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## Chris of the Capital takes 1st National Championships

The 2012 Spiral Nationals were sailed from Teralba Sailing Club, Lake Macquarie, from the 26–29 of January, resulting in great success for the Canberra Yacht Club.

The predominant NE gradient breeze resulted in most racing starting from Marmong Point, with the top mark in Warners Bay. The 39 boats enjoyed the challenging racing, which was exceptionally tight due to the variable conditions and cloud effected race track.

The regatta started well for Canberra, with Nicole Douglass leading around the first lap of the first race with Chris Eddes on her heels. Chris took the lead on the second lap, and Nic held on to second as they gapped the fleet taking 1, 2 for the CYC in heat one.

Chris continued to sail a very consistent series to stay near the top of the score board.

The championship came down to the final race, with Chris Eddes of Canberra and Chris Loringon equal points going into the last day. Tom Spithill led around the first top mark from Chris Eddes, with Chris Loring not far behind. Chris Eddes managed to slip into the lead downwind, to take the eventual heat win, and also his 1st national championship. Chris Loringheld onto 2nd overall, with Glenn Hammond in 3rd, Tom Spithill in 4th and Steve Leicester, also from CYC in 5th.

Nicole Douglass, also from CYC finished 7th overall, winning the Ladies division, and Shane Conly finished in 8th overall to take the Junior division. Other divisional winners included Glenn Hammond in the Masters, Peter Eslick in the Grand Masters and newly inaugurated life member David Loring in the Grand Masters. Matthew Taylor, a talented 470 sailor, took the visitors division from his brother and crew Ben Taylor.

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# 2012 Chief Ministers Regatta



# Commodore's Message

It seems only a short time ago that we were preparing for the start of the summer series and the prospect of some great sailing. There has certainly been some great sailing and some outstanding results over the past the Christmas New Year period.

However, we are constantly reminded that our sport is always subject to the weather and our environment. The sudden reduction in the water level due to issues at Schivaner Dam is also a very clear reminder that we sailing on a man made lake. The way that as a club we have worked to continue to go sailing goes to not only how much we love our sport but also to the spirit within the club. I know it has not been perfect with a number of incidents that have amounted to some major damage in at least one case. But in the main we have worked together to make sure we can keep sailing.

Whilst personally not getting out on the water as much as I would have liked so far this season, I have had the chance to observe a bit more the fantastic support provided by those on duty. I watched Peter Forster during the Chief Ministers Regatta when he timed the shortened course to perfection. I must admit there was a lot going on in his mind as mother nature played with his mind as to which way the wind would go. In the end he got it right. But it did highlight to me to remind everyone that it is stressful for the RO in the tower, so please only sit in the tower if you are invited by the RO.

The Sailing School has had another good summer, with large numbers having a sailing experience. Hopefully over the coming weeks we will see more of those that have been through the Sailing School out on the water.

The Committee has also endorsed the support of the Sir Thomas Lipton Foundation as the official charity of the CYC . The outstanding work undertaken by the foundation through Communities at Work has planned three Tackers 1 children's groups to go through the Tackers program during February. The official launch is scheduled in February at the club.

On the Nationals success list we have a very large number of people, who have achieved some great results. To highlight just a couple we have Chris Eddes who took at the Spirals and Matt Owen who moved to the front of the boat and can now say he really did come first in the Nationals. To all those that I have not mentioned, congratulations on your success, whether at being towards the front of the fleet or just getting there.

We have the Southern Cross Club Cup in fully swing, twilight series, the final races of the sprint and long distance races and then the Champion of Champions on 15 April, so there is still a lot of sailing left in the season.

**Howard**

## Richard Harvey Norris (18 January 1951 – 19 September 2011)

It was with sadness that the Club was advised of the passing of Richard on 19 September 2011 at the age of 60 following a battle with cancer.

Richard was the son of the late Dick and Dorothy Norris, early supporters and members of the Canberra Yacht Club. Dick was the Club Starter for many years and Dorothy led the Associates in running social events and raising funds for the Club to purchase much needed equipment (see obituaries in Sailing News of September 2003 and February/March 2005 respectively).

