

## Diary dates

- **Sunday 15 August**—Team racing. Arrive at 10am; first race 11am.
- **Saturday 28 August**—fun day and camper. From 11am.
- **10—12 Sept and 17—19 Sept.** RYA Dinghy course 1 and 2.
- **26 Sept** [Kingfisher Cup and Ladies Plate](#)
- **8—10 Oct and 15—17 Oct.** RYA Dinghy course 1 and 2.
- **31 Oct**—Charity Pursuit Race
- **5 Nov**—Bonfire night, fireworks and BBQ from 7pm
- **6 and 13 Nov**—Powerboat course
- **11 Nov**—Annual General Meeting
- **27 Nov**—Annual prize giving and laying up supper from 7.30pm at the Stick and Pitcher. Tickets on sale soon.

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Issue 11

August 2010

## Plas Menai

14 members took Attenborough Sailing Club on tour to Wales on a weekend jaunt over the summer.

Four members joined in the single hander improvers course and the remaining ten took the big boats

out for a spin trying out spinnakers, catamarans and anything else the activity centre instructors would trust them with on the Menai Straits.

Brendan McGrath, Ray Kemish, Carol Gimson and Julie Warren received some top tips on the course and experienced some high winds, capsizes and laughs. Barely able to move on Sunday, we finished early to watch the England game against Germany—hmmm, the less said about that the better. Ray had the right idea staying out on the water.

The more experienced members raced and played in the higher performance boats with plenty of space to get their speed up and good, constant wind allowing them to test out the trapeze harnesses. Lots of happy sailors!

Thank you to Mike Pritchard for organising a cracking weekend! Photos at [www.attenboroughsc.org.uk/latest\\_gallery.htm](http://www.attenboroughsc.org.uk/latest_gallery.htm)



# Fun day

Saturday 28 August (bank holiday weekend) is the club's fun day. Usually marked with a 12-hour relay race, we are having a change this year.

We're modelling the day on the great sailing races—a Round the Island race, Fastnet race and a Round the World race. The races will be interspersed with fun games and the opportunity to try out different boats thanks to LaserPerformance.



It all kicks off from 11am so pop on down for the whole day or just for an hour or two. We'll round it all off with the three 'B's—beer, BBQ and bonfire. If the weather's good, you might even like to campover! **All abilities and ages welcome!**

## Starts 11am

Get set up, practice your skills or try out the picos, bahias, supa nova or vegos on loan to us for the day.

## 12noon

**Attenborough's version of the Fastnet race.** We've got special permission to sail down the barge canal which is usually off limits to us. Participants will sail down the barge canal to the bridge and back again. Let's just hope the wind is coming from the right direction?!

Those not wanting to race can carry on free sailing in the main sailing pond.

## 1.30pm

### Round the Islands race.

Sail fully round each island and back to the start line.

## 2.30pm

### Round the World race.

Follow the Clipper yacht race route with each buoy as a continent – sail from UK to Brazil, South Africa, Australia, China, California, Jamaica and home all in our pond. (4, 1, 8, 7, 6, 3, 2 and 4)

## 3.30pm

**Game for a laugh.** Get all four team members to the floating concrete pontoon in the middle of the pond as quickly as possible (one at a time). First with all four standing on the float wins!

**End the day with a BBQ and camp over (bring your own food and tent!)**

## Team racing

Team racing is a different style of racing—four teams of four, spread across four boats race against each other.

If you come last, your team scores no points. The team with the most points at the end of the day wins. Simples! ...Or it will be once we get going...

The event will take place on Sunday 15 August. Sixteen members will be needed (four teams of four), first come, first served. We'll have a reserve list if necessary.

Mick Adams, Paul Warren, Lou Davensac and Brendan McGrath hold the title from last year—let the challenge commence!

**All places now booked—but come along to support or act as a reserve if you wish!**

# 3 ways we're getting involved

## ASC links with local school,

ASC is now one of a number of OnBoard clubs in the East Midlands that has a dedicated programme to help get youngsters on the water – whatever their needs and ability.

