

**OCTOBER 2004**

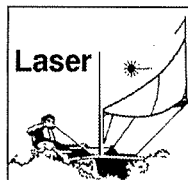
**NSW & ACT DISTRICT LASER ASSOCIATION**

# ***Lasernews***



## Your Association Committee

**Chairman** Mark Skelton 02-49753520  
**Vice Chairman** Brett Beyer 0414299317  
**Webmaster** Brian Conolly 0418616247  
**Regatta Secretary**  
**Treasurer** Andrew Finney 02-95218690  
**Lasernews Ed. / Mem. Sec.** Paul Hargan 02 66 897021  
**Youth / YA Rep.** Ben Austin 02-97637132  
**Masters Rep.** Michael Mills 02 49820065  
**Women's Rep.** Katherine Wade 02 49582232  
**Measurer** Alan Downes 02 9969 1444 Fax 02 99697 1277  
**Publicity** Richard Howard 02-49292993  
**Cover shot** Michael Blackburn hard at work in the Athens Olympics.



Contributions to this publication are always welcome, sent to the address below on Microsoft programmes or email to [paulhargan@hotmail.com](mailto:paulhargan@hotmail.com)

### Chairman's Message

Hi to all fellow Laserers,

Over the last twelve months the NSW & ACT Laser association has been very active. The 4.7s have been involved in interclub racing as well as state run regattas and now have their own series which includes both. I believe that the 4.7s will have a large bearing on the future development of the class nationally. Training days during the winter have been well attended by our junior members and I would like to personally thank the organizers and coaches for their dedication and making these days successful.

Over winter the Association has purchased a new computer for the membership database and the newsletters. A digital camera was also acquired to be used as a training tool and photos taken with it hopefully will, in the near future, be available to all sailors. We are starting to look for new regatta sites for next season and it is hoped that clubs with Laser fleets will come forward and offer their facilities. Please contact Brett Beyer or myself if you think your club would be interested in hosting a regatta. A complete list of Class Captains is needed to post on the website to become accessible to all Laser sailors, so please give your particulars to Brian Conolly..

Our planning for the Australian Championships is well underway and we are hopeful of a large fleet in all divisions. This regatta has been given a grade one rating so I would hope that many of our Laser sailors will take the opportunity of participating at National level seeing that it is on our back door so to speak.

The results at international events in the last twelve months have been outstanding. It places our associations racing at a very high level in all divisions and I would congratulate everyone for participating throughout the year.

I would like to take this opportunity to thank all the committee members and helpers who commit themselves to ensure a very smooth running of the NSW & ACT district Laser Association. WELL DONE! Without you we would not have such a strong sailing association.

Yours in sailing,  
Mark Skelton

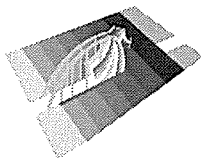
Communicate with the committee through the website by emailing:-

[Brett@Laser.asn.au](mailto:Brett@Laser.asn.au)

[Paul@Laser.asn.au](mailto:Paul@Laser.asn.au)

[Brian@laser.asn.au](mailto:Brian@laser.asn.au)

[Mark@laser.asn.au](mailto:Mark@laser.asn.au)



**Membership** 2000/1 288 + 9 Life Members  
2001/2 314 + 9 Life Members  
2002/3 301 + 9 Life Members  
2003/4 288 + 9 Life Members

**Mailing Address:-**

NSW & ACT Laser Association

PO Box K315 Haymarket Sydney NSW 2000

LASERNEWS is the official publication of the NSW & ACT District Laser Association Inc. The articles and views expressed in this or any issue of LASERNEWS are not necessarily the views and opinions of the committee or the members.

## **NSW & ACT District Laser Association 2004/05 Season Calendar**

16-17 October 2004

### **COAST Championships**

4.7 Interclub Championship Heats 1 & 2  
Belmont 16' Sailing Club

7 November 2004

4.7 Interclub Championship Heats 3 & 4  
Royal Sydney Yacht Squadron

13-14 November 2004

**STATE MASTERS Championships**  
Great Lakes Sailing Club

28 November 2004

4.7 Interclub Championship Heats 5 & 6  
Hunters Hill Sailing Club

Dec 27- Jan 5 2005

### **AUSTRALIAN CHAMPIONSHIPS**

Belmont 16ft Sailing Club

12 December 2004

4.7 Interclub Championship Heats 7 & 8  
Woollahra Sailing Club

12-13 February 2005

### **STATE Championships**

4.7 Interclub Championship Heats 9 & 10  
Port Stephens Sailing & Aquatic Club

5-6 March 2005

### **METROPOLITAN Championships**

4.7 Interclub Championship Heats 11 & 12  
Georges River Sailing Club

1 May 2005

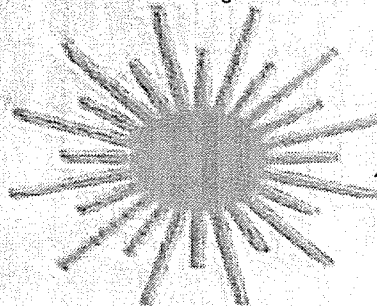
### **STATE Teams Championships**

Gosford Sailing Club

**Check Web Site For Details**

**[www.laser.asn.au](http://www.laser.asn.au)**

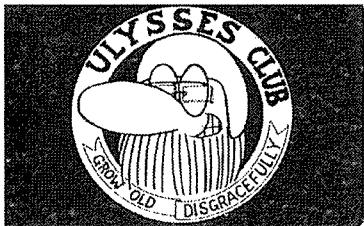
**[www.laser.asn.au/nsw](http://www.laser.asn.au/nsw)**





### The off season.

I used to dislike the off season for one reason only, there's very little competitive sailing to be had anywhere! Especially up in my neck of the woods! I would go snow skiing for Sydney or bush walking up here, to keep some sort of fitness in the legs, at one point in Sydney I even bought a mountain bike, as one needs a mountain bike for the hills around the town, but now that the snow is 1500 kilometres south of here, my ski boots don't fit and I only own one ski???, I'm limited to bush walking and house building, and the same



old bush tracks get a little tedious after 6 years.

I've found a new pursuit in those 6 years which does nothing for the fitness of the legs or any other part of the anatomy but is a great deal of fun. Motorcycling!! With a bunch of old farts every other Sunday from Lismore to anywhere and everywhere all over the northern rivers district and into southern Queensland. (No passport required!) It's the Northern Rivers branch of the Ulysses Motorcycle Club and their Motto is, "Grow Old Disgracefully"

I purchase a quarterly motorcycling magazine called Australian Road Rider and in the last issue there was an amusing article sent in by a reader, Trevor Adams. It's taken from the 1962 Honda Motorcycle Instruction Book and translated by Honda for the American Motorcycle Rider magazine. My wife, Yoko, who is from Japan, assures me that it is quite feasible to come up with this type of eloquent English if the translator knows no English at all and relies solely on an English/Japanese dictionary for reference and translation.

### Welcome Aboard New Members

Simon Wubben	Royal Sydney YS
David Rees	Cronulla SC
Matthew Brown	Hunters Hill SC
Thomas Koch	Dobroyd Aquatic
Kevin Nixon	Vaucluse YC
Dianne Wagstaff	Queens Lakes SC

#### (Welcome Back Dianne)

Nicola Bethwaite	Woollahra SC
Iain Cameron	M. Y. C.
Gerry Colley	Avalon SC
Simon Cradock	Georges River SC
Scott Ellis	Belmont 16ft SC

#### (Welcome Back Scottie)

Nerida Gribble	Gosford SC
Max Schlachter	Gosford SC
John Hoskin	Balmain SC
Ian Gibson	Woollahra SC

#### (Welcome Back Gibbo)

Dennis Walter	Gosford SC
Phillip Wishart	Gosford SC
John Sumner	Lake Keepit SC
Marcia Lac	Carcoar Dam SC
Rod Grey	MHASC

#### (Welcome Back Rod)

### Safety Instructions

1. At the rise of the hand by Policeman, stop rapidly. Do not pass him

[drlaser@roastergraphics.com](mailto:drlaser@roastergraphics.com)

### Association Members ONLY!

For anyone wishing to access the above web site's restricted pages as a member of NSW & ACT Laser Association, the following user name/password has been set up.

Username.....NSW&ACT

Password.....01asnmem



by or otherwise disrespect him.

2. When a passenger of the foot, hooves in sight, tootel the horn trumpet melodiously at first. If he still obstacles your passage, tootel him with vigor and express by word of mouth, warning, Hi, Hi.

3. Beware of the wandering horse that he shall not take fright as you pass him. Do not explode the exhaust box at him. Go soothingly by.
4. Give big space to the festive dog that makes sport in roadway. Avoid entanglement with dog with wheel spokes.
5. Go soothingly on the grease mud, as there lurks the skid demon. Press the brake foot as you roll around the corner, and save the collapse and tie up.

At first I had a good cackle at it but then I came to the opinion that it was absolute poetry! Would you not agree? Thought I must share that with you all.

I for one was disappointed with the results in Athens. One would have thought we could have won at least one Olympic medal of any colour at the Athens Games, seeing as how our sailors were given every opportunity and some of them won or came close to winning World Championships

in their classes in the Olympic year. Enough said, what must be, must be.

