

# Laser World



Sept 2011

## ISAF Sailing Worlds 2011



WINNER OF LASER 200,000

SAILCOACH CLINICS

HARKEN UK LASER CHAMPIONSHIPS



© SailCoach



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# Harken UK Laser National & Open Championships!

## The Belgians Take The Chocolates!

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© Eddie Mays  
*Jon Emmett*



© Eddie Mays  
*Starting Line, Weymouth*

*Eddie Mays reports on the UK Laser National & Open Championships where over 300 boats hit the water in Portland, Dorset!*

The Harken sponsored UK Laser Championships attracted a total entry of 302 boats to the National Sailing Academy at Portland, Dorset, venue for the 2012 Sailing Olympics, during the last week of August.

Although some of the British Olympic squad were missing there were entries from ten other countries, including Australia, the U.A.E. and St. Lucia. There were three past Olympians entered; Rutger van Schaardenburg (2008 Dutch Standard), Nathalie Brugger (2008 Swiss Radial) and Evi van Acker (2008 Belgian Radial) and it was the continental challengers that were too strong for the GBR sailors.

In a week of varying conditions, the Dutch team dominated the Standard fleet, occupying the first four places with van Schaardenburg taking the overall Open title. Youth sailor Jack Wetherell finished in 6th place behind Switzerland's Christian Steiger to take the UK title.

In the Radial fleet the first four days were spent in a qualifying series with the final two days sailed in Gold & Silver divisions. The Belgians sent a very strong team and it was their sailor Jeroen Belis who narrowly defeated the Czech Veronika Fenclova to the Open title. Jon Emmett finished top of the UK team in 4th place overall to secure his 5th National title.

In the Laser 4.7 a Belgian boy and a girl from St. Lucia took part and proved to be too much for the home team. Benjamin Wempe counted seven wins and a 3rd on his scorecard and Stephanie Devaux-Lovell had a win, four 2nd places and a 3rd to beat Britain's Matt Whitfield to 2nd overall. Matt's consolation was to win the final race of the regatta and secure the National title.

Apart from the disappointment of the British sailors for not winning everything it was a very good week's regatta at a wonderful venue. It was a fitting way to celebrate 40 years of Laser sailing.



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*Dominican Republic*

## Mast Rake Myth

by Ari Barshi

The Laser Training Center in Cabarete is going from strength to strength. Not satisfied with running

successful courses in their beautiful beach town of Cabarete, they now offer a great electronic monthly newsletter which is packed with an assortment of tips, advice and useful information on how to improve your dinghy sailing.

On the website, Dr Javier Borjovich, otherwise known as "Rulo", offers a "Tip of the Month" usually accompanied by a video clip demonstrating the advice. The newsletter can contain anything from advice to interesting facts. This month contained answers to some myths that are repeatedly brought up by sailors around the world who visit Cabarete to train. Opposite is an extract about the Mast Rake Myth:

### Mast Rake Myth

Put the lower mast in the boat, take a measuring tape from the upper aft of the mast, and measure the distance to the middle of the gunwale curve at the stern. The best measurement for speed is 382.5 cm.

### Truth

Lasers do have different mast rakes, but sailors compensate for these differences by trimming the sail differently, their sitting position in the boat, and in the end the best sailor wins. In the Worlds and Olympic games the sailors receive brand new boats, and cannot control the rake anyway.



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*Training in Cabarete*

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# ISAF Sailing Worlds 2011

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*As the 2011 ISAF Sailing Worlds rapidly approach, Perth looks forward to welcoming sailors from over 80 different nations.*

Lasers will make up the biggest fleets sailing in the stiff sea breezes off the coast of Perth in Western Australia this December as more than 1200 of the world's best Olympic class sailors chase ISAF Sailing World titles and the chance to gain national qualification for next year's London Olympic Games.

The Worlds are centred on Perth's port city of Fremantle, an historic and colourful town with a reputation for easy-going hospitality. Fremantle was host to the 1987 America's Cup Defence which won the hearts of sailors and visitors alike.

As well as 1200 athletes, 3,500 officials and coaches and 850 boats from 80 nations will be taking part in a regatta that will be even larger than the much praised America's Cup Defence. The Perth 2011 ISAF Sailing World Championships is one of the biggest sporting events ever to come to Western Australia and is the largest international sailing regatta of the year.

