



# C M Y C

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*THE FRIENDLIEST NEWSLETTER IN SUSSEX?*



JULY 2025





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# MAKING A CONNECTION

My thanks go to Steve D., for many years of helping to manage the water levels in the lake as our Dam Undertaker (yep, that's the official title) and to Peter Q., who has stepped up to take on this important role on behalf of us all. Thank you.

Steve, like many on the Committees, has helped not just with this but with many other things, too many to mention here.

On board a sailing boat we have a safety message "One hand for you and One hand for the boat" ensuring a job can get done without losing that person overboard. This is a message we should adopt with the tasks that we have to help run Crawley Mariners, with just one task per person so they don't drown with too much to do.

In this edition there are items on volunteering (see Plate Spinning), a list of initiatives you might like to help with (see What's Up?) and more information about some of them including the next Work Party and Community Spaces.

But how does the Community Spaces project help connect with CMYC?

Firstly, we need to understand that as we move forward and seek grants and request sponsorship and funding the initial questions are about:

- how we help our local community,
- how we protect the environment, and
- how we help develop our crew.

If we cannot answer these questions well, we are unlikely to get very far but the committee has been forward thinking by introducing four strategic categories in 2025. Three of these connect directly with the above funding questions; Together (our initiatives include Community Spaces and Sailability), Environment and Development (our initiatives include the Grebe Club).

Ultimately our combined ability, as a Club run by its members, to deliver these initiatives i.e., Community Spaces and Sailability etc., will govern our success, and your involvement is therefore paramount. Please take time to read this month's edition of the Newsletter and invite fellow members to take a look too.

Of the three grants we have applied for recently two have been declined and a response to the third is expected in September. Gill & Mark are thanked for taking on a fourth, and we wish you every success with this, but we will need more support from you all.

Make the connection with CMYC; join in and enjoy all that we have to offer in our very Active programme, safely (one hand for You, one for the Club).

Richard

Commodore



# WHATS UP?

Up is right where we want to be at CMYC.

Anywhere else is a capsized.

But What's Up?

Here is an insight to those things that may otherwise be hidden from you...

We are actively working on for the membership:

**Sailability** – looking to support our less able members

**Powerboat Plans** – resolving cost-effectively how many powerboats are needed

**Policy Review** – ensuring our policies remain up-to-date and appropriate

**Maintenance** – organising Member Work Parties (next 13 & 19 July) to complete Sailability improvements and support the Tuesday Volunteer Group (who save us a £bucket on maintenance)

**Boat Park Plans** – taking a long-term view on how best to organise the park to make things easier and support our Sailability project

**Lake Management** – Working towards a way to meet our obligations to Natural England and saving the Club from nature itself

**Community Spaces** – offering the local community the use of our site for rest and wellbeing

**Grebe Club** – adding a new dimension to engage with our junior members & their crew

**Social** – preparing a Big Quiz together with existing social events already programmed

**New Website** – as part of improving communication and potentially offering new features

**Imagine Competition** – using the results of your feedback to improve the Club and its image

And you won't be surprised to know there is more than that listed but not forgetting:

**Training** – Our subcommittee remains active in delivering RYA approved events

**Sailing** – Our subcommittee supporting everything we do on the water

**Management** – Our main committee covering anything and everything the Club needs

But what you may not know this is just what we have spinning today, more is planned and your help would be greatly appreciated.

**Volunteering** – Your opportunity to get involved, simply subscribe via [webcollect](#).



# THE GREBE CLUB



**The Grebe Club** is all about learning new things, protecting the environment and supporting the community and Lilian is a great example of this.

She has been a regular visitor of the lake for some years now and she is fantastic with animals! After a recent visit of seeing some people feeding the birds bread, not an ideal duck diet, from the public car park she made a drawing at home that then turned into a sign. Well done Lilian (and Mum Zita).



## Calling all young sailors and adventurers!

The next Grebe Club event is setting sail on both land and water!

Date: 6th July Time: Arrive for a 10:30am start.

Whether you're a confident crew member or just starting your sailing journey, this is an opportunity for an action-packed couple of hours, trying new things, meeting new people and learning new skills.

### Land-Based Challenges

**Knot Your Average Rescue Mission:** Put your knot-tying skills to the test as your team works together to rescue precious treasure from the toxic waste. It's a high-stakes challenge that calls for precision, teamwork, and a touch of adventure!