Just got back from the Coasts Championship at the Nationals regatta venue of Belmont (*the less said about the strange results the better*), and was pleased to see so many faces there. Last years Coasts regatta from memory only had 45 competitors in all fleets and this year just failed by one to attract 100 boats. Sailors from four states were attracted to Belmont, NSW, Qld, ACT, and Victoria. That bawds well for the Nationals there in two months time. The last Australian championships held at Belmont brought 260 Lasers onto the starting line, and what a line it was. From either end it was difficult to make out the other end, in fact there was a committee vessel stationed at anchor in the middle of the line to assist the starter. Those days fortunately are long gone and splitting the fleet is now in fashion. The best of luck to all who participate and keep enjoyment as the reason for doing it. Hang by your toes,

Paul Hargan

## **FOR SALE**

### **Custom built Laser trailer**

**For 3 boats each on a dolly but can carry a 4th. boat upside down on top.**

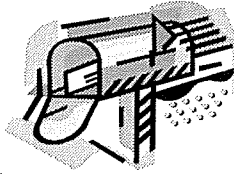
**Lockable cages on one side for sailing gear and spars, with racks on the other side.**

**Strongly built for carrying capacity and long distance travelling.**

**Registered NSW. Has served the Wade family well on their Laser travels up and down the east coast and further a field - now looking for a new home as we are no longer a 3 boat family.**

**Cost \$1550.**

**Contact Lynne on 02 49582232 or Mike Mills at Nelson Bay Laser Sales.**

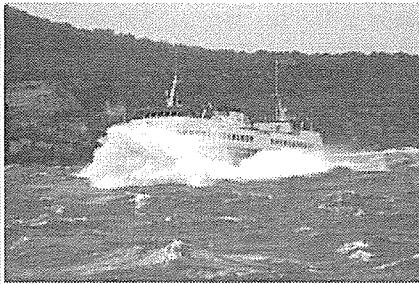


## Mail n' e-mail

**Richard Howard**  
writes-

(Mid-July)

Hi Everyone, here are some cool photos of the Manly Ferries going across 'The Sound' in Sydney Harbour yesterday. The waves are pretty big for the harbour but I guess the weather has been pretty bad the last 48 hours. Hope everyone is well. Rug up!!! Richard Howard,

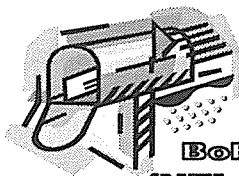


**Harlet Woodrow** writes-

Hi Paul,  
Subject: Females! Have I got your attention?  
Well more specifically female Laser sailors... I have noticed in recent and not so recent race reports on Laser events that women's results are somewhat of an after thought, or non existent. On the front page of Laser World is an article about the Aussie Nationals. No women's radials or 4.7s results. Page 2, Central & Southern Americans, list 8 places of men, and 1st Female only (at least a female is acknowledged). Australian Sailing July issue has a big spread on the Radial Worlds. Where are the Youth Girls? This is endemic throughout the Laser assn from ILCA down. Read Jeff Martin's reports from last year's 4.7 worlds (Oct 03 La-

sernews). It was Day 3 before the girls even rated a mention. And at a club level, how many have honour boards for the females? Now I haven't gone all Pommy and say this just for a whinge. As a class association, are we asking ourselves why aren't more girls sailing? In my opinion there is an expectation for girls to compete on an equal basis to guys. By not acknowledging female achievements in their own right, we, by implication, devalue their performance. I can think of no physical pursuit where male & female compete together with the expectation of equity among the competitors. Sailing has the lowest female participation of any dual gender Olympic Sport (22%). Laser event participation is about the same. Sure at the worlds, the Open Women had their own start, but I feel it is at grass roots that we need to build depth into the women's fleets. I also can see it is not practical to have separate starts if the numbers do not justify it, but what we can do is provide adequate acknowledgment of the female efforts, starting with the district and smaller assn regattas which is the nursery ground for bigger things. Maybe then the girls will feel a sense of achievement and stay sailing. Can I hear readers saying "what about Krystal Weir?" Krystal is an exceptionally talented and strong sailor, and to me, her battle with Matt Chew at the Nationals is doubly remarkable because she is female. The effort and commitment a female athlete has to make to achieve the equivalent fitness & strength to a male defies natural physiology. Anyway I'm not talking about the few outstanding girls who seriously mix it with the blokes, I'm on about getting numbers and keeping them to get the girl thing happening. Maybe other assn members have ideas that can build female participation. This is a subject that deserves discussion and I hope I just waved a burning red bra to the bulls!

Hang by your painted toes,  
Harlet Woodrow. Big River SC



## Mail n' e-mail

**Bob Blakey  
(NZLA) writes:-**

*(In the latest edition of KIWI LASER)*

We at NZLA Headquarters are fortunate to receive Lasernews from the NSW & ACT Laser Association which is full of interesting correspondence from their 279 members. In this regard, they put us to shame. Come on, get off your couch, switch off the remote and write to us. I guarantee it will go to print.

Bob Blakey  
Chairman. New Zealand Laser Assoc.

## From Yachting Australia's newsletter

Although no medals came our way the Australian Sailing Team were still tough competitors in the trying Athens conditions. Aussie's finished in the top 10 in seven of 11 classes at the 2004 Olympic regatta.

Congratulations to Colin Beashe for proudly leading the Aussie contingency into the Olympic stadium and to Yachting Australia coach Mike Fletcher for making his 8th Olympic coaching appearance.

At the conclusion of the Olympic Sailing Regatta in Athens, Australia's Head Coach reflects on the performance of the Australian sailors: "Our expectations, of the Australian community and our Olympic team, were very high. These were based not on titles and results of our team or our sailors, but on their talent and extraordinary skills.

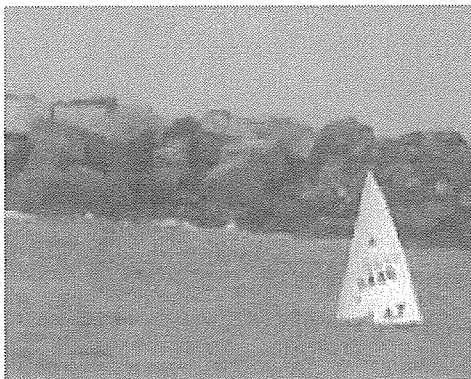
We set extremely high standards for our team and everyone put in their all at this event but unfortunately we did not come away with the results that we had hoped for.

## Leigh Barrington writes:-

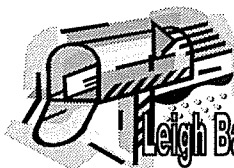
Hey Paul,

Some pictures of the Youth Sail 2004 at Coffs Harbour you might like to peruse for the Laser newsletter. The seas were huge and launching from the beach was fun. Coming back in was just as good. First is Tom Scully being launched (one broken carbon fibre tiller extension), next is Hugh Barrington in the middle of the harbour about to disappear down a swell and 27 is Big Tom from Grafton and Hugh about to be or being smashed as they come in (Hugh broke one top section). The kids had a ball but parents have to pick up the bill!

Leigh Barrington  
Big River SC







## Mail n' e-mail

**Leigh Barrington writes:-**



Is this the  
rescuer??

**Rob Lowndes writes:-**

To all Masters,

Just to warn you guys a group of fired up Kiwi's are coming to our state Masters this year led by John Collinson. You may remember John from Turkey - his first major regatta. I think most of the group are fairly new to sailing but will be devastating on the golf course (Hughie, John's handicap is close to yours)!! I know we will welcome them all. Millsie is arranging charter boats. I wonder if they will do a haka at the Golden Bung award ceremony??

Regards,  
Rob  
Lowndes

**DBSC Sec. writes:-**

Hi Paul,

**Brett Beyer writes:-**

Just got back from the Olympics where I was coaching Kevin Lim of Malaysia and took some photos of Michael Blackburn on one of the many very hot days.

Regards Brett.

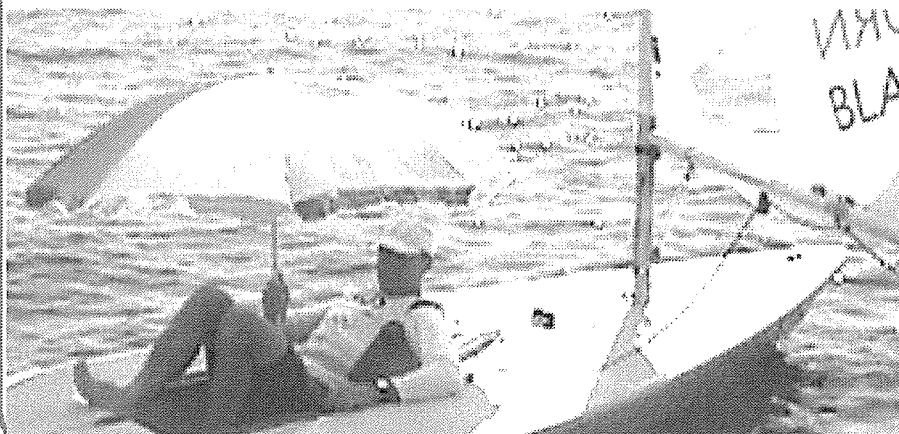
(Nice work, if you can get it! Ed.)

Hi Paul

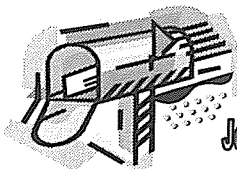
Just wondering if you could update some links from your webpage for Double Bay S.C. The new webpage is slowly emerging at [www.dbsc.com.au](http://www.dbsc.com.au) Also, the Club's phone number is 02 9363 5577.

