



Pevensey Bay Sailing Club

AQUILA
JUNE 2014

Commodore's Communiqué

Hi All, summer is now here and the club is busy, so loads to look forward to. Before we do that I need to say a big thanks to everyone that helped make our Topper/Laser open meeting such a fantastic success, and well done to all our sailors that took part.

Also congratulations to Lewis Humphries who won the Topper open at Papercourt recently and is currently sitting at the top of the South East Toppers league table.

And congratulations to Olivier Greber with his new crew Jess Eales who came 2nd at the Youth Nationals in their spitfire and are now training hard for the ISAF Youth Worlds in Portugal this July.

Good luck Olivier- GO TEAM GB!

Will Street continues to represent GB in the 2.4 Paralympic class travelling around the world and working hard, when not falling over backwards in his wheelchair, whilst sober!

At Sail for Gold, Will was 6th overall having beaten Megan Pascoe (the winner) in race 5.

Nikki Boniface also continues to work hard with the Olympic Development Squad, in her Nacra 17 with Rupert White, they came 5th in this year's Sail for Gold, with some impressive results including a 1st in race 5.

Well done to Mark and Ted who were our only representatives at this year's Federation race, hopefully next year we can encourage more racers to go fly the flag?

Now looking forward:

26th July will be the start of this year's Sailing camp, this is camping down at Cobnor and sailing around the Chichester Harbour area, please see Roger's separate article on this which explains how to book a place and just how exciting the sailing can be!

Sea Week is also fast approaching, only 7 weeks away (11th August).

In order to be ready for this we will need a planning meeting for all interested helpers. I propose Saturday 5th of July for this at 11am, see you there?

Elaine



Summer Camp at Chichester Harbour has become a popular part of our sailing calendar and preparations are under way for this year's event which runs from Saturday 26 July through to Sunday 3 August. Its origins go back to the old Normans Bay and Wallsend Sailing Schools and many club members will remember taking part during the period from the early 1970s through to 1997. It was resurrected by Pevensey Bay Sailing Club in 1999 and this year will be the 16th camp in its current form.

Chichester Harbour has some of the best water for dinghy sailing in the country. It has 17 miles of sheltered open water in which to sail and offers the opportunity to gain skills and experience sailing in a harbour environment. It is an area of outstanding natural beauty and lots of mud. There is plenty to see and do during the week with the little creeks, pretty villages, stunning scenery, lots of wildlife and a variety of sailing clubs to visit.

The camp is based in the grounds of Cobnor House which is situated close to the heart of the harbour near to the mouth of Bosham Reach. Those attending bring their own tents and as last year the camp will be self catering. You will need to bring your own cooking equipment or cater in groups. For breakfast and lunch the less energetic usually resort to a trip to Tesco in Chichester each morning for a hearty fry up and a pack of sandwiches, but it's a matter of personal preference.

During the day the boats sail together escorted by the dependable "Kellie" (one of the club's safety boats). For me the highlight of the week is usually arriving in Bosham at high tide and seeing the surprised visitors' faces as a flotilla of boats suddenly pulls up on the flooded roadside and everyone piles out for their ice creams and coffees. Other trips include Emsworth, Hayling Island Sailing Club, East Head and some years we manage to sail right round Hayling Island.

During the evening there is usually a campfire and a marquee is erected in case of bad weather. We will try and have at least one joint barbeque during the week and an optional trip to a local pub or sailing club for a meal. Mid week there will be a rest day giving the chance to relax or explore the area on land.

We have the use of 5 of the club's larger dinghies, the 3 RS Visions and 2 Laser 2,000s but some members will bring their own boats (which must be capable of keeping up with the fleet). Costs are shown in the table at the end of this newsletter, and should also appear on the website and on Facebook within the next few days.

The camp is open to club members but space will be limited due to boat capacity and the number of tow bars/ trailers available for transport. Anyone interested in attending can contact me at rogerjhumphries1@aol.com for details.



Vice's Verbals

Mark Doughty-Keen

Hi all,

The season is now well under way and a few things have been brought to my attention that need a mention.

Sail numbers.

These must be displayed on your sails. It makes the race officer's job difficult if they're missing. You can expect a 'no result' if you have no identification in the future.

Declaration to sail.