The Fremantle Sailing Club is providing the boat parks for both Laser events, which are the biggest in the championships with a total of 150 Mens Laser Standard and 120 Womens Laser Radial entries. Women race in the first week of The Worlds, with the men's event in the final week.

Each class will sail in three fleets during the preliminary races and the ten top boats in each event will contest the Medal Races.

The medal course will bring the Lasers close into the shore of Fremantle's Bathers Bay with the rock walls of Fremantle and Challenger harbours providing great vantage points for spectators. Perth 2011 Event Director John Longley - a member of the victorious Australia II America's Cup crew, describes it as "grandstand" sailing - racing that in the prevailing sea breeze will bring competitors to within almost touching distance.

"The medal course in Perth fits in well with the sport's determination to become more spectator and television friendly," says Longley. "Even if they don't understand anything about sailing, people should come and watch the pure athleticism of the world's top sailors in action"

The medal courses were used in last November's Perth International Regatta, a test event for this December's Worlds, which was held in unusually light and variable breezes. Nonetheless, ISAF Rolex World Sailor of the Year, Australian Tom Slingsby, is looking forward to sailing in the trade-mark Fremantle sea breeze, known locally as the "Fremantle Doctor".

"Generally, if you get the sea breezes you can't go wrong here. It is a great venue and it's close to shore and the spectators are literally 10 metres from the guys racing" Slingsby said at the end of the test event. "I think it is going to go off without a hitch."

A unique feature of the Perth 2011 Worlds is the Emerging Nations Programme, an initiative that Perth 2011 put to ISAF during the bid to hold the event. The programme is centred on young, promising Laser and RS:X athletes from countries which are not usually represented in top Olympic or international sailing competitions.

Six camps have been held in Perth involving a total of 32 young athletes and a seventh camp is being staged prior to the World Championships with the expectation that some of the participants will be selected to compete against the world's elite athletes.

While this is a world sized event, the organisation is very much local. The Perth 2011 ISAF Sailing World Championships are relying heavily on support from local yacht clubs to provide the race management expertise, start boats and 250 on-water volunteers needed to run this demanding event.

The seven Perth clubs involved are East Fremantle, Fremantle, Hillarys, Mounts Bay, Royal Freshwater, Royal Perth and South of Perth.

All courses are in the Indian Ocean off Fremantle with the exception of the Women's Match Racing event which is being staged in the Inner Harbour at Fremantle.

More information on the Perth 2011 ISAF Sailing World Championships can be found at [www.perth2011.com](http://www.perth2011.com)



Tom Slingsby



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Radial Fleet



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Swan River at Twilight, Perth



© Richard Langdon, Ocean Images

Marit Bouwmeester

# Conrad Rebholz wins Laser 200,000



Conrad Rebholz



Conrad describes winning as "Christmas in XXL format"



Nick Thompson GBR

**Name:** Nick Thompson

**Age:** 25

**Championship Success:**

- > European Champion Optimist
- > ISAF Youth World Champion
- > 3rd Laser Worlds 2009
- > 2nd Laser Worlds 2010

**Started Sailing?** 2 years old

[www.laserinternational.org](http://www.laserinternational.org)

*Conrad Rebholz, winner of the new 200,000 Laser, explains why you should always listen to your mother!*

Interview by Ferdinand Ziegelmayr

When did you start to sail?

I started sailing when I was 6 years old – 13 years ago.

Which classes have you sailed in?

As most kids I have learned to sail in an Optimist, after that I went straight into the Radial and I recently moved up to the Standard rig.

Are you the only sailor in your family or do others sail too?

No, my father and my brother also sail. My brother and I both travel around together and compete in Laser Events. My father is more a leisure sailor and likes to spend his free time on a catamaran.

Where did you find out about the raffle for the 200,000 Laser?

Directly on the ILCA Website. I actually just wanted to check who has registered for the Youth World's at La Rochelle. And I must admit that my mother had to convince me at first to take part in the raffle.

Did you ever dream of winning?

No, definitely not. As I said, my mother had to convince me, I would almost say 'force me', to take part in the raffle. I have never even thought about it that I could be the one winning the boat, out of all those participants worldwide.