Much appreciated

Cheers, Tim (Secretary, DBSC)







## *Mail n' e-mail*

**John Murray writes:-**

Hi Paul,

Hasn't been a lot happening during the winter months. Jye has moved up to Radials, and we are looking for someone else to take over the 4.7's Reporting for Lasernews. We will send something out this week regarding the 4.7 inter-clubs and send a c.c to you. We are having 12 heats over the season with four drops. Starting with heats 1 & 2 at the coasts. Hope you are well.

See you soon,

Regards John Murray

**Gosford SC Commodore writes:-**

Subject:-

**Training for Junior Laser Sailors.**

Our Sincere thanks to the Association for the training afforded the Junior Laser sailors over the preceding winter months.

Having been heavily involved in recent years with teaching Juniors

sailors in both Sabots & F11 classes to leaning to sail at Gosford it was extremely rewarding to see relatively young but vastly experienced Laser sailors coaching the juniors Lasers.

Please extend our clubs gratitude to these coaches who gave up their valuable weekend time to hand their experience back to this wonderful sport by coaching these youngsters.

This past weekend, four of the juniors from Gosford SC have reported to me how they thoroughly enjoyed the opportunity to sail on Sydney Harbour for the first time at Woollahra Sailing Club. These are experiences that they will remember for their lifetimes.

In Closing I thank the NSW & ACT Laser Association for organizing these training days.

Yours Faithfully,

Brian Baker  
Commodore  
Gosford Sailing Club

### **Big River Sailing Club Laser Regatta**

It's on the last weekend in November - 27th & 28th.

At Harwood Island, near Maclean on the Clarence River

All the usual trappings - dinner at the club house - free camping - great fun social weekend - serious on the water??

Over 35 competitors last year.

4.7s, Radials & Standard Rigs.

Junior to GM, something for everyone. Enquiries to John Woods, Commodore 02 6645 1270

or Wayne Culph Race Secretary 02 6645 5020

Thanks, and see you there? Harriet Woodrow (Publicity)

# Coastal Championships @ Belmont 16ft S C 16/17 Oct.

## 4.7

Sail No	Boat	Helm	Divison	Points	Place	R1	R2	R3	R4
178626	Weapon of Mass Seduction	James Dillon	O	6	1	1	4	1	6
172253	Absolut	David Chapman	O	6	2	4	1	2	3
6815		Haylee Outridge	OW	6	3	2	2	4	2
174358	Clewless	Elyce Finney	OW	7	4	3	3	3	1
149843	Latitude	Sam Bryden	O	14	5	5	5	6	4

## Women

Sail No	Boat	Helm	Divison	Points	Place	R1	R2	R3	R4
176926	Slick Oz	Krystal Wier	OW	3	1	1	2	1	1
154291		Samantha Boyd	OYW	9	2	2	1	14	6
161232		Nicky Bethwaite	OW	11	3	4	7	2	5
180202	Seabiscuit	Anita Smith	OW	11	4	5	6	3	3
150845	Meg-a-mania	Meghan Andrew	OYW	12	5	8	4	6	2
178645	Petite Blouse	Dr Sissingh	OAW	14	6	3	3	8	8
103646		Gabrielle King	OWYJ	16	7	6	5	5	9
173455		Janenne Boyd	OYW	18	8	7	8	4	7
175981	Dream On	Nerida Gribble	OW	22	9	9	9	11	4
176151	Funky Monkey	Jessica Pollard	OYWJ	29	10	11	13	7	11
168137	Aquatic Lady	Dr Wagstaff	OMW	29	11	10	11	9	10
143420	Alternative Route	Ashleigh Rainbow	OWYJ	32	12	12	10	10	12
168143	Willhelm	Georgie Reddy	OYW	37	13	13	12	12	13

## Radial

Sail No	Boat	Helm	Divison	Points	Place	R1	R2	R3	R4
176926	Slick Oz	Krystal Weir	OW	6	1	3	12	1	2
175987	Deralict	Zac Skulander	O	7	2	2	4	52	1
76926	Just Do It	Nathan Outridge	OY	9	3	1	3	5	16
172255	Pitchka	Andrew Williams	O	9	4	4	2	3	8
172264	Who Cares	Mark Langford	O	18	5	19	1	13	4
167078	Itchy Richey	Will Howard	O	20	6	5	22	10	5
177730	TBA	Andrew Peters	OY	24	7	9	6	21	9
179408	Sailing Scene	Jason Marks	O	26	8	6	9	11	52
179412	All shook up	Chris Meech	OM	32	9	14	14	4	15
168151	Storm	Jye Murray	OYJ	34	10	11	23	12	11
173434	Straight Up	Adam French	O	35	11	15	17	52	3
177736		Phil Lawson	OA	35	12	17	13	9	13
176903	Tank	David Parsons	OM	38	13	13	8	17	29
154291		Samantha Boyd	OW	39	14	8	7	52	24
178635	Burmanator	James Burman	OYJ	41	15	18	16	7	52
172258	Buttfast	John Sprague	OM	42	16	12	5	25	52
174347	Mr. Charisma	Greg Bell	OM	43	17	16	25	2	52
167051	Enjoy	Barry Pownall	OGGM	43	18	30	31	6	7
168167		Edward Quartley	OYJ	45	19	7	19	19	52
175292	Kathleen	Brian Conolly	OA	48	20	21	21	26	6
161232		Nicky Bethwaite	OW	49	21	22	35	8	19
175291	Such Is Life	Lew Verdon	OGM	54	22	24	30	16	14
180054		Kyle Langford	OYJ	55	23	10	24	22	23
180202	Seabiscuit	Anita Smith	OW	58	24	28	33	18	12
170543	Flash as a Rat	John Smidmore	OM	58	25	26	34	14	18
173437	Adrenalin Junkie	Jeremy Dawes	OY	65	26	32	18	15	52
169433	Pigman	Gary Cutts	OA	67	27	39	11	30	26

# Radials continued

178645	Petite Blouse	Diane Sissingham	OAW	67	28	20	15	37	32
150845	Meg-a-mania	Meghan Andrew	OYW	69	29	37	27	32	10
176158	Sterile Virgin Newt	Martin Wilson	OA	69	30	33	20	28	21
168165	Drovers Dog	Howard Taylor	OGM	74	31	25	40	29	20
175288	NB Laser Sales	Jack Sprague	OYJ	77	32	27	26	24	30
159145	Flight IV	Paul Hargan	OGM	83	33	36	41	20	27
173455		Janenne Boyd	OYW	83	34	35	39	23	25
176164	4 Letter Word	Warwick Nichols	OM	87	35	29	36	52	22
174343	Caleche	David Plakelar	OGGM	88	36	23	38	27	52
181693	Tungles	Frank Hillier	OGM	89	37	34	28	33	28
103646		Gabrielle King	OWYJ	91	38	31	29	31	33
175981	Dream On	Nerida Gribble	OW	101	39	43	43	41	17
140177	Spinz	Tom Seardfield	OYJ	110	40	40	42	34	36
168666	Grunt n Groan	Hugh Harrington	OY	111	41	38	37	36	39
135320	Laser	Michael Murray	OA	114	42	52	10	52	52
168137	Aquatic Lady	Di Wagstaff	OMW	116	43	44	48	38	34
149817	Getaway	Michael Buckingham	OYJ	116	44	42	45	39	35
176151	Funky Monkey	Jessica Pollard	OYWJ	117	45	45	51	35	37
168135	Black Pig	Gerry Colley	OM	120	46	49	46	43	31
165827	Dances with Jellyfish	Tony Austin	OM	125	47	41	32	52	52
143420	Alternative Route	Ashleigh Rainbow	OYW	125	48	47	47	40	38
168143	Wilhelm	Georgie Reddy	OYW	130	49	48	50	42	40
159144	B O B	Max Schlachter	O	142	50	46	44	52	52
35	Wavelength	Alan Pierson	OA	153	51	52	49	52	52

