar 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, of a thu rejease to will be use and each set

finish was very close with the first 4 boats finishing within 4 Into the final heat, anyone of five girls could have taken outcome

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

suc

sailing,

KEVIN WADHAM KEVIN HAZELGROVE • well done Gai. Prue Vasey sailed well in the light breezes in "Harvey Wallbanger" in each race. Keep up the good sailing Prue! My own "Ethel "and Anne Hooper sailed well over the weekend. boat "Beazel Bomb" trailed the field but I'm looking forward Below report from Lyndall Coxon on the Ladies' Champs. The highlight of the series were the cheer squads, team and shore ... managers, cespecially from the Laser crews - thank you Mark, Phil, Jos 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). Friday night, opening night, Thanks Laser owners who lent their boats to the ladies - they were very much appreciated. Thanks to ganTAS, Modern Boating, P.S.A. one all organisers, starters, finishers, weather organisers and especially to fony James and Mark phillips for their splendid diw work in looking after the oirls is used in the for the splendid car work in fooking after the girls, sugar o I hope that this series may become an annual event for ladies in Lasers A execut atoms 2-0 their view a set stor Lyndall Coxon (see race was shortened, the winner being Tammy from N.S.W. (sailing Andrew Mason's <u>99092701099791820019MAHD'2</u>MAMOW Marrington, N.S.V., in her blue GT-striped borrowed boat, mind .siyace we with to Kageq . Bayis. 1. VANESSA DUDLEY 2. onw3; boog s41 (15× SEG. VSSUSANSAVAGE 7. Sunday morning the wind was stronger very early, YAADATO REALEYANT OF SUNDAY OUT with weight jackets, we gave them to the support team just before the start as the breedulorgnilisConcess miggs ovIAJBsa Dudley won this heat, Jennie second and Patrea Heathwood (Qld) The race was sailed in a shifty nor-easter with a lotoofdoles. The finish was very close with the first 4 boats finishing within 4 Into the final heat, anyone of five girls could have taken egbnose the series. Vanessa proved very strong to win well from Nicki, with Tammy in third spot. The excitement aBAMYJcMOTMAre.Lorked

out! and Vanessa was outright winner with Je2300WDdr808gte2 slipping into 2nd place by $\frac{2}{7}$ point from Nicki Bethwait3JGNUMT808y mEller. 4. GEOFF PEARSON Vanessa and Jennie won trips to Holland to NG2AMiW38GNAWord

Womens' Champs to be sailed iBU9302011ARADARADOUNS FURARA

Gai Lee 44% very consistent in this series to finish 5th overall

01/...

PAGE 12

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. 2. 3. 4.	A. BARNES J. DORLING M. PHILLIPS I. GIBSON	2013/18. JAVM. STOVIN-BRADFORD VAST 19. I. TAYLOR 20. ISU REUBEN VIR - 2TABH 8 21. J. BUNTING
8 6 . a . a 7.	D. GOWER MISS V. DUDLEY P. CRAVEN	22. J. MUYSKEN.00 1 23. Manj. BACK om 30ajg 24. G. Gilbert
10. 3. 11. 12. 13. 13. 14. 15. 14. 15. 16. 10. 16. 10. 11. 16. 11. 12. 12. 12. 12. 12. 12. 12	D. BENTLEY MISS G. LEE R. LOWNDES P. YEOMANS D. BOYLE G. PEARSON G. BEATSON A. KIRK R. COTTRELL A. LYNAR 31	25. H. HORNIBROOK 26. P. OKKERSE 1 27. IH W. MASON 28. O. GOODE 1 29. MISS A. HOOPER 30. A. CIRIGOTTIS 31. IA. GEMES 32. O P. BUTCHER 33. Y C. GIBSON 34. MISS V. WILLMAN 35. IH G. WITTEY 84. H 8821

SOUTHERN ZONE CHAMPIONSHIP - CONNELL'S POINT SAILING CLUB. A luision of section and the section of field of field material Each heat provided a different winner in the variable conditions. Out This kept the interest high and the points close. Overall 82 vem positions were as follows:

			1	ATTADIN 8	INC CLUE	UPPER HUMTER SAIL
1.	N.	WITTEY		21.	C.	BOVIS
2.	G.	PEARSON		22.00	SIGELLARI	LANGDON DOIL BHAL
3.	Α.	HOWARD		23.		MASON
4.	D.		1ERS	24 24 W	₩•₩.	ROGERS
5.	G.		JIJ98	គ្រាង១ 🔁 រា	A S	SMITH
6.	D.		ERS	BMAH 26 M	T A.	VOGES
7.	G.			27.		COTTRELL
8.		KIRK		28.	25 knots	BOVIS
9		PAYNE				MAVER
10.		MCCURRICH	ulo .o.'	29. 30.		STEVART RETAUTTIO
11	П	COODE	Stands of sheet states and sheet	71		
12. Ievo	beliave	HAZELGROVE	oo od Ti	101 31.	seites	PATTERSON ^{esu} eint
13.	G.	WITTEY	42579	ano 33 or		J VOAL COXON SHEEK
14.		DICKER				
	U.	BODE		и 0 34.0	the test of the state -	ORROCK
15.	0			291 .354 9		BARKER
16.		ABICHT		36.9		FLEMING
17.		STOKES			. C P.	MILEUSKI
18.		FARNILL		38.		LAMBERT
		HAMPBRIDGE		1eee 39. e		R.P.A.YC. membelit
20. leix	od e Bi•1	KEIGHRAN, no	Jennot	bs18 40.s	idente)	Catterns (HT3MUTs
		, no	Champ1	du13 41.	66 1975	Mark Phillip Marsh
				42.	С.	HASKARD
1 4 12				43.	С.	ANDERSON
Clies		*		44.	1J .	PHILLIPS

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WOOLLAHRA SAILING CLUB C'T'D

The A2 bet was split aroue 4 be 100' tanker	A 8-10 knot NJIRORALA 5-0	35 boats started in
47.	The placings NO2NIBOR .0	as a bottom mark.

TRAVELLERS TROPHY - FINAL PLACINGS				A, BARNES		5
8 HEATS	PI 20. TAVLOR 21. J. BUNTING 21. J. BUNTING			J. DORLING M. PHILLIPS I. GIBSON		2 . 3 . 4 .
PLACE	25 BARDA BACK ON 26 BARDA BACK ON 26 CH BERT	1	2	JOUD 3 V 2214 C CRAVEN	5	6 7 8
1 2 3 4 5 6 7 8 9 10 11	14222A. BARNES30703M. PHILLIPS30711P. YEOMANS32392G. PEARSON26548D. BENTLEY30707G. GILBERT14299D. GOODE23493A. LYNAR9959R. COTTRELL24989J. PHILLIPS12869H. ROGERS	1 5 5 5 5	1 4 9 3 23 14 5 21	Y3J1038.0 33J202251 230100J31 2008131 2008131 31708131 13076137815 1307613712 130777011 70077801 5 16	1 3 2 8 13 27 10 17 24	1 3 11 4 13 2 8 7 24 5 28 11 1 17 16 28 45 24 8 TABH

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 dos3 May 28. This kept the interest high and the points close. Overall positions were as follows:

UPPER HUNTER SAILING CLUB REGATTA

. 0

C. ANDERSON

M. DHILLPS

50.12

LAKE LIDDELL ^{2IVORUSUELLBROOK} 22. YOURSAAD	. 0		2 0
2. ANGUS CAMPBELL TRABLIC COMPARES TONY CHAMBERS NOTED	. D . O		0.243
Vind 7 25 knots 28 priv	• 🕄		2.
PITTWATER CHAMPIONSHIPS - R.P.A.Y.C. CLUB CHAMPS	° C		9. 10,
This was a 6 heat series with four to count. It was 3 weekends in varying conditions -	sailed	over	12.
ADDRAG MI. I. GIBSON ARKER BARKER BUIMAN AS. J. BACK ANDRAG ADDRA			14. 15.
STOKES SURJETAD .G MILEUSKI FARNILL 38. S. LAMBERT	• M • Q	_	17,

R.P.A.YC. members had a successful season with Geoff Gale, Dave Catterns (el presidente) and Brad Johnston winning trips to Kiel. Mark Phillips lis the 1975/76 Club Champion. 42.

43 .

44.

PAGE 13

Our Club Championship has been decided with Nev Wittey in Little Demon coming in first, then WarrenTROGAR BULCHANDICLUB REPORTANCE and Andy Howard in Cheshire Cat cl

A very successful season just ended at Balmoral with 5 cubes being won by its members. These achievements reflect the growing standarduofiracino atothesclubb su eredu semod ejavirg je sonijeem social side of Laser racing.