Richard started sailing with his brother Murray in Gwen 12s as junior members when the Club was based at Lake George in the early 1960s. At age 16 he began crewing with Peter Harvey in 505s and won two Australian National Titles and was runner up on three other occasions. He was selected to represent Australia at World Titles on three occasions, once crewing for Rod Dalglish. Photos of those 505 days, and further details of their experiences, are on pages 173-175 of Capital Sailing.

Richard subsequently sailed his own 470 in the Olympic trials and later a 505 and crewed with Andrew Hunn (of Hobart) to win the Australian Lightweight Sharpie championship in 1978. Richard was close friends with sailing legends Peter Thompson (2.4 fame) and Erik Adriaanse (505s and Brindabella).

Richard was a wonderful sportsman who prided himself on his fitness. He was truly an elite athlete before the term was commonly used.

In more recent years Richard turned his sporting attention to cycling and triathlons which he pursued with great passion and success.

Like his father, Richard had a strong leaning towards the sciences becoming an Emeritus Professor in Freshwater Ecology at the University of Canberra.

Our thoughts are with Richard's family, his wife Uschi and three children Nicki, Emily and Allie. Uschi's father, Rudi Klug, was also a 505 sailor at the CYC in the 1970s,

**Peter Harvey**

## Chris of the Capital takes 1st National Championships (cont)

The heat wins were shared amongst five sailors, with the new National Champion Chris Eddes, and top visitor sailor Matt Taylor taking multiple wins. John Talbot, Glenn Hammond and Tommy Spithill, who monstered the windier race, each had had one bullet.

Teralba was a great venue, with plenty of grass to rig on, easy launching and great views from many vantage points for spectators. Thanks to Teralba Sailing Club for hosting the event, and the Spiral Association for their behind-the-scenes efforts to put on yet another great regatta.

The Spiral National Championship has been a goal for local sailor, Chris Eddes for a few years, and he was extremely happy with his win at Teralba. "It was an awesome regatta with very tight competition through the fleet and within every division", said Chris. "The sailing conditions tested the tactics of each sailor, as well as their ability to make the boat go fast".

Chris Eddes spent his youth developing his sailing in the Spiral class with the CYC Youth Racing Squad, and no doubt his success is thanks to the support of the Canberra Yacht Club and the CYC High Performance Coach, Craig Davidson.

The next Spiral Nationals will be sailed over the Australia Day long weekend in 2013 from the Canberra Yacht Club. If you are interested in getting involved with Spirals ahead of a home Nationals, contact the CYC office.

For more information on this excellent single-handed, one-design class, including photos and results from the 2012 Nationals go to [www.spiralsailing.org](http://www.spiralsailing.org)

### Nicole Douglass



### Top 10 overall

1	867	Rogue Racer	Chris Eddes	CYC	16
2	860	Rapid Pulse	Christopher Loring	CRSC	20
3	889	Chase That Feeling	Glenn Hammond	CRSC	25.5
4	840	Terminator	Tom Spithill	RPAYC	31
5	901	Smelly Griffen	Steve Leicester	CYC	31
6	872	Sweetness & Light	Jonathan Talbot	CRSC	37.5
7	863	Outer Limit	Nicole Douglass	CYC	48
8	801	Inner Circle	Shane Conly	ASC	65
9	891	Non Capisco	Alan Davidson	BYRA	66
10	888	Cheng Nuo	Henry Zylmans	BYRA	69.5



Photo By Action Sport Photos

# CYC Youth dominate ACT Youth Championships

On the 10 December the ACT Youth Championships were held by the YMCA Sailing Club on Lake Burley Griffin. There were 12 entries all up, 9 of which were from the CYC.

There were four 40 minute races planned for the day regatta, although with such light winds the race committee were thinking about postponing the racing until some sort of breeze filled in. Around one o'clock there was a light NW breeze so they race committee took the chance to hold a race.

The first and second races were in breeze around 3-4knots, with a shortened course as the time limit was reached after one and a half laps. The leader of these races was always changing, each leg had a different leader, so the racing was tight until the very end of the race, you were concentrating, and

battling for your positions until you crossed the line.