## Standard

Sail No	Boat	Helm	Division	Points	Place	R1	R2	R3	R4
181703		Richard Bott	O	6	1	1	3	1	2
179416	MAS	Kevin Lim	O	8	2	2	2	6	4
177793	Sandringham YC	Ricky Ironmonger	O	12	3	3	1	46	8
168683	Magnum	Nick Skulander	O	13	4	5	5	3	5
8		Peter Wilson	O	21	5	7	9	8	6
173454	Shizzle my Nizzle	Tom Lowndes	O	23	6	12	47	10	1
175991	Muth	Ashley Brunning	O	23	7	4	10	46	9
156731	Seamle	Iain Cameron	O	24	8	13	7	4	13
176895	Geriatric Jackelation	Jack Schlachter	OM	26	9	15	4	7	46
159125	Novotex Research	Scott Ellis	OA	29	10	6	11	12	46
180199	Manooga Products	David Page	OA	29	11	21	8	9	12
181707	Vidia I oca	Peter Heywood	OGM	37	12	46	6	14	17
176896	Actas	John Paine	O	40	13	20	15	18	7
181685	In De Nile	Iain Gibson	OM	40	14	19	14	11	15
171091	Turtle Terror	Iben Austin	O	49	15	1	17	2	46
150820	Asiom	Andrew York	OM	52	16	17	18	17	19
181681	Zarniwoop	Alan Downes	OA	56	17	25	17	27	14
177734	Unfinished Business	David Edmiston	OGM	57	18	22	24	28	11
171104		Brett Beyer	OA	59	19	8	47	5	46
168689		Tom Braidwood	O	59	20	14	30	15	46
181689	Antipodean	Geoff Kirk	OA	59	21	23	20	16	46
163954	2XS	Brian Watson	OM	60	22	24	19	19	22
177111	NH Laser Sales	Tom Stingsby	O	62	23	46	47	13	3
180198		Brad Quiggin	OA	62	24	28	28	24	10
150860	Cross Cross	Chris Bayliss	O	63	25	18	16	29	46
163879	Brain Floss	Tim Alexander	OGM	66	26	27	47	23	16
178622	Wiggle	Rob Lowndes	OGM	68	27	9	13	46	46
177791	Fine Wine	Mark Bothwaite	OGM	68	28	10	12	46	46
168140	Raging On	Chris Murphy	OY	68	29	33	25	25	18
177079	Plan Right	Robert Partridge	OM	76	30	11	27	21	78
180177	Brou Ha Ha	Josh Flower	O	78	31	36	22	20	46
178621	Passing Wind	Geoff Lucas	OGM	78	32	35	23	31	24
180217	Wham Bam Thank You Pam	Mark Brothers	OM	82	33	26	31	35	25
171130	Endless Friction	Ian Clare	OM	82	34	37	26	30	26
175983	Mimor	Stuart Holdsworth	OA	83	35	16	21	46	46
165818	Park Bench	Frank Walsh	OGM	84	36	30	35	34	20
181682	Time and Tide	Peter Doyle	OGM	86	37	38	32	33	31
167935	Wrong	Tony Donham	OGGM	89	38	14	11	26	29
165832	Controlled Chaos	Warwick Hill	OY	91	39	46	47	22	23
179392	Emese IV	Andrew Finney	OM	95	40	29	34	32	46

## Coasts—Standard Rigs continued

55721	Slippery as well	Martin Williams	OM	99	41	39	36	36	27
178642	Fortuitous	Chris Bowden	OGM	107	42	32	29	46	46
143433	Slice of Heaven	Jeff Finnigan	OM	138	43	46	47	46	46
176169	Efloresce	Kevin Nixon	OM	138	43	46	47	46	46
178641	Red Fox	Colin Cain	OGM	138	43	46	47	46	46

## Brass Monkey Regatta Results

### Brass Monkey 12,13 and 14 June 2004 Tuggerah Lakes Memorial Sailing Club

1	Laser	Nelson Bay Laser Sales	Laser	178785	Tom Slingsby	111.5	1	1	2	2	1	1
2	Laser	Choc Magnum	Laser	178640	Michael Blackburn	111.5	2	4	1	1	4	2
3	Laser	Take Out Tank	Laser	169700	Ben Austin	111.5	3	5	4	3	6	3
4	Laser	Nelson Bay Laser Sales	Laser	17708	Alana Slingsby	111.5	4	3	6	6	2	4
5	Laser	Blue Steel	Laser	168683	Zac Skulander	111.5	6	2	5	7	3	5
6	Laser	MAS	Laser	179416	Kevin Lim	111.5	5	7	3	4	5	E
7	Laser	Hop Factor	Laser	165816	Darren Hoppe	111.5	7	6	8	8	8	6
8	Laser	Day Release	Laser	141922	David Page	111.5	DNC	DNC	7	5	7	C

#### Laser Radial Fleet - Sailed: 7 Discards: 1 Ratings: VY

1	Laser Radial	Storm	Laser Radial	168151	Jye Murray	116	1	1	3	1	1	1
2	Laser Radial	Enjoy	Laser Radial	167051	Barry Pownall	116	2	4	1	4	2	2
3	Laser Radial	Raging On	Laser Radial	168140	Chris Murphy	116	6	2	4	2	4	2
4	Laser Radial	4 Letter Word	Laser Radial	176164	Warwick Nichols	116	3	5	2	3	3	E
5	Laser Radial	Trikki Nikki	Laser Radial	167016	Nicole Starling	116	4	6	5	5	5	5
6	Laser Radial	Y	Laser Radial	174347	Greg Bell	116	5	3	DNC	DNC	DNC	C
7	Laser Radial	Boat 39	Laser Radial	175981	Competitor 39	116	DNC	DNC	DNC	DNC	DNC	4

# Winter in Paradise Regatta Results

## PSSAC Winter in Paradise - 2004 Laser Full Rig

Series Place	Sail No	Boat	Owner	Series Points	Race 1	Race 2
1	171104		Brett Deyer	2	1	1
2	169680		Richard Howard	7	5	2
3	163212		Andrew Williams	9	2	7
4	172242		Mark Skelton	10	7	3
5	168137		No Entry	14	10	4
6	177781		Richard Bolt	14	9	5
7	150111		Tom Braidwood	14	8	6
8	175985		Stuart Holdsworth	14	6	8
9	174345		Geoff Kirk	22	12	10
10	163882		Colin Blanch	24	15	9
11	176866		Josh Paine	26	11	15
12	177734		Dave Edmiston	26	14	12
13	141922		Paul Miller	27	13	14
14	175287		Stuart Allen	29	16	13
15	180199		David Page	30	3	NYF27
16	175091		Ashley Brunning	31	4	NYF27
17	178642		Chris Bowden	31	20	11
18	176641		Colin Cain	36	19	16
19	165816		Darren Hoppe	40	23	17
20	143400		Marlin Richards	41	22	19
21	166822		Matthew ??ye?	42	24	18
22	180177		Josh Flower	44	17	NYF27
23	168815		Nicholas Armstrong-Smith	45	18	DSQ27
24	55721		Marin Williams	45	25	20
25	91		Michael Dicker	48	21	ONS27
26	167016		Nicole Starling	54	NYF27	NYF27

4.7 Laser

Series Place	Sail No	Boat	Owner	Series Points	Race 1	Race 2
1	168151		Lyle Murray	2	1	1
2	164199		Kate Azzopardi	5	2	DNF3

## Laser Radial Rig

No	Boat	Owner	Series Points	Race 1	Race 2
1	172264	Mark Langford	2	1	1
2	168165	Howard Taylor	5	3	2
3	150845	Meghan Andrew	10	7	3
4	174347	Greg Bell	10	6	4
5	175292	Brian Conolly	14	5	9
6	161224	Greg Bridges	15	10	5
7	176164	Warwick Nichols	16	4	12
8	160292	Don Bonniticha	16	9	7
9	177747	Gorden Azzopardi	17	2	15
10	178656	Jenni Bonniticha	19	11	8
11	178621	Geoff Lucas	19	8	11
12	175992	Warwick Crossman	22	16	6
13	128676	Tim Collins	23	13	10
14	178645	Diane Sissingh	26	12	14
15	169682	Megan Groves	30	17	13
16	180054	Kyle Langford	31	15	16
17	177782	Warwick Thomson	32	14	18
18	168137	Di Wagstaff	35	18	17



Faces @ the  
Coasts.

Dianne  
Sissingh (top)

Lew Verdon

Gabrielle King  
& Elyce Finney



## Michael Blackburn's Last Olympic Report

Hello,

Since my last update I've been home and have now returned to Europe, in fact to Athens, the Construction Zone of the Olympics.

I've been training in Athens for a week now, enjoying the 30 degree days and getting the vibe of the Olympic city.

In the area of town we commute around and hang out, namely the seaside suburbs around Glyfada, a lot of work has gone on since we were here last year, including the near completion of a light rail system. The Olympic venues in this area (basketball, handball, fencing, baseball, hockey, softball, sailing and slalom canoe) also look ready to go. However, ongoing road works make things look incomplete and messy.

The water of the Saronikos Gulf, adjacent to Athens, is surprisingly clean and clear. It rarely rains at this time of year so that probably stops a lot of garbage that we can see in the streets ending up down the storm water drains. However, this year there seems to be a large number of plastic bags in the water. So I started picking them up. I've retrieved 17 so far. Not a huge contribution to any muted Clean up Athens Day, I know, but it's a lot considering I didn't need to deviate from our training races at all to gather these. While the current will probably bring a new set of plastic bags onto the race course by the time of the Olympics, I'm sure it is good luck to clean up a little. It would certainly be a shame if a bag should wrap around someone's rudder and affect the results.

I have another 10 days of training here before the Greek nationals, 9-12 July, which are roughly on the Olympic courses. We expect more of

the same great wind conditions – a light to moderate sea breeze or a tricky offshore wind.

More from here later,  
Michael.

Hello,

The 2004 Laser European titles wound up yesterday in Warnemunde, Germany. First overall was Belgian stalwart Phillippe Bergmans. Our own Tom Slingsby finished 2<sup>nd</sup> in an awesome performance on the back of virtually no training in the past month while coaching at the Youth Worlds. Third was Brit Paul Goodison.

Personally, I started the regatta with a couple of first places and stayed well ahead on points until a couple of big errors, one on each of the last two days, saw me drop to 5<sup>th</sup> in the final standings.

One the second last day I was working the boat well downwind, at one stage moving from 32<sup>nd</sup> at the top mark to 8<sup>th</sup> at the bottom. But on the next run, I overdid it and earned a penalty from the jury (a 720 degree turn). The following race, I did much the same thing and received a second yellow flag (a disqualification).