**Memory Maze:** Navigate a hazard-filled course designed by your fellow sailors. Can you remember the safe route and guide your boat through?

**Rigging Challenge:** From First Builds to Blindfolds – Start with a guided rigging session perfect for younger or newer sailors learning the ropes. Step it up with a timed rigging race to test your speed and accuracy. Then, for the ultimate challenge, rig an Optimist blindfolded with only verbal instructions from your teammate - putting trust and communication to the test!

### Water-Based Challenges

**Rowing Challenge:** From Straight Lines to Synchronized Strokes - Begin by mastering the art of rowing straight, then race against the clock to see who's the fastest! As the ultimate challenge, team up with a partner and try rowing in a straight line using just one oar each - coordination and teamwork are key!

**Cargo Challenge:** Hop into an Optimist, and work as a team to paddle around the lake, transporting cargo from one point to another.

What to Bring: Weather-appropriate clothing, sunscreen and hats and your Grebe Club challenge tracker

Equipment Provided: Buoyancy aids and paddling vessels

Everyone is welcome and we can't wait to see you there, and again on

**03 Aug for The Grebe Club's - Active Adventure session.**





# JULY WORK PARTIES

## for Hedgecourt Heroes

Following the repairs to the dam, that you helped with earlier in the year, we have had an independent inspection that calls us to do two more things:

1. Clear the weeds in between sandbags and 2. reduce the height of the verge



Thank you if you have already volunteered but we need more help:

- At least three members each taking turns using the Club's extended motor hedge trimmer & pole saws to cut the weeds
- three in waders rotating to collect the cut vegetation waste at Mill Lane
- at least four taking turns to reduce the verge with spades
- two to operate a powerboat to take waste between the dam and the Club
- two or more to move waste to the fire area in the Clubhouse Grounds.

+ We are also looking for some help in the grounds and the Clubhouse on the same day. All help is gratefully received, and you only need to do what you wish to, including clearing your space if you have a boat in the park.

**13th & 19<sup>th</sup> July from 10am until 2pm (or as convenient)**

Don't forget to bring some gardening gloves (etc!), and we will provide a spot of lunch and piece of something sweet to finish with.

You can quickly and easily register your support, and add your name using a rally poll <https://rally.co/invite/yIDo7jRECCcSF>

A work-party is a social gathering for members that wish to help restore and maintain the beautiful environment that we own. Join us and become a hero in maintaining Hedgecourt that is vital if we are to provide a legacy.

Thank you, the CMYC Committee.



# Junior Helm Week - 18th to 22nd August

Our week of fun sailing for juniors is on the horizon. Booking will be open from 21st June until 19th July, full details of how-to book are on the WebCollect Junior Helm Week page (log in then go to <https://webcollect.org.uk/cmyc/category/junior-helm-week>). The cost will be £60, the same as last year. You can book either mornings (10:00 to 12:30) or afternoons (13:30 to 16:00), but not both. A member of your family who is not a member in their own right and is not covered by family membership may only be booked onto the waiting list. Oppies (for those 6 to 10 years old) will use club boats. Toppers (for those 10 to 15 years old) should use their own boat if they have one, club boats will be available for those who don't have their own.

The great egg boat race will be held during the Friday lunch break, more details nearer the time.



**WE NEED YOUR HELP!** Junior Helm Week has always relied on volunteer helpers which is why the costs are so favourable. Safety on and off the water is the highest priority. We need parents, grandparents, instructors, first aiders, and support boat helms. Even if you can only manage half a day, it will be a great help, but ideally at least two sessions. We need help with: rigging, launching, making tea and myriad other activities that go into making the week a success. We value the experience of those who have helped in previous years and welcome new volunteers who will be shown exactly what to do – no experience necessary! Volunteering helps you to get involved in the club and make new friends, it can also help you appreciate what a great time the children are having. Please sign up on WebCollect.