All sailors should sign the declaration sheet. There should be one for free sailing and one for racing. This is a safety issue, so we know you're out there and to keep an eye, in case something should go wrong. This is especially important on a Saturday.

Club container.

The equipment in the container should be returned and put away properly after use. It is there for everyone to use, and is expensive. It shouldn't be left to the few to tidy up after those that think its OK just to throw life jackets etc. on the floor. If it gets lost/damaged it might not be there for you next time.

Dogs.

The club rule has always been that all dogs must be kept on a lead whilst on the club premises. They are not allowed upstairs in the clubhouse, but can come onto the balcony. Whilst I personally like dogs, there are some members that have a definite issue.

Sorry to be the grump this month.

Mark.



A letter to the editor

Dear Richard,

I am short of a crew for The Burton at Pevensey, August 23 to 26. Can you help?

The boat I have is a Big Issue 2, N3502. If the prospective crew is over 10 stone I will have to go on a crash diet if we are to be competitive. Crew shape is not an issue although it's more comfortable for a smaller person. I have been to the last 5 Burton events with a best finish of 28th so we are unlikely to be competing at the front of the fleet but would hope to be fighting it out in the pack and not left behind! The boat is a reasonably stable design and we usually get round never mind the weather (last year's Burton Cup being the exception although we were one of the last 12 boats out racing)

If there are any interested parties I can be contacted on 07793 658445 or paddyham@aol.com

Thank you, [Patrick Hamilton](#)



Sailing Secretary

Adrian Peckham

Since last writing we have seen some mixed weather on the Sunday racing scene, either too little or too much wind. Yours truly managed to turn turtle and snap his mast at low tide, though insurers Noble Marine agreed a replacement the same day and I was sailing the following weekend.

The sailing committee have listened to members' feedback and will now run the Summer Series with two 45 minute races in the morning and one 60 minute race in the afternoon. All will count towards the summer series.

We hosted the annual single day Laser and Topper open meeting on the 14th June with some 35 boats in total, a pleasing turnout. We ran three races in the end, the last frustrated by 90 degree oscillating wind shifts. The beach party was very well organised by Tim Humphries and received great feedback from the competitors. We are one of only a few clubs who help their visitors in this way and it does help us to differentiate ourselves vs others also seeking to run open meetings. We have the honour of the National 12s visiting for four days over this August Bank holiday weekend for their iconic Burton Cup (aka National Championships). Next year the Laser Masters are keen to return and will bring over 100 boats.

Clearly we have to consider the needs of the members who don't want to lose too many weekends' sailing to open meetings and the current view is that we will run two or three a year. These events serve three uses:

- a) to bring in additional income into the club;
- b) bring visitors to the club who might not otherwise come and spread the word to potential new members and
- c) maintain our organisational skills for open meeting running up to a competent level (race officer, safety boats, registration, house, manning our radio station Aquila etc). As new members replace old we do need to transfer those skills.

On this topic, we've had an offer from the RYA training for race officers and safety boat crews in the art of running Open Meetings. If there is sufficient demand we'll run this in the late Autumn, possibly in conjunction with Eastbourne Sovereign Sailing Club.

The Sunday following the Laser Topper Open saw over 30 boats gather off Hastings Pier for the annual East Sussex Federation Cup. This is a race between the local sailing clubs split into four groups of boat – fast to slow. Mark and Ted Doughty Keen in their RS 200 were the fastest PBSC sailors, though in the end Bexhill won the overall Federation Cup. Remus was the fastest safety boat on station, helmed by Messrs Watson and Peckham! The day saw decent winds F 3-4 and a hospitable crowd at the Hastings clubhouse over lunch.

As always, happy to receive your feedback, good or bad and always looking for people to fill in for unallocated duties – Race Box or Safety boats. So if you fancy any of that please email me: sailingsecretary@pbsc.eu.



Mark and Ted at Hastings

Gentle Pilates (for Bad Backs!)

Wednesday eves at 8 - 9pm

£7 per session (includes contribution to the club)



Do you have or have you suffered with...

- Back stiffness
- A prolapsed disc(s)
- Sciatica
- Osteoarthritis
- Trapped nerve
- Tension headaches
- Hypermobility
- General aging!