This alone was no problem as I could drop the DSQ. However, in the first start the next day I added a black flag penalty (a false start) to my score. Not smart. We were allowed two drops for the regatta; however, only one of those was to be from the finals series (on the final two days) so my tally was lugged with an extra set of 50 'naughty points'. It reminds me of the backwards cliché 'snatched defeat from the jaws of victory'.

But believe it or not I'm encouraged by my performance. Far from being disappointed, it's clear that I'm racing better than ever. I've good fitness, good technique, good tactics and strategy plus a refreshed appreciation of the risks which should and shouldn't be taken!

The regatta was staged in a good variety of wind strengths and directions but the cooler weather seemed to keep a couple of top

## Michael Blackburn's Last Olympic Report

competitors away, notably Robert Scheidt and Karl Sunesson. I'm sure there will be some tighter racing come the 'Games.

Before the Euros were the Greek nationals in Athens. I did less than half that regatta to nurse a slight discomfort in my right hip. I saved giving myself a real test of a number of day's hard sailing in a row for the

Europeans when physiotherapist Phil Bedlington was working with us. Happily, I reckon I passed my physical test at the Euros pretty well.

From northern Germany I head to the Greek Island of Paros to join half the sailing team who are doing some 'lower key' preparation. We

move into our Olympic accommodation on August 1.

Good sailing,  
Michael

Hello,

Since I know there are a lot of Laser sailors on my list, I've attached a couple of photos of the Olympic boat for your viewing pleasure.

We are yet to receive the supplied sail which includes country flag, letters and the sailor's name. Unlike the boats at the Sydney Games the decals on the side of the boats are stickers, rather than laid into the gel-

coat. But all looks good otherwise.

If you plan to follow the sailing at the Olympics via the internet (it will be the cheapest and fastest option), bookmark the ISAF sub-site for the Olympics <http://www.sailing.org/olympics2004>. The 470s and Ynglings are first to start on the 14<sup>th</sup>. Mistrals, Lasers and Europes begin on the 15<sup>th</sup>.

Races are scheduled to start at 1pm Local



time, 8pm Sydney time. So the earliest you could expect race results on the net is about 9pm. I believe there will be updates during racing, such as at each mark rounding. Of course, delays are also likely if the wind is light, especially when it's from the W-SW. Check Athens real time weather at <http://www.ntua.gr/weather/> or <http://www.weatheronline.co.uk>.

Cheers,  
Michael

---

Well, the sailing is over for me at this Olympics. Unfortunately it wasn't a pleasing result at 9th. I had expected to do bet-



## Michael Blackburn's Last Olympic Report

ter and wasn't the only one - the GBR Laser guy, Paul Goodison (4th), mentioned to me at the bar last night that he put 20 quid on me at 6 to 1 to win! Unfortunately, he lost out twice - once on me and the other by himself!

It was not quite my conditions - mostly light and steady including a disappointing drifter for the last race. In fact the predominant breeze, the fresh Meltemi fairly failed to feature. Although, of course, it's windy today, the day after.

Above average speed upwind was essential to get in a position to cross ahead of other boats rather than duck. If you had to duck a boat then that left you half a boat length behind which would mean another duck and further loss.

I was just a tiny fraction off on speed in the predominantly light-moderate conditions. That meant I couldn't quite hold a good lane, or make an important cross or ...

A day supposedly too windy (16-26 kts) was cancelled, and while more breeze would have helped me get some relatively easy good scores, I made a number of serious errors - actually quite a long list if I were to write it out.

Such strategical mistakes, along with average speed, left me well down the order a number of times at the top mark. I made many large come-backs during the racing - but that's not so hard when rounding the top mark 38<sup>th</sup> or 40<sup>th</sup> as I did in a couple of races. (From 38<sup>th</sup> at the top mark to 17<sup>th</sup> at the finish was the highlight).

As an indicator of the difficulty most had with the conditions, it was a relatively high scoring regatta with an average of about 5<sup>th</sup> in each race neces-

sary for the win. Gold went to the ever consistent Brazilian Robert Scheidt. Silver and Bronze went to the light wind specialists Andreas Geritzer (AUT) and Vasilij Zbogar (SLO), respectively.

Now it's time to enjoy the rest of the Olympics and cheer on the other Aussies. The triathlon team just moved in to our hotel and we'll have the chance to catch that action close up as well as a number of other sports in which Aussies feature highly.

The Aussie Olympic team flies home on the 31st, touching down in Sydney at about 8am on the 1st September.

Thanks to the many who offered their support during this interesting campaign up to and through the 'Games:

Sailing Scene

Ronstan

Queensport Wetsuits

Yachting Australia

AIS

NSWIS

Family and Friends.

Hope to catch up with many of you at home.

Regards, Michael.



## ***Scheidt wins a second Gold in Athens***

***Adding to his seven World Championship titles, Robert SCHEIDT became the first Laser sailor in history to win two Olympic Gold medals when the title was clinched by the Brazilian.***

The final, medal deciding race, which was initially postponed for the sea-breeze to fill in, got underway just minutes before the expiry of the time limit for the final day of racing after an attempted start was abandoned earlier. On that occasion, no one in the fleet reached the first windward mark within 20 minutes of the start, and the race was pulled back to the start line. That dress rehearsal gave a good indication of what we were to expect, as the front five in the overall standings began their medal battles within the bigger picture of the Laser fleet.

The drop in breeze could not have come at a better time for Paul GOODISON as he was scored OCS in the abandoned race, along with five other sailors.

In the restarted race the breeze was up to eight knots and with the course set a little shorter the fleet was all clear for the final start and at the first mark it was Frenchman Felix PRUVOT who led the fleet from Malaysian Kevin LIM. Neither were in with a shout for medals although Pruvot's positioning was setting him up for a second win in the regatta.

Further back in the fleet, where the medals were being decided, Scheidt started strongly and looked comfortable from the start. Rounding the first mark in tenth place his closest rival, Andreas GERITZER (AUT), was a full six places behind. The bronze medal battle between Vasilij ZBOGAR was also looking pretty decided at the second mark. ZBOGAR was five places ahead of GOODISON round the second mark. By gybing at mark two immediately and splitting from the majority

early on down the run, Goodison pulled back on the Slovenian and by the first rounding of the leeward mark, the Brit sensationally gybed inside him for the pair to round in 19 and 20 places. Zbogar still held an advantage on countback.

Geritzer was desperately attempting to shave seconds off the Brazilian's lead in order to snatch the Gold medal from his grasp, as they approached the top mark for the final time, the match race behind was scintillating in its execution.

By the top mark Goodison had split from Zbogar and the Slovenian rounded two



positions ahead of him, the Bronze medal within reach. As Zbogar rounded, Goodison followed and again immediately gybed onto port tack. In the lightening breeze Zbogar pulled out a sizeable lead and eventually finished well ahead of Goodison to claim the Bronze medal.

Up ahead of that pair Scheidt sailed a conservative race to claim the Gold and immediately launched himself into the water. Behind him Geritzer claimed silver. Race winner Pruvot finished fifteenth overall. Furious on-water celebrations ensued and as is becoming the norm here in Athens, the pile of capsized medalists boats were the centre of attention, from the media and the strip of Brazilian spectators alongside the finish.

From ISAF, 22 August 2004, 15:04  
<http://www.sailing.org/olympics2004/results/news2810.html> 30/08/2004

## Scheidt wins a second Gold in Athens

### Single-handed Dinghy Open - Laser

Fleet Overall - After 11 races out of 11

Results as at: 22 Aug 2004 16:52

Place	NOC	Name	Race							
			1	2	3	4	5	6	7	8
1	BRA	Robert SCHEIDT	3	8	1	3	8	4	(19)	12
2	AUT	Andreas GERITZER	4	1	(34)	7	1	2	12	15
3	SLO	Vasilij ZBOGAR	(21)	13	3	8	4	1	14	1
4	GBR	Paul GOODISON	13	3	(28)	5	11	7	1	9
5	POR	Gustavo LIMA	1	15	7	(28)	14	19	6	4
6	SWE	Karl SUNESON	5	10	9	(25)	2	9	4	8
7	NZL	Hamish PEPPER	24	9	(26)	11	9	5	13	3
8	USA	Mark MENDELBLATT	2	14	20	6	6	10	(29)	22
9	AUS	Michael BLACKBURN	18	2	10	19	5	6	2	20
10	ESP	Luis MARTINEZ DORESTE	19	7	13	4	19	18	5	7



## **Dunstan Wins Australian Match Racing Championship**

October 1st. 2004

Michael Dunstan and his crew of Pat Langley, Mark Dorling, James Fox and Ben Lamb have won the Australian Match Racing Championship, which concluded in Perth on Wednesday.

The series was conducted by Royal Perth Yacht Club, in predominantly fresh breezes, and attracted some of Australia and New Zealand's best match racing talent.

The first day of the regatta allowed some practice time in the Foundation 36s, before racing commenced at 1300hrs in a 15-18 knot southerly. Graeme Sutherland (NZL/RYS) and Richard Howard (AUS/CYCA) started strongly, remaining undefeated for the first two flights. Towards the end of day one Gordon Lucas and his local Royal Perth team came up strongly to finish Round Robin One with 6 wins, sitting just ahead of Simon Minoprio (RNZYS) and Dunstan, who were on 5 points each.