Sailing Principal Roger Day met with the regional RYA Representative (Harriot Baldock) and it became clear we were already doing quite a significant amount which would support this initiative. Harriot arranged for Notts County Council to provide an instructor to visit the club over five Wednesday afternoons to take a group of youngsters from Bispham Drive Junior School in Toton through to stage 2 of the RYA Youth scheme.

The instructor happened to be our own Brian Dennis which made the whole exercise easy for us. The club provided the boats and safety boat cover. Thanks to Steve Boon who turned up every Wednesday for these sessions and others who also filled in to man the safety boat.

## sea scouts and sea cadets learn the ropes

On Monday evenings Kevin Last has again been running informal sailing sessions with the Beeston Sea Scouts and HMS Indominable Sea Cadets. Kevin, supported by a few volunteers from the club, has maintained what has hopefully been an enjoyable environment for them to start and get a feel for the sport of sailing. Several had never even been in a boat before but quickly showed their ability to point roughly in the right direction.

## ...and junior members have own training session

On Saturday 10 July a Junior Training day was held for club members. Six juniors took part, sailing in Toppers, RS Fevas and RS Visions. The day started with onshore introduction to rigging a boat and the points of sailing. On the water, the training concentrated on improving boat handling skills by sailing triangular courses, followed up by a series of short races. All those who took part enjoyed the day and clearly, confidence and abilities improved as the day progressed. Thanks go to Roger Day, Nick and Robert Marlow and Mike Pritchard for taking the time to lead the event.

The success of the day and a similar one last year, raises the question of how the club can encourage more juniors to sail. There are also more family members at the club with young children. Many clubs have Saturday or Sunday morning junior training on a regular basis. Is this something members want and if so do we have the resources to run them? If a number of parents are willing to help run a safety boat then maybe only one experienced trainer is required. If you have any thoughts on this, please contact Mike Pritchard or Roger Day.

## A BIG thank you

Thank you to everyone who has helped to make all of this happen. Without you giving up your precious free time, we would be unable to hold all these events and others would not get the opportunity we have had of getting on the water and enjoying this wonderful sport!

### **A message of thanks from our recent sailing session for a local Brownie group**

*“Just wanted to say what a lovely evening we had today. Kesta, Shaun and myself really enjoyed it. Kesta seems quite interested in doing some more sailing with the club as well (if they could handle the noise!)”*

# Racing news and key dates

## Summer series one — winners announced

Unlike last year, Summer Series 1 was held in pleasant summery weather but turnouts were similar to last year – 52 entries this year for Race 1 series with 43 for Race 2. After a good first year the Rookie fleet was less successful this year in terms of the numbers of starters with entries varying greatly with the weather and not many sailed the required five races to get onto the podium. Dave Wright and Carol Gimson were leading the series after halfway but the end of university meant Matthew King entered the latter races winning most of them, including the final race which meant he and Dave tied for first place with Carol third overall.

For Main and Fast fleets there was close racing at the front. The Main fleet was dominated by Mike Pritchard and top sailor Nick Marlow who rejoined the club after a number of years on the Lark Open Meeting circuit. Despite racing in only five races, Nick won overall. A close battle for third place between Kevin Milton and Roger Day was won by Kevin. The Fast fleet was won comfortably by Mike Pritchard but there was close racing for the other positions. Before the final race, less than a point separated Keith Brereton, Nick Turnbull-Ross and Kevin Milton and this is how they finished overall. There was a great battle for 2nd to 5th places.

In the Slow fleet, David Wright dominated the first half of the series but a strong run by Andrew Beaumont and Josie Adams later on meant that before the final race any one of the three could have won overall. Josie dominated the final race which meant that she and David Wright tied for first overall with Andrew closely behind in third place.