Jeff & Sarah





# West Sussex 2025 Regatta

Saturday 20th and Sunday 21st September

Hosted by Itchenor Sailing Club - The Lane, West Itchenor, PO20 7AG



## Awaiting details of entry fees for single and double-handers

This year the event returns to Itchenor SC where, in 2023, the CMYC team had some excellent results, and I know quite a few of those attending then will want to be part of the team for 2025. Last year we had four sailing in the Rookie fleet for the first time and I am sure they are looking forward to moving into one of the other fleets this year. Hopefully a new batch of Rookies will decide to come and sail in the Rookie fleet this year as quite a number of our Saturday Club newer sailors have improved their sailing during this year, taking part in the Fun Race and Topper coaching sessions, plus some have recently completed their RYA Stage 1 & 2 this year.

This year should be a great event, especially as some of you raced at Itchenor when the regatta was there two years ago. Although Itchenor SC is within Chichester Harbour it is a good place to experience tidal sailing. We do hope that a few of our newer sailors may want to come and sail in the Rookie Fleet, where they will get lots of help and encouragement from the rest of the CMYC team who will enjoy 'showing them the ropes'; plus the Rookies have coaches in the support boats who are there to help and encourage you if necessary.

Entry is open to all sailors who are under the age of 19 years on the 31st August 2025, sailing monohull and non-foiling dinghies with a PN issued by the RYA.

All boats shall be able to be identified by having unique sail designations.

Competitors shall enter as teams that are managed by an adult Team Manager. (Team Managers shall have authority to act in loco parentis during the regatta and will ensure competitors are aware of, and have read, all other associated documents.)

This year as Cobnor Activity Centre is opposite Itchenor SC we have decided it would be easier to sail across from Cobnor to the sailing club, we will have the club rib with us so kit bags can be ferried across in this. **We have made a provisional booking with Cobnor to stay on the Saturday night (20th September) inside one of the residential buildings. The cost for this is £25 per person.** This will mean we can cater for ourselves and use their showers etc. We will also be able to leave the trailers there from Saturday until the dinghies come back on the Sunday afternoon. So things are a less crowded than loading/unloading in the road outside Itchenor SC.

On the Saturday we usually order fish & chips (or similar) from a local shop before settling down to a good night's sleep. We will sail across next morning to Itchenor SC. Launching should be fairly



straightforward but quite congested, so we need to be organised. Any parents who are able to tow please let me know, so we can utilise the club's trailers to share towing. We would appreciate a few parents being willing to stay overnight to keep within the ratio of sailors per adult also to help transport the sailors bags from Cobnor to Itchenor and back after racing finishes.

**Parents staying overnight at Cobnor will need a current DBS.**

More details soon in the newsletter and clubhouse,  
but any questions do not hesitate to contact me.

Diana Thompson: [cmjc.junior.youth.devel.advisor@gmail.com](mailto:cmjc.junior.youth.devel.advisor@gmail.com) (01737 552482)



# FRESH IDEAS

We welcome new ideas, and we've had several from our recent new Members.

As CMYC continues to grow and evolve, we're delighted to welcome many new members several of whom have recently joined us from Weir Wood. Their enthusiasm and fresh perspectives are a real asset to our club, and it's been great to see them quickly become part of the CMYC community.

A number of helpful suggestions have been raised by our new members. These include improvements such as:

- re-design of the car parking arrangements
- electric gate access
- baby changing facilities, and
- wheelchair access.

These are all excellent ideas that align with making the club more accessible, family-friendly, and secure. At the same time, it's important to acknowledge the practical realities of being a small, volunteer-run club. While we are always open to ideas and committed to making CMYC as welcoming as possible, many of these proposals require significant planning, resources, and funding - which are, as always, limited.

That said, none of these suggestions are being dismissed. They will be noted, discussed, and considered as part of our ongoing efforts to improve the club, along with those we received from the Imagine Competition earlier this year. As and when opportunities arise - through grants, fundraising, or phased planning - we'll do what we can to move in the right direction.

Thank you to everyone who continues to contribute to the club's development. Let's keep the dialogue open and work together to make CMYC the best it can be.

Remember there is a suggestions box in the clubhouse for further thoughts and ideas – all thoughts welcome for the Committee to look at. You can find this blue box (complete with blank cards) just below the large white first aid box (next to the Race Officers cupboard) in the Clubhouse Hall.

Thanks,

The CMYC Committee



# Comet Matters

## Sails

Andy Simmonds, the Comet builder, has none of the original sails left in stock. He would normally order in batches of ten, but at the rate they are selling he would be holding stock for too long. Hyde sails will supply a batch of two, but Andy doesn't have a price. If you are desperate to have a new original style sail then you should get in touch with Andy through the Comet Dinghies website [www.cometdinghies.com](http://www.cometdinghies.com). Personally I would recommend changing to the White Xtra.