Day Two began in lighter conditions, with only one flight being conducted before the breeze died completely. Sailors later returned to the race track after a 10 knot sea breeze had begun to build, allowing the race committee to continue racing until late afternoon, completing Round Robin Two and part of the Semi Finals.

At the conclusion of Round Robin

Two, Minoprio sat at the top of the table on 12 points, having not lost a single race in RR2. Dunstan ranked second with 9 points, whilst Lucas held third position on 9 points also.

The semi finals concluded on Day Three of competition, deciding who continued on to the next stage. Minoprio chose to oppose Lucas in the semi finals, whilst Dunstan took on Sutherland. Minoprio defeated Lucas 2-1, whilst Dunstan defeated Sutherland 2-0. Dunstan and Minoprio moved up to the Final series whilst Lucas and Sutherland contested the petit finals.

It was Australia vs New Zealand in both the petit and finals series. In extremely close races, with the deltas for both pairings coming down to only one second in flight two, the placings were decided. Lucas defeated Sutherland 2-1, pushing him down to fourth position in the petit finals, Lucas taking third overall. Dunstan beat Minoprio 3-0 to claim the Championship title and win the regatta for the second time in three years.

Final placings were:

Place Skipper Club

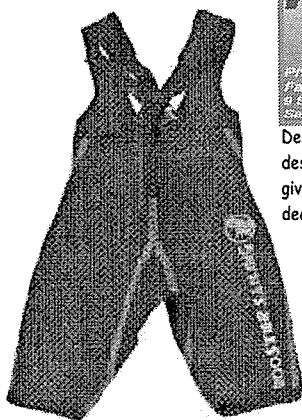
- 1 Michael Dunstan AUS/RSYS
- 2 Simon Minoprio NZL/RNZYS
- 3 Gordon Lucas AUS/RPYC
- 4 Graeme Sutherland NZL/RYS
- 5 Brad Sheridan AUS/RPYC
- 6 Jackson Digney AUS/RPYC
- 7 Richard Howard AUS/CYCA
- 8 Keith Swinton AUS/SoPYC

Erin Cameron

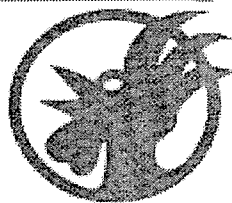
From Boating Oz website

*Rooster Sailing gear now available from Nelson Bay Laser Sales*

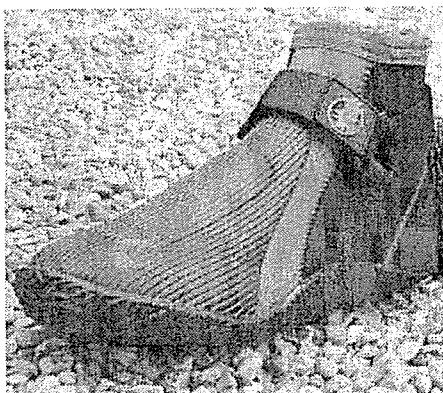
## Rooster Half Length Hike Shorts



**Nelson Bay Laser Sales**  
**NBLaser Sales**  
 Michael Mills  
 PH: 4982 0065  
 Fax: 4982 0387  
 9 Scott Circuit  
 Salamander Bay 2317 Mob: 0412 485 216



Designed to Southern Hemisphere standards - these neoprene hike shorts designed to help you perform. 10.5" battren pads on the back of the sho give protection from the gunwale and help extend the support from the s deck..



New Rooster Boot - "Combines the lightness and feel of a surfing slipper i comfort and support of a stiff rubber hiking boot. "The techie bit - the 1 back straps lock the heel into the boot, the front strap is well above the strap area, and the back strap is locked into the cup of the heel, avoiding tissue damage. The pull from the forward arch position reduces twist and secondary support to the over worked ankle joint. Heel stability and ankle together make this boot a must for those who are pushing the envelope w they are straight toe hiking or trapezing.

**Contact Mike Mills at Nelson Bay Laser Sales for prices and delivery on the whole range of Rooster products, before the new season starts!!!**



**Nelson Bay Laser Sales**  
**NBLaser Sales**  
 Michael Mills  
 PH: 4982 0065  
 Fax: 4982 0387  
 9 Scott Circuit  
 Salamander Bay 2317 Mob: 0412 485 216



# **Belmont 16ft Sailing Club Ltd**

On behalf of the

## **NSW & ACT District Laser Association**

Are proud to present the

### **2005 AUSTRALIAN LASER CHAMPIONSHIPS**

Belmont 16ft Sailing Club, Lake Macquarie

**27 Dec 2004 to 5 Jan 2005**

**Belmont, NSW**

**1 hour north of Sydney**

## **Hints on Hiking** by the New Zealand Coach Ian Neely

Hi Guys,

This may not apply to those of you who have been in a laser for a while but I just wanted to pass on some thoughts from what I have seen in the last week. To start with I want to look at hiking. As most of you have now found out, hiking in a Laser is dam hard work, the good thing is that with time it does get easier so long as you keep at it. At this early stage if you take a month off you will go back to square one. For the old boys who have been doing it day in and out for several years because their bodies have been built over time to hike all day they can take quite a lot of time off and still jump back in and perform. As a lot of you are just starting out you will not have this luxury. Be aware that if you take a break you will go back to square one. Quite regularly I see young guys hop in to a Laser and go hard for a month and then take a break because it is not getting any easier. After a while they get back in and do another month and then take a break again because it is soooooo hard. This style of training almost guarantees that you will spend all your time in pain and will make it impossible to enjoy your sailing and will lead to quitting, which is always a real shame.

At the moment most of you who have just started are in a novelty phase where the pain is new so it is okay, soon that will wear off and it will feel like just a hard grind. This is very normal guys. Things take time in a Laser and learning to hike like a champion takes a lot of time and effort.

Please be aware guys that it will be a struggle, but every Olympic sailor you know of has been through exactly the same thing and more. Absolutely nobody has found it easy and even the good guys are in the same amount of pain (possibly more) as you are, they

are just used to it and know it is part of the game.

The top NZ Laser sailors can spend up to 30hrs a week on the water training. However if you keep going and tough it out through the hard times you will be amazed at the results you will achieve. The key is to stick at 4 consistently and have correct technique from day one.

### **Hiking Technique;**

Most junior classes these days like the P and starling are being sailed in my opinion with poor hiking technique, so to most of you this hiking style may seem different and hard to start off with, it does get easier very quickly but it also prevents injury. The way most people hike in the junior classes will cause injuries when used in a powerful boat like a Laser. Most common injuries are lower back and knees.

#### **Step 1; Hiking strap tension and setup:**

To get the hiking strap tension right you need to first locate the position of your knee when you will be hiking. The best position for your knee is about 10cm in from the edge of the boat or even further inboard if you have long legs. Never try and put your knees too close to the edge of the boat as this will cause severe knee injuries when you hike. Basic principal is to keep your legs inboard more so you can keep your legs straight.

Once you have located your knee position you can tighten the strap over your feet. If you wear boots your ankle and foot should be relaxed with your foot at about 45 degrees to the angle of the shin bone. Please note that if you are using boots you must only use "aigle" rubber hiking boots. Don't waste your time with any other brand, they fall apart and cause the hiking strap to sit too far down your foot creating ankle injuries. If you use bare feet when hiking then the strap should be tightened across your feet with your toes



## **Hints on Hiking from Kiwi Laser (March04)**

pointed. I found the best way to do this on land was to tension the strap over one foot, then when I went sailing and everything stretched it was about spot on. Some sailors use adjustable hiking strap systems, this is personal preference but can help with tight reaching but can hinder as it may loosen as you sail up the beat.

Step 2; Theoretical hiking position;

With the knees in your choice of position, keeping the legs perfectly straight (I will add to this point on straight legs later) you should lean out with your back dead straight and your bum lifted up. You should look like a plank of wood. If you sit up due to a lack of wind your legs should remain straight and your back should remain straight as if there was only one hinge in your body at your hips. Effectively if you imagine that your body is 2 straight pieces with a single hinge at the hips. When you get tired you do not bend your back or your legs, all you do is slide your knees inboard a bit more and then remain straight.

### **KEY POINTS;**

- This will take time to perfect and will need practice to develop into a habit
- It is hard but fast
- All the top guys do it
- You need to breathe as if you were running so as to supply oxygen and clean blood to your muscles.
- Try to relax your neck as it makes it easier to breathe.
- When practicing if you stare at the top of the sail when hiking it can help to straighten your back (DO NOT LOOK AT THE BOW OF THE BOAT!!!!). Either look to windward for wind, around at other boats for tactics or at the sail for speed and

excellent hiking. With my own boat and with some people I have coached I have written stuff on the front of the boat to stop them/myself from staring at it.

- Your main sheet arm should be bent when holding the sheet block to block so that when a gust hits you can ease the sheet without changing your hiking position.