Can you describe the feeling when you were informed that you won?

Unbelievable! I could not describe it at that point. Looking back I would probably describe it as Christmas in XXL-format.

What are you going to do with the boat? Are you going to sail it, sell it or store it nicely packed in bubble wrap?

I will definitely sail it! Although it is always costing quite an effort to take a new boat onto the water and into the crowd at a starting line.

Which events are you planning to sail?

I have planned to take part in the German Senior Nationals in Travemünde and to sail the 200,000 Laser as far up in the ranking as possible.

## A minute with ....

Nick Thompson

**Favourite Sailing Venue & Why?**

Cabarete, Dominican Republic. Warm waters, good wind and great atmosphere; plus amazing kitesurfing

**Favourite Sport After Sailing?**

Kitesurfing

**Food Prior To A Championship?**

Try to eat as much as possible and have a good balance.

**Championship Training?**

Spend as much time focusing on processes so the event becomes easier

**Visits To Gym?**

4 times a week on a weights program and 2-3 times a week on the bike

**Hours On Water / Week?** Depends; In season roughly 25, Off season about 15

**Favourite Colour?** Blue

**Car Driven?** Audi S5

**Dream Car?** Pagani Zonda R

**Favourite Ice Cream?** Mint Choc Chip

**Perfect Evening?** Kitesurfing somewhere hot during sunset then relaxing at a beach bar

**Favourite City?** Helsinki – beautiful ;)

**Music?** Depends on my mood, anything from Massive Attack to Led Zeppelin

**Favourite Drink?** Pint

**Sporting Hero?** Bolt – so so fast!

**Favourite Holiday Destination?**

Anywhere with a great mix of culture, warm weather and nice people

**Favourite Type of Holiday?**

I would love to go on an adventure backpacking holiday

**Perfect Meal?** Curry

**Worst Food?** Beetroot salad

**Favourite Film?** The Dark Night

**Most Influential Person?** Dad

**Other Interesting Facts / Stories?** I'm faster than Slingsby!

# SailCoach Opens New Doors

... a report from the waters edge!

*We speak to SailCoach after their successful pre European 4.7 training clinic in Workum!*

A group of young 4.7 sailors from five different nations are reluctantly packing away their Lasers after taking part in SailCoach's High Flyers training camp on Lake Garda, Italy. The following day a group of Standard sailors are arriving for a Downwind Clinic. CEO of SailCoach, Trevor Millar says he wouldn't have it any other way, "I really enjoy the buzz of having lots of sailors around, working hard and enjoying the learning experience. We are busy with sailors training and racing all year round. Now we run a lot of 4.7 and Radial clinics for sailors of various abilities so we spend lots of time on the water!"

SailCoach has been coaching Lasers for some 15 years and has successes at all levels from Olympic medals to Youth Championships in Radial and 4.7. Millar says there is more to the company, "We have won many titles which is great, but we have also worked with many athletes from smaller nations over a longer term. We try and help them achieve their personal sailing goals and look at developing them both as athletes and people. This may not be obvious from the

outside but is particularly satisfying".

SailCoach has bases on Les Embiez in the South of France, and on Lake Garda. "Garda is used mainly in the summer and is particularly good for downwind training with our guys getting in serious miles up and down the 'Lough'". Millar, shows off his Irish language skills. He is a former GBR Laser coach and says he hand picks his coaches on his philosophy, "individual, personalised coaching, where the athlete has the ability to relate, communicate and build up a relationship with the coach. It is more than information exchange".

As well as running coaching camps all year round, SailCoach is at all the major regattas in Europe and worldwide with their 4.7, Radial and Standard teams. Millar says, "It's great to be at this point where we have many younger boys and girls being trained in the 4.7's, as well as our Olympic teams, training camps for all abilities, our charter Lasers and the infamous Masters clinic which is still going strong!"



For more information about coaching, charters and regatta support check out [sailcoach.com](http://sailcoach.com) or Facebook 'SailCoach - making you better'

## and ... Tom Slingsby

### Favourite Sailing Venue & Why?

Lake Garda. Great sailing, great people, great food, great place.

### Favourite Sport After Sailing?

Mixed Martial Arts

### Food Prior To A Championship?

Meat and Carbs.

