



REGATTA REPORT

The Women's Regatta Saturday 22nd March, 2025

Major sponsors - Zhik and Performance Sailcraft.com

The Women's Regatta saw an impressive turnout, with 38 sailors hitting the water, including 10 in the combined Green Fleet. Competitors represented 11 clubs: Vaucluse Yacht Club (VYC), Woollahra Sailing Club (WSC), Double Bay Sailing Club (DBSC), Greenwich Sailing Club, Hunters Hill Sailing Club (HHSC), Middle Harbour Amateur Sailing Club (MHASC), Manly Yacht Club (MYC), Royal Prince Alfred Yacht Club (RPAYC), Bayview Yacht Racing Association (BYRA), Gosford Sailing Club, and Georges River Sailing Club (GRSC).

Yoga

The day began on a high note with a full deck for morning yoga at 8:30 AM. Under overcast but warm conditions—ideal for stretching and mindfulness—sailors enjoyed a relaxing start before fuelling up with a healthy breakfast.



Workshops

Next we had workshops split into 3 separate sessions including rules of racing, what to think about when getting to the start line and nutrition and how to prepare your body for sailing. The workshop leaders are experts in their field and provided the groups with valuable insights into these topics.

They also provided very practical tips that could be readily applied to racing later in the day. The opportunity to have Q and A during the workshops allowed a lot of audience participation that also made it very specific to the participants specifics.

Special thanks to our workshop leaders:

Ellen Sijtsma – Fitness, nutrition and hydration

Erica Kirby – Everything you wanted to know about the rules but were afraid to ask, and

Vanessa Dudley – Race preparation and starting

All the workshops were very well received providing valuable learning opportunities and inspiration for all participants.

The Racing

On the water, conditions were puffy and a little shifty with a southerly to sou-sou-easterly breeze ranging from 5-10 knots, creating a tactical and engaging race environment. Three races were completed across the fleets. The racing was very close as can be seen from the photos, see the link below.



The ILCA 4 fleet saw intense competition, with three different sailors claiming race wins, highlighting the depth of talent and close racing in the class.



Harper Spacey – 1st overall ILCA 4s

In the ILCA 6 fleet, Sara Bruce delivered an exceptional performance, dominating the day with consistent sailing and strong tactical decisions resulting in 3 wins.



Sara Bruce 1st Overall ILCA 6s leads Lyndall (2nd overall) in R1



ILCA 6 fleet racing was very close.

One highlight of the event this year was the inclusion of a Green Fleet, which was run in conjunction with the Manly YC, with VYC's newest sailors making their regatta debut. These ladies have progressed through the club's Ladies Learn to Sail a Laser program over the past 12 months, and their participation in their first regatta marked a significant milestone in their sailing journey. Their enthusiasm and determination on the course were truly inspiring.



The VYC Green fleet compete in their very first regatta



Georgina Rodowicz giving way to 16' skiff Moonen Yachts with Finn Rodowicz aboard

Results

ILCA 4 Overall

1 st	Harper Spacey	DBSC
2 nd	Charlotte Jenkins	DBSC
3 rd	Charlotte Harris	WSC

ILCA 6 Overall

1 st	Sara Bruce	DBSC
2 nd	Lyndall Patterson	RPAYC
3 rd	Justine Gowland-Ella	Gosford SC

ILCA Green fleet

1 st	Jessica Antunes	VYC
2 nd	Georgina Rodowicz	VYC
3 rd	Maddison Hunter	VYC

You can find the full results [here](#)

The prize-giving ceremony was held at the VYC clubhouse where the overall and division results for the ILCA 4, ILCA 6, and Green Fleet were announced. Delicious Thai food was served to our hungry sailors from our local Thai restaurant, Bangkok Bay Thai along with a selection of beverages.

A special congratulations to Zoe Allen, who won the ILCA sail raffle donated by Performance Sailcraft —a fantastic prize to support her continued sailing journey.

Panel discussion

The regatta concluded with a quite special discussion on the VYC verandah at sunset with our 3 guest panellists, all world class women sailors – Evie Hasseldine, Carolijn Brouwer and Vanessa Dudley.



L – R Lucy, Carolijn, Evie and Vanessa

MC for the discussion was the VYC's Lucy Ede. The panellists covered a wide breadth of experience across a wide range of dinghies, catamarans and yachts which was acknowledged during the discussion with Evie and other young women sailors benefiting from the trail blazing efforts of the more experienced Vanessa and Carolijn.

Their willingness to share what they have learnt along their journeys had the audience captivated for over an hour with this closing remark from Carolijn that as women sailing in teams we don't want to be just known for sailing on the boats, we want to be designing, building, rigging, tuning and maintaining them. Only by interacting with the wider sailing community can we acquire the knowledge and experience vital for continuing success in our own right as women sailors.

Photos

For those wanting to relive the action, a link to the event photos can be found [HERE](#). There are some excellent shots.

Thank you to all competitors, volunteers, sponsors and supporters who made this event a success. We look forward to seeing you all on the water again soon!