### **Why Hike Like This?;**

A Laser does not have a chine so in almost all conditions it is faster to have the boat flat so you get maximum use out of the foils. You are sailing a dish and when it leans over it creates drag. If it leans over more, the centerboard and rudder start to get pockets of air around them at the top and so the boat goes sideways and this creates even more drag hence a heavy helm. In almost all conditions the boat must be flat and this is why we hike as we do. If we hike flat the boat can be dead flat without our bodies dragging in the water. If we bend then the boat must lean over to stop us hitting the water, as we lean over the boat slows down and the helm loads up. The straight back is really important for speed and for health reasons. If you keep your back straight you will get rock hard abs and you won't get a back injury. Also, for speed with your back straight every movement will get transferred into the rig. If you have a bent back, when you move around the boat throwing your shoulders in and out back and forth through the waves it does nothing, all the movement gets absorbed through your lower back being bent and through your hips, none of the movement gets to the rig. When your back is straight every movement directly effects the rig creating legal leech flicking which creates more speed and height. A straight back also allows you to make the most of your body weight for hiking because it gets your shoulders and head out further whilst still remaining straight. The average human head weighs 8kg, pretty heavy for a melon.

## **Hints on Hiking**

### **Straight legs?;**

Every physio will tell you that to have your legs locked straight is bad for your knees, and they are correct. When you are hiking you should have a slight bend in your legs at the knees, but it is so slight it is almost impossible to see. Also, with the amount of weight on your legs when hiking it is almost impossible to keep your knees locked. There are only a few freaks who can do this and they tend to earn money part time in the circus. Keep your legs as straight as possible but don't lock your knees (circus freaks only).

### **Cross Training;**

I used to spend heaps of time doing competitive cycling as cross training as well as canoeing at top level, heaps of gym work and running and stuff and I can honestly say that the best fitness for hiking is to go sailing and just go hiking. When you start to sail 6 days a week and are getting a bit stale that is when cross training can be helpful. The best thing you can probably do is to strengthen your lower abs, this allows you to keep your bum up and your back straight. Normally lower abs on most people are quite weak.

I have found the best exercise for lower abs to be hanging knee lifts  
hat's all folks,

Have fun!

If you have any questions feel free to contact me,

Cheers,

Ian Neely

**( Taken from the March issue of  
KIWI LASER. New Zealand Laser  
Association newsletter. Ed.)**

*Also from KIWI LASER (July issue)  
comes this little gem from their  
measurer Mark Miller (Ed.)*

## **AN IMPORTANT MESSAGE FROM THE MEASURER**

Thinking about changing or modifying your "Builder Supplied" spars, foils, blocks and fittings to make your Laser go faster

**WELL DON'T!!!! STOP NOW!!!**  
Check the class rules section of the current Laser Handbook, there is a very good chance the modification or addition may be illegal.

The main attraction of the Laser is that it's a one design with strict class rules where winning is based on skill rather tinkering around with the design to gain an advantage.

From time to time the ILCA, after careful consideration, may permit minor changes to the Class to make the Laser more comfortable and enjoyable, however., I am aware that some sailors may be making changes to the standard boat contrary to the Class Rules

If you make a change or addition that not covered under Part 3 of the Laser Rules and you

## The New Zealand Measurer writes in Kiwi Laser

know is illegal,

It's CHEATING.

Should action be taken under the racing rules a Laser competitor could be disqualified from a race or series, or instructed not to race until they have their Laser re-measured OR;

BANNED FROM SAILING A LASER

So before deciding to make any changes check the provisions of the Handbook and then ask yourself why you want to do it.

See Overleaf for the illegal list of charges that have been brought to our attention.....

### ILLEGAL CHANGES/ MODIFICATIONS

1. Filling the hole in the bottom plug of the bottom section with anything, with the aim of stopping water filling the mast cavity.

2. Distorting the shape of the traveller block in any way to prevent it rolling. This includes oval shaping the bottom pulley, cutting grooves into it or any other form of tampering.

3. Preventing the bottom pulley of the traveller block

from rolling using a bolt, epoxy or any other means.

4. Distorting the shape of the traveller rope as a means of causing the traveller block to stay in the leeward corner and not ride up.

5. Running a second smaller rope inside a spectra traveller line so as to create bumps in the traveller rope in the aim of holding the traveller block in the corner of the boat.

6. Removing and sanding the base of the plastic rudder gudgeons in the aim of altering the rake of the rudder.

7. Cutting a groove out of the front of the rudder, in the aim of altering the rake of the rudder.

8. Sanding the hull in any form. There are spots on a laser that cannot be removed.

*Mark Miller* LASER CLASS MEASURER NZLA

*(Lessons there for all of us in Australia. 1. Not all Kiwi Lasers are the same as ours, and 2. even their measurer finds discrepancies, dare I say cheating, within his fleet. Ed.)*

## 4.7 Report from John Murray

### GREETINGS

The purpose of this email is to keep all NSW 4.7 Sailors informed of upcoming events and news.

### Coast Championship

Amongst loud shouts of STARBOARD, NO ROOM HERE and screams of UP UP, our 4.7 sailors found themselves locking gunwales with fifty of the country's top radial sailors. With everyone eager to demonstrate that they haven't lost any of last seasons skills, the first major Laser regatta of the season, the NSW and ACT Laser Association Coast Championship began. This years Coasts was hosted by Belmont 16ft Sailing Club on the northern shore of Lake Macquarie.

Saturdays racing got underway in 10 to 12 knots of south-easterly which produced some very close racing.

Race one was won by James Dillon sailing for Belmont 16s. James is an ex-sabot sailor new to 4.7s and was taking part in his first Laser regatta. Race two was taken out by David Chapman who sails for the Royal Sydney Yacht Squadron.

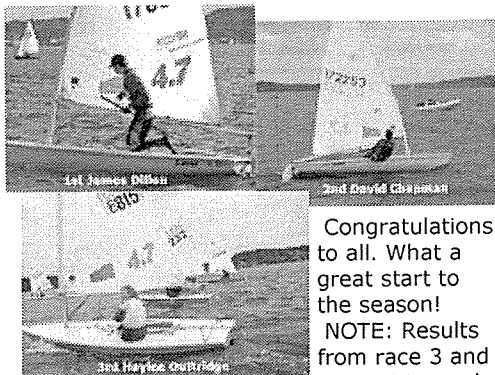
Sunday dawned grey and overcast with a very light easterly blowing. Race three got underway only to be abandoned mid way through due to a large northerly shift in the breeze. Once restarted it produced some very tight racing with James Dillon grabbing his second win of the regatta.

Race four with the black flag flying had a general recall and started 20 minutes later. Elyce Finney sailing Clewless, out sailed her competitors to give the girls their first heat win of the season.

The result from race four left the top three competitors all tied on six points each.

1<sup>st</sup> was James Dillon on count back with a 1,4,1,6.

2<sup>nd</sup> was David Chapman on count back with a 4,1,2,3,  
3<sup>rd</sup> on count back went to the ultra consistent Haylee Outteridge with 2,2,4,2



Congratulations to all. What a great start to the season!

NOTE: Results from race 3 and 4 count towards

the 4.7 Interclub Championship

Standing so far:

Elyce Finney – 4 points

David Chapman – 5 points

Haylee Outridge – 6 points

James Dillon - 7 points

Sam Bryden – 10 points

### 4.7 Interclub Championship Heats 3 & 4

Heats 3 & 4 of the 4.7 Interclub Championship will be hosted by the "Royal Sydney Yacht Squadron" Kirribilli. The Squadron is one of Australia's oldest and finest yacht clubs which has displayed a long history of support for youth sailing.

**Venue:** Royal Sydney Yacht Squadron

**Date:** 7 November 2004

**Organiser:** RSYS in conjunction with NSW & ACT District Laser Association

Please feel free to forward this email to other interested 4.7 sailors.

To be added to or removed from our mailing list send request to

[johnmurray@netspace.net.au](mailto:johnmurray@netspace.net.au)

**Laser 4.7 ...the exciting new youth class!!**

Cheers

John Murray

## **Your 2004/5 Association Membership**

NSW & ACT District Laser  
Association membership year runs from  
Oct. 1st. 2004 to Sept. 30th. 2005.

Make sure you are financial by sending in your subscription.

Name(block caps please) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Home phone \_\_\_\_\_ Work \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age (@Oct 1st 2004) \_\_\_\_\_

Yacht/Sailing Club \_\_\_\_\_

Occupation \_\_\_\_\_

E-Mail Address \_\_\_\_\_

### **Please Circle Your Division**

#### **FULL RIG**

Youth (-19@Dec. 31st 2004)

Open

Apprentice

Master

Grand Master

#### **RADIAL RIG**

Junior (-18@Dec 31- 2004)

Youth (-19@Dec.31- 2004)

Open

Masters(35 +)

Grand Master

Great Grand Master

Women

#### **4.7 RIG**

Junior

Open

*By the rules of the International Laser Class Association you are required to be a member of a District Association to race in association events. Metros - Coastal - Masters - States - Nationals & Teams Racing Championships*

*Part of your subscription is paid to the ILCA and A.L.A. on your behalf.*

Cheques payable to: NSW & ACT Laser Association.

Postal Address: The Membership Secretary  
PO BOX 43 Boolaroo 2284 or PO Box K315. Sydney 2000.

FULL MEMBERSHIP \$40

YOUTH MEMBERSHIP \$20

INTERSTATE MEMBERSHIP \$20

**Credit card facilities will be available at all 2003/4 Association events.**

*(a surcharge of 5% will apply on each transaction to cover costs)*

## *Coasts Championship report from Richard Howard*

17 October 2004  
Lake Macquarie

### **Bott, Weir and Dillan 'Clean Up' at NSW Laser Coasts Championships.**

Day two at the NSW Laser Association Coasts Championships could only be described as hard work, both for sailors and the race committee.