### Championship Training?

Sailing, gym, cycling

### Visits To Gym?

Changes a lot depending on venue. 4 times a week if I am going.

### Hours On Water/Week?

3hrs/day, 6 days a week. 18 hrs.

### Favourite Colour? Blue

### Car Driven? Sponsored by Audi

### Dream Car? Ferrari

### Favourite Ice Cream? Nutella

### Perfect Evening?

A good night out with good friends

### Favourite City? Sydney

### Music? Anything

### Favourite Drink? Peroni

### Sporting Hero?

Sailing: Schiedt/Ainslie. General: Federer

### Favourite Holiday Destination? Fiji

### Favourite Type of Holiday?

Relaxing, windsurfing, diving

### Perfect Meal? Seafood Platter

### Worst Food? Vegies

### Favourite Film? The Hangover

### Most Influential Person? My Dad

### Other Interesting Facts / Stories?

Ha ha dont think so!



Tom Slingsby, AUS

**Name:** Tom Slingsby

**Age:** 27

**Championship Success:**  
3 time Laser World Champion

**Started Sailing?** 8 years old

*Were Nick and Tom together when they completed these answers? See Nick's answer to the same question!!*

# More Fun Racing continued

... From the Bridge by Jeff Martin

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*Jeff Martin, ILCA's Exco Sec, continues his discussion ...*

When I wrote my article titled "More Fun Racing" for the last LaserWorld I had no idea that several months later the Americas Cup AC45 Circuit would arrive in a town a short drive from where I live. Even better, that I would be joining 5000 other people ashore on a Saturday afternoon watching a new breed of one design racing greyhounds.

I was privileged to see some very exciting close racing using a selection of course formats that were primarily windward/leeward with turning marks close to the shore. Go to <http://www.americascup.com/en/Latest/Gallery/> and click on videos that will take you to YouTube and a feast of action from Plymouth, UK.

There were only 9 boats but they were 13+ metre catamarans with very powerful wing sails that you think would need a lot of room? Think again! They raced with the leeward mark no more than 200 metres from the shore and windward/leeward legs of just over 1700 metres. 2 or 3 laps and 20 minute race target time. The races were all action for the crews and spectators.

Apparently the crews were complaining that 3 races a day is the maximum they can manage! That is just what ex Laser sailor, Russell Coutts the CEO of Oracle Racing, wants from the event. Age 50 next year, the 1984 Finn Gold medalist is helming one of the 2 Oracle boats but he is having to work harder as he looks over his shoulder at some of the younger skippers around him.

The short course format works. There was excitement with different faces at the front of each race at times but if you have enough races the good guys still come out on top even with the occasional capsizel!

There were a lot of small boat sailors in the teams including other former Laser sailors. Apart from Coutts, a quick look through the team sheets showed, Dean Barker, Americas Cup challenger skipper, Ian Percy, Olympic

Gold Medalist in Finn and Star, Andrew Simpson, Olympic Gold medallist in the Star, Vasily Zbogor, Olympic Bronze and Silver medallist in Lasers now all racing small courses in big boats. Percy and Coutts are both former ISAF Youth World Championships in the Laser and Barker was a world top ten Laser sailor in the early nineties. It raises the question what will the Laser youth of today be sailing in 20 years time? Whatever it is we can be sure that it will include a lot of today's Laser 4.7 and Radial sailors.

Back to the present, my prediction is that AC 45 style racing and the similar Extreme 40 catamaran racing will filter quickly down through events. We already have medal racing at the Olympics. At this years Weymouth and Portland International Regatta otherwise known as the Olympic Test event there were experiments with shorter courses close inshore. There are 4000 people paying to sit on shore each day at Weymouth overlooking the medal race course. Maybe a bit more short course racing will be seen at Weymouth? If not I predict it will definitely get bigger for the 2016 Olympic Games. The World Cup events will quickly follow and then what else?

A few other gems from the AC45 circuit included; using boats as marks that do not anchor, a restricted field of play (controlled by GPS) that you could not sail outside without getting a penalty, immediate stop/go time penalties and finally..... be careful about collisions. A jury decision awarding costs for a double incident in one race could mean one team having to pay \$100,000 in repair bills!



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*Exciting close racing!*



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*Russell Coutts*



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*\$100,000 Crash!*