## Comet Class Association

At the AGM they read out a list of clubs with more than three members of the CCA, surprisingly CMYC didn't feature. Membership of the CCA provides access to information on how to best sail a Comet, racing tips, repair tips and much more. The CCA also keeps the class alive by organising Open meetings and promoting the class at the RYA Dinghy and Watersports Show. Without this the class would most likely decline and the value of your boat would go the same way. If you sail a Comet then please consider joining the CCA, full membership is only £22 per annum. Details can be found at:

<https://www.cometsailing.org.uk/join-the-comet-class-association>

## A great opportunity to broaden your experience in 2026

Chipstead Sailing Club is hosting a three day event from 21st to 23rd August 2026. Chipstead SC is near Sevenoaks, so could be a commute rather than requiring staying overnight, sometimes camping on site is possible. You don't need to be a top racer, there is usually a great range of abilities and ages so don't be put off, at this year's event ages ranged from teenager to octogenarian with everything in between and one third of entrants were ladies. If you don't have a towbar it may be possible to work with someone to use a double stack trailer or you can put a Comet on a roof rack, if it is within the weight limits for your car. There are also two club Comets, although they don't have road trailers. The event is the Comet National Championships, I didn't say this earlier as I didn't want to put you off, it is a friendly event and everyone is welcome. There is even a team prize for the club with the best three results overall. Being so close it would be really good to see more CMYC members attend, many of you are more than capable of competing in this event. Another event is the Comet Class Association Championships on 16th & 17th May at Nottingham SC. However, there are several one day open meetings closer to home, keep an eye on the Comet Class Association website Events page.

Jeff





# THE COMMUNITY SPACES PROJECT

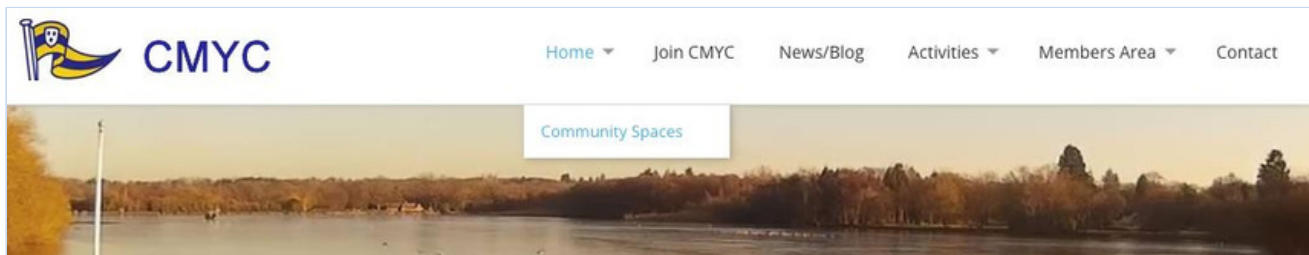
**Do you enjoy simply being at the lake?**



We do, and we believe being outdoors, next to nature, watching the ripples and wildlife on the water helps relieve stress and improves wellbeing and mental health. Through the Community Spaces project we are ready to share this with local residential care homes. If they have their own mini-bus we can host small groups, on-land, not on-the-water, to enjoy this view and help them feel better. This is thanks to; David M., our Community Spaces Coordinator and Dave & Beth, Brian & Heather, Ted and Denise, Donal, and Richard & Jane our initial Community Space Hosts.

**Do you know someone in care that would benefit from our sanctuary?**

It is simple to help others enjoy this view and take a moment to restore their wellbeing. All the information you need is on our website (Community Spaces is under the Home menu):



**How can I become a Community Space Host?**

As Hosts we only have to unlock, be onsite and lock up afterwards because all care and responsibility remains with the visiting group. Simply contact us via email ([communityspaces@cmyc.co.uk](mailto:communityspaces@cmyc.co.uk)). We welcome your support and aim to respond within five working days.



This is an important community project for us (Crawley Mariners Yacht Club) and we hope you will support this project with visit recommendations and in becoming a CMYC Community Space Host.

Thank you,  
the CMYC Committee.