The last two races of the day were in a ENE breeze tending 3-4knots with about 6-7 knots gusts, this breeze was very shifty with odd shift from the NW coming through. The places were just as hard to earn in these races, although the sailors started to really think strategically about the breeze and other boats, so the boats were more spread out, from the start to finish to try and get maximum boat speed and opportunities for the best chance to take the lead or sustain their overall placing.

The CYC Youth Race Squad and High Performance Squad members all had excellent and tight racing, all the sailors were pushed to their limits in the light airs. And they coped with it very well, with all the

CYC members placing. The overall Laser divisional winner was Eliot Bassilli with 1,1,2,3 Second place went to Cassandra Schlimbach with 2,2,3,1 and third place went to Duncan Jamieson and fourth was Kelsey Hanrahan. In the Spirals the winner was Isabella Heggie and second went to Fergus Buckley.

These results show that training in the Youth Race Squad and the High Performance Squad is paying off, and that these sailors are stepping up in their sailing careers. Thank you to the coaches Craig Davidson (HPS) and Rory Gleeson, Georgie Riddler (YRS) for transferring their knowledge and skills.

With the nationals coming up over Christmas/New Year for the lasers this was a great training regatta and we look forward to hearing about their success.



## CYC boats neck and neck at NS14 Nationals



The 43rd NS14 Nationals were sailed from Cronulla Sailing Club from the 27 December 2011 to 3 January 2012. Eight of the nine races completed were sailed offshore in Bate Bay, where the 59-boat-fleet enjoyed a majority of breezy conditions including the first of the NE for the New Year.

The final day was raced in the estuary, providing a nail-biting finisher between Peter Vaiciurgis

and Tina Babbage and Hugh Tait and Tara McCall. The winner of the final race would ultimately take the title. Peter V came out on top to secure his fantastic record of ten NS14 National titles, with crew Tina. Hugh and Tara took 2nd, with local sailors Bryce Edwards and Amanda Stern, the biggest improvers in the fleet, taking 3rd. The recent MG National Champions Rohan Nosworthy and Sophie Holt in 4th.

The CYC boats, Craig and Mel Davidson on 2002 - Rubber Chicken Rocket Car, and Chris Eddes and Nic Douglass on 2008 - California Times had their own battle in the final race, eventually finishing on equal points following the nine races. Their training over the summer together definitely lifted their results to finish 7th and 8th overall, with Chris and Nic just taking 7th on a count-back. The other Canberra boats finished as follows: Geoff and Keagen Davis in 23rd, Bill Kerrigan and Bruce Eddes in 57th and Steve and Callum Cartwright in 59th, after some boat breakage issues sent them home early.

The race wins were shared between Peter V and Tina on his custom hull with Barracouta sails and Hugh and Tara on their Tiger hull with Brewer sails, apart from the lightest-air race. Neil Murphy and Jeremy Smith took race 5 on their home water convincingly, to be the only other race winner and show that the Aero 12 hulls are capable of winning heats.



Cronulla was a fantastic sailing venue, with the offshore courses providing challenging racing, and most importantly, awesome reaches! Spectators were able to view the racing from surrounding headlands, especially for race 5, where the start was just outside the break at Cronulla Beach.

Thanks to Cronulla Sailing Club and the NS14 Association for their efforts to put on a fantastic regatta. Thanks also to major regatta and class sponsor Zhik for their long-standing support of the class.

Rohan Nosworthy, MG National Champion and recently 4th at the NS14 Nationals, will be running a NS14 training weekend thanks to Yachting ACT on the 25– 26 February from the CYC. If you are interested, contact the CYC office. This is set to be great training ahead of the NS14 NSW States at Easter, and the next NS14 Nationals which will be sailed at Port Dalrymple in Tasmania over the 2012-13 New Year period.