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.

VAUCLUSE YACHT ELUB REPORT

RESULI	S	SUMME	ER	SEASON

Vauciuse have just completed a tremendously successi racing season. CLUB CHAMPIONSHIPS

eaullysVWARWICKipHILLIPSeved a124989jadj 18024601PTSedj ai eidT and from Zero bess last Autorove non suzorove taking marginal and PAUL MILEWSKI 23406 3. 1825 Saturday arvo r8171 have at 000 ted regular J197700 cYAR row 4000 lahra and Balmoral metodes and evooroceg PattersongNyAq GIVAdbeet Lakes WARVICK PHILLIPS 1280 PTS. 1. Lock-up boat storage means b122d are well GRAHAM+GILBERT lew are 1122d means b2ts may COTTRELL be launched from the ramp or soll ch. ANDREW KIRK 959

4.

We are aiming for a Laser me859rable of 30 b34YA8 GINAGE 5. season, so anyone interested in joining should contact Joe (hadwick at 335-005 Office, or 32-0751 (pr<u>3ROJ2)TMIO9 MOIZIVID 'B'</u>

		BRADING LAWSON	1271 Hoives J sol : [gniliss boo]
3.		ROGERS	WORLD CHAMPIONSHIPS 75/76 CTC
4.	R.	LUSCOMBE	

The N.S.V. and A.C.T. Distrib08Laser AssociatiAlAdd Jite210 in the position of having to find funds to send 5 of its to this years' World Championships and unfortunately. BACING. WINTER The Winter Season commenced Sunday, 1.5.76 and will continue through to July 4, with races starting at 11.0 a.m. Visitors

Firstly, the big night is advartised on the f. 9Mo-Jawa ton ed fliw inpórtagin de state an exer an exercit 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 TROYAR BULG TATOY "219ANOD" and also from your Club Captain or from P.S.A. For 52.00.

The Connells Point fleet has grown considerably this season as has the standard of competition. There is not one single boat 3000 in the fleet who does not have a "very friendly" arch rival on the water should be a solution of the water should be a solution of the solu

Our usual fleet is about 23 give or take a few and next season we are hoping for at least 40 boats of equal nilstend of .W.2.N prior to the Worlds, also to select Aussie reps. The overseas competitors to take part in a separate regatta with races starting

2 P / a. o. o.

PAGE 14

RESULTS SHMMER SEASON

DALL MILEUSKI

DMIDARR .R

LUSCOMBE

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

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

With experience to be gained by Ian and John at the Worlds at Kiel, and the prYJTIW VJM40 starters next season, some great club racing seems assured.

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 years' 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.

The Connells Point fleet has grown considerably this season as has the standard of competition. There is 7.7.7 29 HERNOLYMAN on in the fleet who does not have a "very friendly" arch rival on The N.S.W. Association has had approval from the national to tot you what the standard to the season of the standard to the test of the season as to the standard test and the season of the season as to the standard test as the season of the season as the standard test as the season as the

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

.../15

WHERE's this later.

TO P

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

When sailing North turn 45 deg 29 THENDIG MAN SHIDY BUDY BUDY WILL WAR Some distance with you will be a some distance with you will be some distance with you will be a some distance with you will be

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

Good sailing, good country hospitality, good food, good CYC WINTER SA(ILINGimos nwo rucy gnird) stagin boose, good

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.

HANDICAPPING: Modified Victorian Metro-stick, using sliderule sextant and thunb (anyone found hitching **ENGLICIARTIC IDNING PATTRON**

COFFS : HARBOUR YACHT CLUB, COFFS HARBOUR - NOTICE OF RACE, LASER REGATTAGEN to enev etta no .ntrownst ro dabennuð ni aletom :<u>DNIGGME</u> Nood bas Nood of eoffic togen Park (igee gair)

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

THE PROGRAMME

Saturday 12. a.m. Register. SATURDAY SATURDAY and 2th June And 12. Domesiance SATURDAY and 2th June 10.0 Briefing. Heat 1 Heat 2, 3 Heat 2, 3 2.0 p.m. Heat 4, 5 vill enter dia race. 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. y we call them tseH

Monday 14 9.30 Heat 3. 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.

11 be for the 1st Maiden ad oals iv etdi an This is a beach entry regatta with \$6.00 covering the series.