# Next 'Fun Race' – 12th July

At Saturday Club Don't miss out!

**Open to all Junior/Youth sailors, so do come along and join us. June results below:**

Unfortunately due to a very bad weather forecast for the June Saturday Club we were very unsure as to whether it would go ahead. In the end a plan was made to cover safety and fun and it worked well. All groups managed to cope well with the winds and came ashore having enjoyed some great sailing. It was amazing how much the beginner sailors managed to do. It was decided to play some onshore games with the three Oppie sailors, these included drawing a map of the lake showing 'hazards', then we set up an Oppie on tyres and went through how to tack and gybe using the tiller extension (which they had not used before) and also practicing hiking-out with their feet under the toe straps. They got very good at this, gradually speeding up as we went along. We finished with 'alligator infested water' using spaced out tyres to reach safety above the alligators. One of the Dads' kindly showed us how, and how not to do this, he then watched to see who fell into the water. (no children, parents or alligators were harmed!)

Just at the end of the session the wind eased a little enabling Esther and Charlotte to take the three Oppie sailors on the water for a very short sail near the shore.

Esther did a grand job of helping and organising all the things we did, and thanks to the parents for their help in moving the Oppie and tyres around for us enabling us to do so many things.

As Hugh will now be away from England for a few months, he was very keen to do the Fun Race especially as he does like strong winds. We were able to get Liam to join in sailing a Feva single-handed, and Alan very kindly offered to sail a Topper 4.2 to complete the number needed to race.

The results were:

## JUNE FUN RACE RESULTS:

**1st Hugh Topper 5.3**

**2nd Liam – Feva S/H**

**3rd Alan – Topper 4.2**

Thanks Alan for making the race possible and to Maxine for valiantly completing the lap sheet. Dan and the other Instructors and Assistant Instructors (and Powerboat crews) for making the day safe and successful. Fingers crossed for a favourable forecast for our July Saturday Club.

If you can tack, gybe and sail a triangle you should be able to take part in the Fun Race. It is only 25 minutes long. There will be a support boat and instructors on the water giving help and advice.

## How to take part in the Fun Race:

**AM sailors** can use the same boat they used in their morning session.

**PM sailors** – if you want to race, indicate this when booking and a boat can be saved for you.

Be ready to go on the water by 12.40 so that we can start the race and finish in time for you to be ready for your PM sailing session.

**Sign on** – Outside the clubhouse there will be a signing on sheet for you to put your name on – please make sure it is clear - along with the other information required (there will be someone there to help if you are not sure where and what to put).





# Next 'Fun Race' – 12th July

At Saturday Club Don't miss out!

**Briefing:** Before the race the Race Officer will explain where the race will be and the marks to go around. They will also explain how you will know when the race is about to start and stop.

At 12.40 - Head out to the starting area by the Maid of Kent.

**P.S. Although the lake water is now warmer it is still a good idea to bring a change of clothing along in case you fall in.**

Looking forward to seeing you at the July 'Fun Race' and it would be great to see some new Topper and Oppie sailors having a go, along with some Fevas and Laser 4.7's. When booking on for Saturday Club please say you will be racing. (Many thanks – Diana)