For more information on this exciting two-handed development class including photos, video and results from the 43rd NS14 Nationals go to [www.ns14.org](http://www.ns14.org)

### Nicole Douglass

#### Top ten

1	2032	Peter Vaicurgis/ Tina Babbage	Coffs Harbour YC	9
2	Carbon Neutral 2024	Hugh Tait/ Tara McCall	Northbridge SC	11
3	Tempest 2033	Bryce Edwards/ Amanda Stern	Cronulla SC	22
4	Aqua Rodent 2034	Rohan Nosworthy/ Sophie Holt	Queens Lake SC	31
5	Salty Lips 1933	Scott Day/ Holly Norris	Toronto Amateur SC	41
6	Dark side of the Moon 1998	Robert Fish/ Cassie Cause	Taree Aquatic Club	42
7	California Times 2008	Chris Eddes/ Nicole Douglass	Canberra YC	55
8	Rubber Chicken Rocket Car 2002	Craig Davidson/ Mel Davidson	Canberra YC	55
9	Fine Tune 2037	Josh Tasker/ Tim Narborough	Cronulla SC	67
10	After Midnight 2027	Neil Murphy/ Jeremy Smith	Cronulla SC	68

## Capital Insurance Brokers ACT Dinghy Championship

The wind gods were smiling on the weekend making the Capital Insurance Brokers ACT Dinghy Championship one of the best regatta hosted by the club for a while.

On Saturday a fantastic 10 to 12 knots greeted the 127 boat fleet including a great turnout of the Optimist Class with 27 boats battling out in Central Basin with coaching from Tom Brewer.

After a lovely dinner on the Saturday night, Sunday's forecast of light winds was thrown out of the door with a great 17 to 25 Knot breeze that provided some great fun racing with plenty of thrills and spills. Within the 8 Divisions racing was very close with some boats winning the regatta on a count back.

The CYC had 48 volunteers led by Mark Webb and Sara Kennedy with the Bassili's cooking the best steak sandwiches in the world. The Tactics seminar on the Friday night by Traks Gordon and subsequent Laser Coaching was well attended thanks to Yachting ACT for the programs. Big thanks to all who gave up their time to help out the club including the YMCA Sailing Club who donated their rescue boats and crews for the weekend. Big thanks to Ian Ruff from Capital Insurance Brokers for his continuing support.

All the results are available on the CYC web site.



## Flying Fifteen – ACT Inc

### 15 January 2012: Point Score/Championship

There were 11 Flying Fifteens out on the water and the conditions were great for racing, with relatively steady Easterly around 10 knots. Congratulations to Neal Davis in Swinger who placed 1st and Andy Weiss 2nd on handicap in the Point Score Race 9. Congratulations to Matt Owen and Peter Forster who placed 1st and 2nd respectively in the Championship Race 6.

### 8–13 January 2012: 50th Flying Fifteen National Championship - Perth

Great Britain's triple world champion Steve Goacher teamed up with the winning skipper from last year's Flying Fifteen nationals, Matt Owen, to secure the Golden Anniversary National championship for the class. The union resulted in Owen winning an Australian title in successive years, one as helmsman and one as crew! See picture.

### Members Survey

Thank you to everyone who completed the survey of our members to find out what you would like to see over the coming

year. The main activities members would like to see are performance clinics and social events, which the committee plans to arrange over the coming year.

### From the Members

#### FF Coaching – Neal Davis

During a visit to Perth in December, I accompanied John Cassidy\* in the South of Perth Yacht Club's runabout while he conducted a 2 hour on the water coaching session for FF on a Sunday morning and then followed the FF fleet during the two afternoon races when he provided advice to the crews of the competing yachts. These coaching sessions for FFs are held by the SOPYC on a monthly basis during the summer.

The coaching covered, inter alia, starting; smooth and efficient tacking; trimming of main and jib; getting the slot right; use of ram/puller; keeping boat flat; mark rounding; spinnaker hoisting/dropping/gybing and deciding on sailing angles while on the run. A video of the morning and afternoon sailing was shown in the Club afterwards with John providing comments and answering questions.

I suggest it would be timely for the Association to consider arranging for an experienced sailing coach

with FF credentials to provide on-water coaching in the lead up to the 2012-13 sailing season.

\*John Cassidy is a professional sail maker and sailing coach. His successes include a World Flying Fifteen Championship; Australian and World Fireball Championships and more recently Australian Masters Champion in the Contender class. John is also the coach for the WA Junior Exchange Sailing Scholarship Program whereby each year young WA sailors travel to Europe accompanied by John to compete in 4-5 regattas.

### The benefits of sailing a flying fifteen when recovering from an injury / surgery – Glen Seeley

Thanks to everyone that supported me in my recovery from my accident in late June 2011, especially my wife Sherriden, for her tireless support through my recovery.