LAKE KEEPIT SAILING CLUB - KEEPIT KOOL REGATTA

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

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

***See Page 16

PROGRAMME:

P00D:

: WOH

: THE

PAGE 15

Sr. 15	TICE	OF	RACE	
WHERE:	hip heat. Lake Keepi	t Sailing Club	silarisuA dose o, Keepit Dam.	10 minutes after this later,
WHENK) enisit	Queen's Bin	rthday Weekend	l ^e 12thd_ 94th Jun .(91esruov em	Tell all y 0070175 mi ght sven do so
HOW: Melbourne	Rooks, cont Keepit Dam	inue sailing or by road,	45 degrees to Po some distance un 24 miles from Gu	til you land in
WHY:			ry hospitality, ng your own comfo	good food, good rter).2 AININ DYD
0. The races detai <mark>:ZEZZAID</mark>	s on May 3 Any rever	cindergarten _e	every Sunday a	The CYC's Winter are to be sailed available at phon
HANDICAPPING:			stick, using sl	
	Caravan Par very early	rk (ring Keepi + Some tents	t Dam Post Offic available Ad	vans at Keepit Alla e to book and book vise L.K.S.C. ol adT toClubhouse. Isbnaß
PROGRAMME:	11 201 1 90t 1 90t 2, 3	ин "м.е и. И "м.с и.	ting. ation Race. dfg 01 enut dfg	invitation, you vill enter dis race.
mediately all ts.			2-up the river (Why we call them heats in the middle of winter 1 11
(as last	Monday Pa	4 9.30 Heat M. Thats Is sbietuo g IssH edt nir	AY 12.UU it folks. nilise tidido	wonx reven BRIEFING - SATURC Should weather pr year) a course wi
	will also t	be run. (Thi	s will be for th	ans. ^{9d} Alcanteen ^{9d} A e 1st Maiden 9 dosed s si sidT
	GATTA	PIT KOOL RE	NG CLUB - KEE	LAKE KEEPIT SAILI
ge 16	***See Pai		Nominal Secretar	pit Sailing Club, 588,

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

PHYSICAL FITNESS

GREENWICH FLYING SQUADRON, BAY STREET, GREENWICH. LASER WINTER RACES you are interested in winning, you must research every facet.

One such aspect is Physical Pitness. It carHTNOM HOADEAONYAGUUZ TERIFY - CarHTNOM boat you sail and what age you are. You must devote just 05.241 - rEJMIT BUILTRATS COURSES - COURSE MAPS AVAILABLE ATTICLUB to to read of the suitably fit as you do to read of the suitable fit as you do to read of the suitable fit as you do to read of the suitable fit as you do to read of the suitable fit as you do to read of the suitable fit as you do to read of the suitable fit as you do to read of the suitable fit as you do to read of the suitable fi ENTRY - \$1.00 PER RACE - \$2.00 FOR SERIES - BEACH ENTRIES & el sentil

competitive sailor. This level SPUNKY BUM REGATTA, R.P.A.Y.C., SUNDAY JUNE 6 in a series of races so that

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)

Fitness is not only strengh. Basically there are three categories of fitness - EDULONI STNESS -

* A slalom race - only if its windy

A slalom race - only if its windy Spunkies skippering, heavies as crew ×

* Backwards Sailing Race

Kerrie's Kitch Korner Prizes again to be awarded *

Absolute strengh is necessary in salling in some rare instances, for example in There wild bese B.Y.O. Barbie afterward - films, and grog for a suffise

Flexibility. D. ChORARCARS, EVEND: , DOBIO OT DETADICATED TO THIS ARTICLE DEDICATED TO BOB , DOBIO OT AND A THIS ARTICLE THIS CATEGORY TO SOME EXTENT IN SOME PARTS OF THE DODY.

The boat requiring hiking with no hiking assists size atzir taggs aid slige a number of the second where wet clothing is allowed needs the main emphasis placed on endranging a Such boats are the Finn and Laser.

Ist das Mittagessen Fertio?

Nein, noch night

Der zug nach kiel kommt um viertel nach zwolf an, nicht wahr? able weight in wet clothing and you have to hang out for the whole windward leg, approximately 20 mlnutes. The weight of the upper part of your body (where $\sqrt{\mathrm{NOLTBALSNART}}$ 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 start gmit of your, yeb, boolde the boat. The pressure exerted by the side deck and gunwale action of neverse and state the boat. main blood vessels of the legs and you feel "pins and needles Is lunch ready?