## CMYC July Programme

Thu	3	Thursday Informal Sailing	Hedgecourt	10:30	Support boat not guaranteed	16:00
Sat	5	Racing Rules Session	Hedgecourt	10:00		12:30
Sat	5	Short Races - skills development	Hedgecourt	14:00		17:00
Sat	5	Round Hayling Island (neap tide HW 07:41) Support boat	Chichester Harbour		or Itchenor if unsuitable for RHI	
Sun	6	Social & The Grebe Club - Crew Development	CMYC Clubhouse	10:30		12:30
Sun	6	Have a Go Racing 3	Hedgecourt	14:30	3 or 2 races of 20 or 30 mins	16:00
Sun	6	Social Sailing 3	Hedgecourt	14:00	Support boat cover	16:30
Mon	7	Instructed Kayak Session	Hedgecourt	18:30	Register via WebCollect	19:30
Wed	9	Hedgecourt Cup 4	Hedgecourt	19:15	1 x 45 min. race	20:15
Thu	10	Thursday Informal Sailing	Hedgecourt	10:30	Support boat not guaranteed	16:00
Sat	12	Junior Saturday Club	Hedgecourt		Register by preceding Wednesday	
Mon	14	Instructed Kayak Session	Hedgecourt	18:30	Register via WebCollect	19:30
Wed	16	Hedgecourt Cup 5	Hedgecourt	19:15	1 x 45 min. race	20:15
Thu	17	Thursday Informal Sailing	Hedgecourt	10:30	Support boat not guaranteed	16:00
Fri	18	Women on Water	Hedgecourt	18:00	Social evening sailing for women	20:00
Sat	19	Solent Cruise (mid tide HW 06:32) Support boat	Solent			
Sun	20	NSSA	Rutland Water			
Mon	21	Instructed Kayak Session	Hedgecourt	18:30	Register via WebCollect	19:30
Mon	21	NSSA	Rutland Water			
Tue	22	NSSA	Rutland Water			
Wed	23	NSSA	Rutland Water			
Wed	23	Hedgecourt Cup 6	Hedgecourt	19:15	1 x 45 min. race	20:15
Thu	24	Thursday Informal Sailing	Hedgecourt	10:30	Support boat not guaranteed	16:00
Thu	24	NSSA	Rutland Water			
Fri	25	NSSA	Rutland Water			
Fri	25	Wealden Water Voles	Hedgecourt	9:00	Hosting children from London	17:00
Sat	26	Adult Saturday Club	Hedgecourt	9:30	Register by preceding Wednesday	12:30
Sat	26	Beginners Race Series 5	Hedgecourt	13:30	30 min race	14:00
Sat	26	One per Month Series 5	Hedgecourt	15:00	1 x 60 min race	16:00
Sun	27	RYA Safety Boat	Hedgecourt			
Mon	28	Instructed Kayak Session	Hedgecourt	18:30	Register via WebCollect	19:30
Wed	30	Hedgecourt Cup 7	Hedgecourt	19:15	1 x 45 min. race	20:15
Wed	30	Wealden Water Voles	Hedgecourt	9:00	Hosting children from London	17:00
Thu	31	Thursday Informal Sailing	Hedgecourt	10:30	Support boat not guaranteed	16:00



# PLATE SPINNING

## Are you familiar with the spinning plate act?

Plate spinning has existed since at least the 3rd century. It is likely it originated in China, but it also has a long history in Western countries too. The plate is spun horizontally on the tip of a stick which is often 'sharpened' in some way. The plate's motion can be maintained by moving the stick in a circular fashion, but if you stop moving the stick the plate stops spinning and falls!

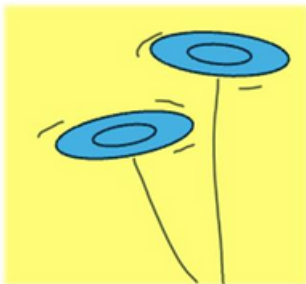
The stage is set with three thin poles when the lights go up and the performer takes to the stage. They start spinning a plate on the first pole, then once that is going, starts a second and returns to the first before starting the third because the first has slowed and is likely to fall.



With three up and running the performer adds another and then another, each time amazing those watching that they all remain spinning. With a ninth set up the first is so slow it wobbles and is going to fall but somehow just in time the performer saves it.

Plate spinning is often seen as a circus act and used as a metaphor to mean to have numerous different tasks to do at the same time and having to keep them all going to avoid things crashing down. At Crawley Mariners we have numerous tasks to keep spinning but hopefully we are not seen as a circus act!

Try giving plate spinning go (***please ask the owner of the plates first***), and if you break any plates don't blame me.



Having tried it you quite quickly learn to keep just a couple spinning to avoid any problems. Those of you still reading this will obviously recognise the best answer is to have more than one person to spin the plates.



This makes it easier for everyone, not least as we have more plates to spin and have yet to get them started...

If you can spare half an hour to half a day (***or more***) we would love to hear from you. Join our growing group of volunteers at Crawley Mariners.

Please log on to webcollect and put your name down to help [Webcollect Volunteering at CMYC](#). What you choose to help with and how much help you offer is entirely down to you.