As I deal with incidents and accidents in my work all the time, I have concluded that if you are writing a report about something frightening that happened to you the previous day then you were in an "incident". If you are in the emergency ward undergoing X rays and scans after something frightening happened the previous day then you were in an "accident".

Unfortunately recovering from an incident doesn't take that long, but recovering from an accident is the subject of this article, with an emphasis on sailing a flying fifteen keelboat on Lake Burley Griffin.

My motorbike accident took a split second to happen, and effectively crushed or broke approx 12 bones in my right foot. The recovery time for the accident is 6 months (to date) and I expect will be 12 months to return my foot to normal. The process of recovery has also required 4 operations (mostly day surgery). My article aims to highlight that despite suffering a





significant injury it is still possible to sail / race on LBG. The flying fifteen is really a great boat to sail on LBG, as getting on and off the boat is possible without immersing yourself in the murky brown waters of LBG. Such that the risk of infection (post surgery) is lower than for other classes sailing on the lake.

Infection into muscle is easier to deal with than infection into bone. Which was a significant issue of concern for my GP. Who I consulted with regularly in my recovery and gained specific approval to sail my flying fifteen and not my sharpie in around Oct last year.

So not getting infected as a result of sailing on LBG was (and still is a concern) as I have around a dozen wounds on my right foot and shin from 4 operations to insert and remove various screws and pins. The most recent operation was in December so the process of recovering from surgery and sailing has been kept going from October to December.

The 2nd issue relates to hiking on the flying fifteen. A result of recovering from surgery on crutches and resulting lack of

exercise results in a loss of muscle mass in the legs and lower back. Inactivity also produces a general loss of fitness and flexibility, such that the net result is being unable to hike as hard and keep the flying fifteen flat.

I also had to develop a technique of hiking mainly with my left leg on the hobbles, but generally I hiked less in the windier races. This is a positive aspect of the Flying Fifteen as although I could not hike as hard the speed difference upwind was not that great.

The 3rd issue when racing while injured to reset expectations and goals, also to realise that recovery has a higher priority than racing. Scar tissue I have observed is not as tough as normal skin.

I hope this short article is of some use for other sailors, I think the flying fifteen is a great hybrid between a yacht and a dinghy. On LBG we now have the added benefit of launching via the crane and getting on and off via the dock. In previous seasons I would have not have been able to sail with my injury as the flying fifteens were launched at the boat ramp.

## Upcoming Events

12 February 2012:

**Pointscore11 and Championship 7**

18 - 19 February 2012:

**Two Fold Bay Regatta, Eden,**  
*good luck to all those going to Eden.*

18-22 February 2012:

**Southern Cross Club Cup Series**

The regatta is open to all boat types recognised by the current YA Australian Trailable Yacht & Sportsboat Rule, Multihulls with a CBH allocated by the CYC Sailing Committee, dinghy, keelboat and multihull classes. Eligible boats may enter by completing and lodging an entry form and paying for a full season entry or a casual entry for individual races. Contact CYC telephone 6273 7177 or email at: [admin@canberrayachtclub.com.au](mailto:admin@canberrayachtclub.com.au)

## Keeping Up-to-Date

For information in between these updates, see the Flying Fifteen International- Australia Inc site [here](#) or visit the CYC site [here](#).

**See you on the water - soon!**

*The Committee is still in need of a President and we would be happy to talk to anyone who may be interested.*

## From the Office

Once again after another massive school holiday program, we are back breathing and looking forward to the second part of the season. The season so far has brought some highlights and lowlights to the office making sure we are never bored.

### Highlights

Short Course Racing has been a bit hit with all the dinghies and provides fantastic close class racing. A big well done to Rory and Jenn for making the behind the scenes look easy in a very complex day of two courses and fleets, great stuff.

Tackers, the Sailing school has rolled straight into the new Yachting Australia program with gusto and the results are showing with 60+ kids participating in the courses and a great flow on of programs starting in February.

Sir Thomas Lipton Foundation "Bouyed Up" program for disadvantaged kids to get into sailing with the Tackers Program.