Emma Peters
Level 3 Instructor

If you sail you may well suffer from backache. The position of hiking out and ducking down makes backs hurt, but help is at hand! Pilates is an exercise system that stretches out tight, shortened muscles and strengthens weak, stabilising ones (your core). Practised regularly you'll notice an improvement sometimes in just a couple of weeks. Please email details of existing back conditions before you start! Contact Emma on eePilates@gmail.com or FaceBook/eePilates

[Membership Secretary](#)

[Judy Griffiths](#)

Welcome to lots of **new members** this month:

Rory, Kate, Rowan and Austin Campbell-Pilling
Matthew Doherty

Martin Godsave

Chloe Taylor, Paul, Ruan and Kefris Senior
John Hayward

Michael Williams, bringing along a Skipper and a Minisail

Jeremy, Marie, Charles and Eloise Hinton

Chris Webber, sailing a Musto Skiff

Amanda Gorham-Watts with Poppy and Saffron
Hayley and Sarah Miller-Cook

With so many new faces around the club please make sure to introduce yourself - we are the friendliest club in the south after all!

Just a reminder though, that if you do invite visitors down to the Club please remember to sign them in. (The **visitors book** can be found at the top of the stairs outside the race box).

Next to the visitors book is a box containing **boat stickers** - why are they still there?? Please affix your individually numbered sticker to your transom as soon as you can. Non-stickered boats will be moved to the back of the boat park over the next few weeks, so if you don't want your boat moved, stick it on NOW!

Last year's boat clear-out went really well - we do however need to do the same with the **members' container**. If you are using the container there is a charge of £43 per board rack or £21 if you are keeping a suit of sails on the sail rack. Please let me have details of what you've got in there with the appropriate payment.

See you at the weekend, Judy

Forthcoming Duties

Date	Time	Duty type	Event	Member name
22/06/2014	09:15	OOD	Summer Series	Gary Pearson
22/06/2014	09:15	TimeKeeper	Summer Series	Harry Pearson
22/06/2014	09:15	Safety Boat helm 1	Summer Series	John Creasey
22/06/2014	09:15	Safety boat crew 1	Summer Series	Penny Bannister
22/06/2014	09:15	Safety boat helm 2	Summer Series	Rob Ambler
22/06/2014	09:15	Safety boat crew 2	Summer Series	Volunteer Required
28/06/2014	16:15	Safety boat helm 2	Saturday Evening Series	Matt Key
28/06/2014	16:15	Safety boat crew 2	Saturday Evening Series	Rio Ashcroft
29/06/2014	09:15	OOD	Summer Series	Elaine Fowler
29/06/2014	09:15	TimeKeeper	Summer Series	Karen Bowles
29/06/2014	09:15	Safety Boat helm 1	Summer Series	Karen Hilder
29/06/2014	09:15	Safety boat crew 1	Summer Series	Volunteer Required
29/06/2014	09:15	Safety boat helm 2	Summer Series	John Reed
29/06/2014	09:15	Safety boat crew 2	Summer Series	Helen Naylor
06/07/2014	09:15	OOD	Summer Series	Greg Cox
06/07/2014	09:15	TimeKeeper	Summer Series	Terri Cox
06/07/2014	09:15	Safety Boat helm 1	Summer Series	Nicky Key
06/07/2014	09:15	Safety boat crew 1	Summer Series	Matt Key
06/07/2014	09:15	Safety boat helm 2	Summer Series	Richard Thomas
06/07/2014	09:15	Safety boat crew 2	Summer Series	Anne Barrell
13/07/2014	9.15	Safety boat crew 1	Summer Series	Fiona Balkham
13/07/2014	09:15	Timekeeper	Summer Series	Roly Thorpe

Summer Camp Costs

Activity	2013 Per Day	2014 Per Day
Adult Camping/ Sailing Club Boat	£13.00	£14.50
Child Camping/ Sailing Club Boat	£10.00	£12.50
Adult Camping/ Sailing Own Boat	£9.50	£11.00
Child Camping/ Sailing own Boat	£7.50	£9.00
Adult Sailing only	£8.00	£9.00
Child Sailing only	£7.50	£9.00
Adult Camping only	£5.00	£5.50
Child Camping only	£2.50	£3.50