The first set of races were abandoned mid way through due to a large left hand wind shift caused by thunderclouds which spread across the Belmont Bay regatta venue.

The radials then got away in their second attempt with eventual race leader Zac Skulander finding out he was OCS after crossing the finishing line. This handed heat three win in the radials to Krystal Weir who also eventually won the regatta.

In the full rigs Richard Bott was best performer of day two with and first and second place in heat three and four respectively securing him the overall win from Kevin Lim and Ricky Ironmonger.

The 4.7 fleet was won by James Dillon with David Chapman and Haylee Outridge placing second and third overall respectively. Elyce Finney showed good form in race 4 of the regatta to streak away and win allowing her to take 4<sup>th</sup> overall in the 4.7 class.

In the women's class, Australian ISAF Youth representatives Krystal Weir and Samantha Boyd finished in that order with 2004 Australian Olympic representative Nicky Bethwaithe securing 3<sup>rd</sup> place from Anita Smith. It was pleasing to see strong numbers in the women's classes indicating the Lasers great versatility allowing it to be sailed by men and women of all ages.

The regatta was a success due primarily to the regatta organisers,

NSW Laser Association Committee and Belmont 16' Sailing Club which hosted the event. With this event being a warm up to the National Championship we can expect big fleets, great racing and good times over Christmas!

Results:

Full Rigs: 1<sup>st</sup> Richard Bott, 2<sup>nd</sup> Kevin Lim, 3<sup>rd</sup> Ricky Ironmonger, 4<sup>th</sup> Nick Skulander

Radials: 1<sup>st</sup> Krystal Weir, 2<sup>nd</sup> Zac Skulander, 3<sup>rd</sup> Nathan Outridge, 4<sup>th</sup> Andrew Williams

4.7 Class: James Dillon, 2<sup>nd</sup> David Chapman, 3<sup>rd</sup> Haylee Outridge, 4<sup>th</sup> Elyce Finney

For more information go to [www.laser.asn.au](http://www.laser.asn.au)

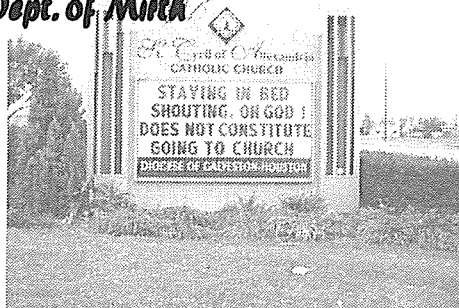
By Richard Howard  
NSW Laser Assn - Publicity Officer





**From Roger A-J  
of Sydney**

**Dept. of Mirth**



**Who'd be an Olymple volunteer  
in Athens at this time of the year??**



His name was Fleming, and he was a poor Scottish farmer. One day, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog. There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved. "I want to repay you," said the nobleman. "You saved my son's life."

"No, I can't accept payment for what I did," the Scottish farmer replied waving off the offer. At that moment, the farmer's own son came to the door of the family hovel. "Is that your son?" the nobleman asked,

A lady walked into a Lexus dealership to browse, and spotted the most beautiful, perfect "loaded" Lexus- and walked over to inspect it a little closer.

As she bent forward to feel the fine leather upholstery, an unexpected little burst of flatulence escaped her. Very embarrassed, she anxiously looked around to see if anyone had noticed. Sure enough, there standing behind her was a salesman. With a pleasant smile. "Good day, Madame. How may we help you today?" Trying to maintain an air of sophistication and acting as though nothing had happened, she smiled back and asked, "Sir, what is the price of this lovely vehicle?" Still smiling pleasantly, he replied, "Madame, I'm very sorry to say that if you farted just touching it, you are gonna xxxt yourself when you hear the price.

Form Roger. A-J Sydney

"Yes," the farmer replied proudly.

"I'll make you a deal. Let me provide him with the level of education my own son will enjoy. If the lad is anything like his father, he'll no doubt grow to be a man we both will be proud of."

And that he did. Farmer Fleming's son attended the very best schools and in time, graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of Penicillin.

Years afterward, the same nobleman's son who was saved from the bog was stricken with pneumonia.

What saved his life this time? Penicillin.

The name of the nobleman? Lord Randolph Churchill. His son's name? Sir Winston Churchill.

Someone once said: What goes around comes around.

Work like you don't need the money.

Love like you've never been hurt.

Dance like nobody's watching.

Sing like nobody's listening.

Live like it's Heaven on Earth.

It's National Friendship Week.

Send this to everyone you consider A FRIEND

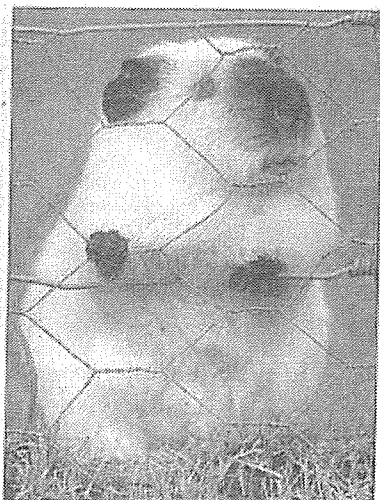
From David Flakelar MHASC





This guy is having a lend of us isn't he?? How can they call this 'sailing'?? He is Rohan Veal of Australia, winning the European Moth Championships in Weymouth on the south coast of Eng-

land at the end of July 2004. Want more pictures of these machines?? Go to [www.wpsa.org.uk](http://www.wpsa.org.uk) They must come down to a standstill to tack! And jibing would be fun!



Pen pal: Sooty after his one-night stand

## Guinea pig harem says 'hello Sooty'

A GUINEA pig called Sooty had a night to remember after escaping from his pen and tunnelling into a cage of 24 females.

He romanced each of them in turn and was yesterday the proud father of 43 offspring.

Staff at Little Friend's Farm in Pontypridd, South Wales, have now secured Sooty's pen — and begun looking for homes for the guinea pigs.

His owner, Carol Feehan, 42, said: "I'm sure a lot of men will be looking at Sooty with envy.

"We knew that he had gone missing after wriggling through the bars of his cage.

"We looked for him everywhere but never thought of checking the pen where we keep 24 females. We did a head count and found 25 guinea pigs — Sooty was fast asleep in the corner.

"He was absolutely shattered. We put him back in his cage and he slept for two days."



## Dept. of Mirth

### Subject: In the beginning

In the beginning God created day and night. He created day for

AFL football, going to the beach and barbies. He created night for going prawning, sleeping and barbies. God saw that it was good.

Evening came and morning came and it was the Second Day.

On the Second Day God created water - for boating, swimming and barbies on the beach. God saw that it was good. Evening came and morning came and it was the Third Day.

On the Third Day God created the Earth to bring forth plants - to provide malt and yeast for beer and wood for barbies. God saw that it was good. Evening came and morning came and it was the Fourth Day.

On the Fourth Day God created animals and crustaceans for chops, sausages, steak and prawns at barbies. God saw that it was good.

Evening came and morning came and it was the Fifth Day.

On the Fifth day God created a bloke - to go to the AFL football, enjoy the beach, drink the beer and eat the meat and prawns at barbies. God saw that it was good. Evening came and morning came and it was the Sixth Day.

On the Sixth Day God saw that this bloke was lonely and needed someone to go with to see the AFL football, drink beer, eat and stand around the barbie with. So God created Mates, and God saw that they were good blokes. God saw that it was good.

Evening came and morning came and it was the Seventh Day.

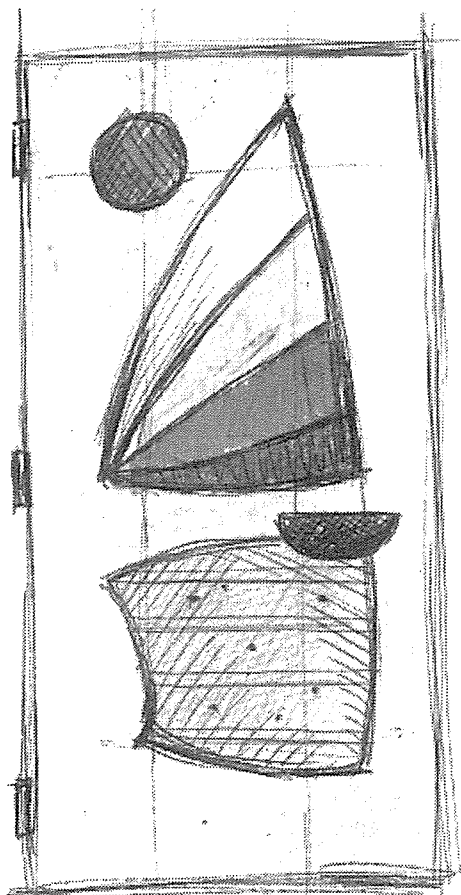
On the Seventh Day God looked

around at the twinkling barbie fires, heard the hiss of opening beer cans and the raucous laughter of all the Blokes, smelled the aroma of grilled chops and sizzling prawns and God saw that it was good.... well almost good. God saw that the blokes were tired and needed a rest.

So God created Sheilas - to clean the house, bear children, wash, cook and clean the barbie. God saw that it was not just good, it was better than that, it was bloody good.

IT WAS AUSTRALIA!!

From Roger A-J Sydney



NSW & ACT DISTRICT LASER ASSOCIATION



*Jack Schlachter, going uphill at the Worlds in Turkey!*