You will be hearing a lot more on this in the next two months while the program is rolled out. It's the brainchild of CYC members and sponsor Ian Ruff who has put together a committee to enable young disadvantaged kids to participate in a long term sailing pathway. With the backing of Communities@Work and the Committee headed up by Ian Ruff, Lynne Harwood (CEO C@W) , Stuart Allan, Rod Badgery, Matt Owen and Ross Kilborn from Yachting Australia.

We hope to get 100 disadvantaged kids a year into weekly sailing programs and allow them to experience the thrills of sailing while building life skills and confidence that they would never have the opportunity that we take for granted each week. The "bouyed Up" program is backed by the Sir Tomas Lipton Foundation in the UK and we are seeking local companies and individuals to sponsor classes or students through this life changing program which has a full tax deductible status. There will be a National launch of the foundation in a few weeks at the CYC. The CYC conducted a Tackers "Introduction" program in December with 20 students which brought much happiness to the kids and staff who participated.

### Lasers

With 22 Lasers from 4.7 to full rigs racing last weekend has shown that the Youth pathway the Sailing School chose two years ago is not only paying dividends but has dragged a large number of "older/mature " sailors back in the sport. With the CYC Boat Shop an Authorised Laser Dealer (having sold 7 boats this last month) we have the backing to support this classes and we have planned a number of open days/ coaching days, the future looks rosy for the class.

With Super Coach Craig Davidson coaching the CYC High Performance youth laser squad there will be a large number of super fast and super smart kids on the water for years to come. A big thanks to Shane Gaddes the Laser Class rep who has promoted the class very well, if you are interested in a Laser come and talk to the boat shop or any of the Laser sailors on the beach.

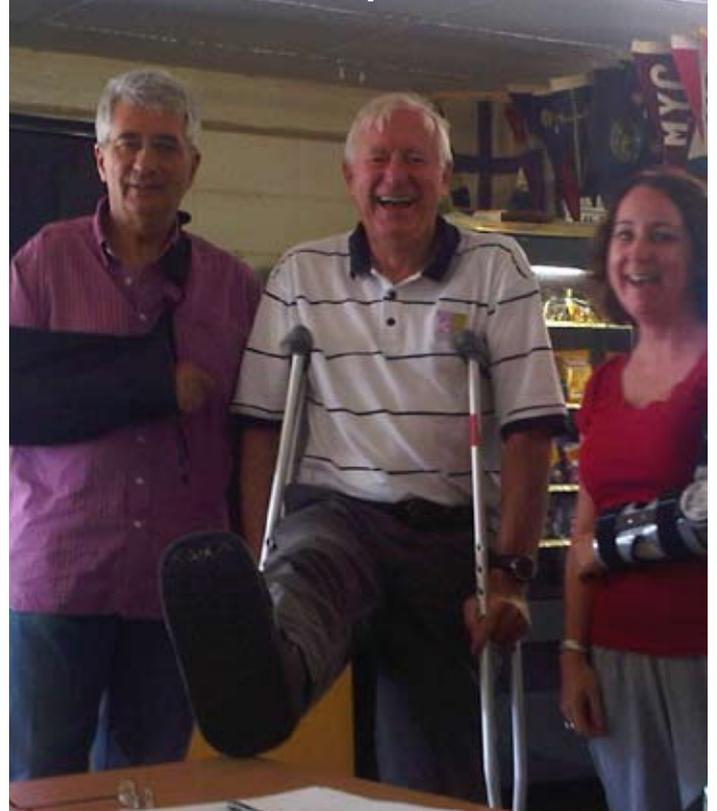
### Down Side

#### The Lake Lowering

This unprecedented incident of the lowering of 500mm of the lake level to reduce the pressure on the dam walls for the next two years while they are modified has caught us all by surprise. We have been in close discussion with the NCA and CEO Gary Rake who have done everything within their very small budget to get us as back to normal operations. The lengthening of the launching ramps in Lotus Bay, grass growing on our now much larger beaches and the dredging of the area around the hardstand and jetty are some of the projects done and too be completed. The finding of a shallow area in the lake now marked with hazard buoys is a reminder that the lake floor is now 500mm closer to us...

**Happy sailing**  
**Matt Owen**

### Committee disability team



# Sunday 22 January 2012



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