### Rookie (23 entries)

Equal 1st David Wright 9.0pts  
Equal 1st Matthew and Dennis King 9.0pts  
3rd Carol Gimson 12.5pts  
4th Jeff Marshall 33.0pts

### Main (30 entries)

1st Nick and Ruth Marlow 7.0pts  
2nd Mike Pritchard 8.0pts  
3rd Kevin Milton 11.3pts  
4th Roger Day 12.5pts

### Fast (28 entries)

1st Mike Pritchard 7.0pts  
2nd Keith Brereton 17.0pts  
3rd Nick Turnbull-Ross 18.8pts  
4th Kevin Milton 20.0pts

### Slow (17 entries)

Equal 1st Josie Adams 9.0pts David Wright 9.0pts  
3rd Andrew Beaumont 12.0pts  
4th Brendan McGrath 20.0pts

### Laser (17 entries)

1st Mike Pritchard 10.0pts 2nd Nick Turnbull-Ross 25.6pts  
3rd Carol Gimson 53.3pts 4th Robert Marlow 66.0pts

## Summer series two underway—changes to startline arrangements

Summer Series 2 starts Sunday 8 August and changes have been made to the startline. Previously we had a main and rookie fleet in the first race and a fast and slow fleet in the second race.

Now, the first race has separate starts for Main and Rookie Fleets but there is only one start for the second race—everyone will all start together and race in the same series.

## Wednesday night sailing—coming to a close

As summer draws to a close we only have six more Wednesday night races. As seen last night, Wednesday has large fleets and always ends up as good social evening in the club.

**Wednesday Series 3  
runs from 18 August until  
15 September.**

**PLEASE NOTE THAT  
DUE TO DARKER EVENINGS THESE  
RACES START AT 18:30HRS AND  
WILL LAST ABOUT 45 MINUTES.**

**Note the earlier time if  
you are on duty.**

## Regatta results

11 July saw the Masters, Novice and Junior regatta take place. Three races were held with your best two results counting towards the end results.

**Congratulations to all the winners:**

**Masters:** Mike Pritchard

**Juniors:** Freya and Bronte Corner

**Novices:** It's a tie between Andrew Beaumont and Julie Warren



On duty? Please don't forget....

Following on the recent email from the Commodore, can I remind you that all members are required to undertake OOD duties at the club.

In addition, if you are unable to attend please first try and arrange a swap via Dutyman and the more notice you give the more likely this can be achieved. If this is not successful then please try Yahoo group or contact either the OOD1 for that day or myself so at least we have some notice.

On a recent Sunday, two of the five crew did not turn up and the OOD1 for that day, who had only agreed to swap for someone else a week earlier, needs to be

complemented in the way he managed to ensure racing was undertaken in a safe manner with limited resources.

Mike Pritchard

[sailing@attenboroughsc.org.uk](mailto:sailing@attenboroughsc.org.uk)



## Powerboat training

Following limited interest from club members, a group of Jackson's (the company building the flood defence wall) staff took up the July Powerboat training places.

Jeremy Straw, Brian Dennis and Nick Duffew ran the two sessions and feedback from Jackson's has been positive. They have asked if we can put on another session – are any instructors prepared to give some time (2 Saturdays)?

Congratulations to the eight Jackson's staff who qualified to Level Two.

The next course is on 6 and 13 November—visit our website ([www.attenboroughsc.org.uk](http://www.attenboroughsc.org.uk)) for more details or to book your place.


# When Fred met Ellen

Club member, Fred Robinson recently met Ellen Macarthur when she gave an inspirational talk at the Nottingham Medical School. So inspired was he, we asked him to write about it for Telltales.

"She started the talk, without notes, outlining how she started in sailing. Before she was six years old she had a desire for her own boat after learning to sail at her aunts on the coast. She saved her dinner money by selecting food that was free or only pence. The rest of the money was saved and £100 by £100 the banked amount grew so that she could buy a small yacht – not just a dinghy. She, with help, refurbished this and started serious sailing.