When muscles operate they utilize fuel which is glucose and break this term of or The train to Kiel arrives at a Quarter Past Twelve, doesn't it? and thus slow. 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 AG boat you sail and what age you are. You must devote just as much drive to getting 72 yourself suitably fit as you do to preparing yourAboat. A 29AM 32AUO - 232AUO

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.

RULËS ARE ŠIMPLE, YOU MUŠT HAVE A SPUNKY BUM CREW, THE SPUNKY BUM TO BE JUDGED BY THE COMMITTEE (THERE MUST BE LURKS AND PERKS -ED)

Fitness is not only strengh. Basically there are three categories of fitness -ENDURANCE, STRENGH 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 strengh 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 is in sailing any boat it is desirable to have a "minimum quantity" of strengh.

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

Nain, noch night

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.

MARK PHILLIPS (ED)

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

me basics must be understood. You cannot get fit in a short time. When the glucose level is reduced in the circulating blood the muscle still requires Some 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 exercised. You should only reach about 90 percent of total exhaustibeyresered alchester training bout as 100 percent fatigue gives very slow improvement.

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. RUDDER AND TILLER IS NORTH SIZO./2

I have simplified the physiology but basically we have to aim at a good cardiac per formance 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 as lack of physical fitness. I was paying attention to my fatigue and pain rather than to tactics.

AND KEEP THEM ALL PROTECTED

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.

Effects

This is

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

PAGE 19

bns bs

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.

Hiking without a trapeze occludes the blood vessels to the lower limbs and thus reduces the amounts and the muscle cells. A canadian Fina Sailor and Said and A second that can reach the muscle cells. A canadian Fina Sailor and Olympic Representations.

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RUDDER AND TILLER IS NORTH \$126.72

I have simplified the physiology but basically we have to aim at a good cardiac per formance to give a high supplementation under second to improve appropriate mulcle groups by increasing the bulk and local circulation.

In several regattas I would **DABeLIA** YRAAD **JOYH GUA** OTZUM JUJE Athe 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 th**TAADJIAS = 30AMAOTAST MONT**ysical fitness. I was paring attention to my fatigue and pain rather than to tactics.

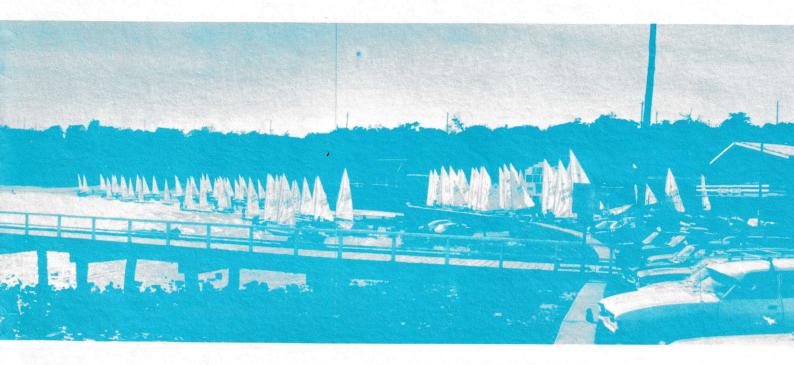
AND KEEP THEM ALL PROTECTED

It is very satisfying to approach the last windward leg in a blow with a feelin of confiden e, 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.

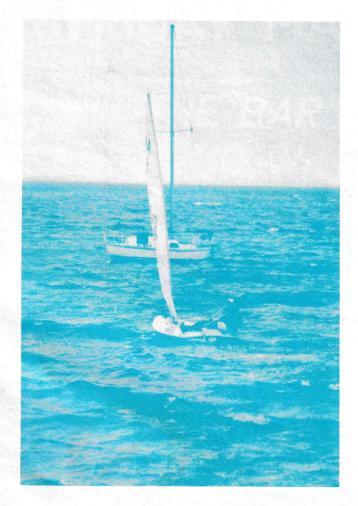
Also if you are physically fit you are less tired on that downwind run on the O ympic course and can approach the jibe with confidence, knowing that your mind and body are not dulled by fatigue.

BLACK ROCK RE-VISITED

Photos courtesy "26548"



HEATS 1, 4, 6, 7



HEATS 2 & 3