"Skipping forwards in time to age 19, she outlined how she persuaded B & Q to sponsor her – a little known competent sailor for a transatlantic race. She of course won and went on to achieve her lifetime ambition of sailing Solo Round the World. All this was illustrated with slides of boats and waves etc which most of us have only seen on TV programmes. She certainly has guts!

Welcome from our Patron,  
**DAME ELLEN MACARTHUR**



I'm so pleased to welcome you to 'inspire', the Ellen MacArthur Trust's very first newsletter, and what a time to launch it, having just had our most exciting year so far!

We set up the Trust in 2006 with the aim to help young people in recovery from cancer and leukaemia rebuild their self-confidence through sailing. Like any new venture there was always the worry it may not work! Today I'm in no doubt that sailing with the Trust does make a huge difference to the lives of these incredibly brave young people.

The Trust is all about building confidence and skills, restoring independence, having fun and making new friends. The sailing is everything that young people have been through, to visit someone who has been through it, to talk about treatment, hospitals and their everyday struggles. While experiencing the freedom of being on the water with others who understand what they've been through, can be invaluable. Our newsletter will introduce you to some of the inspirational people who sailed with us last summer for the first time, or who returned to continue their journey with the Trust. I give you a taste of the many adventures we had, including our unique Round Britain voyage.

2009 marks the start of a new era for the Trust, sailing on challenges far and above what we had achieved before. Our Round Britain voyage was incredible. How did it go? Well the young people really did sail it all through their bags and velvets, which were not only hilarious, but also inspiring. I was lucky enough to be at 15 of the stopovers on the way, and I could keep up with the voyage as it happened, and the homecoming party was a memory that will stay with me forever. It was very emotional, and the effort and success of what we had just achieved was reinforced by the many smiling faces at the finish.

The Trust has grown so much over the year and now offers young people from every specialist children's cancer hospital in the country the opportunity to build their self-confidence straight after treatment. It's an incredibly important role that long-term recovery. We believe every young person in this position should have the chance to join us, and this is why I urge you to get involved and help us continue our work.

Please sign up to become a regular guest, be inspired to join one of our sailing events, come up with your own sailing school, or donate as your corporate charity of the Year, or contact us to find out more about our corporate partnership. Every single pound we receive does make a difference to the lives of these young people.

I'm incredibly proud of the amazing and diverse community of young people, their families, volunteers, fundraisers, supporters and friends that we have built. It's a credit to you that has helped make this very special charity what it is today. I hope you enjoy our review of 2009 and that you will continue to follow the Trust as our future unfolds. Without you we simply couldn't operate, and I'd like to personally say a massive thank you for your support.

*Ellen MacArthur*  
Dame Ellen MacArthur O.B.E.

www.ellenmacarthurtrust.org

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"The second part of her talk was about what to do next. At only 24 years she was bursting with enthusiasm and energy.

"She has set up a charity organisation that helps youngsters, mainly in their teens, who have been in hospital for months receiving treatment for cancer such as radiotherapy and chemotherapy etc. They are separated from their peer group by these frequent hospital visits and are "wrapped up in a safe environment" by families who mean well but smother them.

"She and her team take a group sailing off shore for up to a week at a time. Some are helped on board, or use aids for walking but almost all practically leap ashore at the end of their adventure. The transformation is astounding. Six of these teenagers also spoke about how it had changed their lives. The crew they were in had all experienced the same type of hospitalisation and this was their common bond.

"Ellen raised over £1500 from that talk and suggested company sponsors were welcomed too. I spoke to her afterwards and was impressed by how determined she was to make a success of this charity. She signed the brochure to ASC with well wishes for our sailing – she had heard of us too. She may only be small physically but a huge personality – pleasant and easy to talk to too.

**"I suggest that our next Pursuit Race charity is Ellen Macarthur's trust. The aim of which is, to quote; 'inspiring young people's cancer recovery through sailing'".**

The Charity Pursuit is on 31 October from 1:45pm