Thank you in advance,

Richard

***Crawley Mariners, run by its Members for the Members***



# Training & Development

## Upcoming Training & Development Opportunities

- Racing Rules & Rapid Races - 5th July - see below
- Grebe Club - Crew Development - Sunday 6th July
- Junior Saturday Club - 12th July - [book on WebCollect](#).
- Have a Go Racing - 6th July, no booking needed
- Adult Saturday Club - 26th July - [book on WebCollect](#).
- RYA Safety Boat Course - 27th July & 2nd August - contact Mike Smith (see handbook)
- Junior Helm Week - 18th to 22nd August - booking on WebCollect, closes 20th July, see separate flyers for more detail.

## Feedback

Please give feedback on any CMYC training, click [here](#) to complete the form, there is a link to form on the club Website in Members Area – Policies and Documents.

## Racing Rules (am) & Rapid Races (pm)

Both these sessions are open to adults and children. You can attend either or both. The Racing Rules session will be held in the clubhouse, it is ideal for those intending to go to events such as NSSA & WSSYSA or just joining in club racing. The Rapid Races will be as many short races as we can fit in during the afternoon session, just very short to practice starting and then a one lap of a short course. There will be a race coach on the water to advise and assist.

## Junior Saturday Club - June

The forecast early in the week was making us draw up plans for activities if it was too windy to sail. In the end the forecast became a little more favourable and only the Oppies didn't sail, but they were offered shore based activities. Thanks to our instructors, their reports are below, and helpers.

### Topper 1 AM - report by Alison

The strong winds and rain forecast didn't materialise but we opted for cut down sails in the morning topper group in anticipation. This meant it was slow sailing at times but when gusts came through the sailors maintained control with no capsizes and



# Training & Development

increasing confidence. We finished the session with a ball game followed by dry capsizing practice. It's amazing how difficult it is to capsize a topper on purpose.

## Race Coaching AM - report by Dan

We had 5 Boats for our Race Coaching Session at JSC this month. The focus of the session was on improving their downwind sailing and controlling the boat in stronger winds. With winds of 12 knots gusting over 20 knots, it made for some exciting sailing and gybing; however, they all managed to stay dry with some impressive dry capsize. Hopefully, the wind remains for the next JSC and hopefully with some sun.

## Topper 1 PM - report by Rebecca

Fun was had on and off the water practising starts in our boats and running across the boat park. The hiking challenge at the end of the session was very wet and noisy.

## Feva PM - report by Annabel

Our youth racers got some good practice in for NSSA by practising how to determine which end of the start line is the favoured end - potentially useful for those all important starts! The sailors did well in some gusty conditions.

## Adult Saturday Club - report by Jeff

We nearly cancelled as there were only three booked and one had to pull out due to injury, then a request for a trial sail came in. It was quite windy, Alan and Caroline took the 2000s out with reefed sails. Ian took our visitor out in the Miracle, a gust resulted in a capsize. However all was not lost, our visitor signed up to join the club and the Levels 1&2 course.

Thanks to our instructors Caroline, Alan and Ian and to Maksim for cleaning the jetties and slipways..

## Levels 1&2& Stages 1&2 - report by Jeff

We had six youngsters signed up for Stages 1&2, and 5 adults signed up for Levels 1&2, after a few last minute bookings. Unusually, all the adults are new members with no or very little experience. The juniors are mixed ages and abilities. All seem to be coping and progressing well.

The first day started off in near ideal conditions, we were a little concerned about the forecast temperature and increased wind in the afternoon. However, it never got too hot, we had a few very light and refreshing sprinkles of rain and very little wind in the afternoon.





# Training & Development

The adults did their capsize drills in the 2000s. The Toppers also did some capsizing and looked in good shape doing follow my leader exercises.



The second day was windier, smaller sails and reefing was the order of the day. The Toppers appeared to be coping without too many capsizes, the adults had a capsize in the Wanderer, the rear tank filled with water and the boat had to be towed ashore and emptied with buckets before being taken out of the water. Although the rear tank is a storage facility it does need to be sealed, this boat will be out of action until securing fastenings and the seal have been replaced.



So in two days our students have winds from flat calm to force five gusts, all taken in good spirit. Most are learning that it is best to stay out of the weed which is making the sessions that bit more difficult.



# Training & Development

Thanks to our instructors, Donal, Amy, Caroline, Mike S, Mike T and Dan and to Charlotte and Liam for their help with the juniors and finally to Richard and those on shore who got stuck in with cleaning jetties and slipways and stowing powerboats.

## 'Have a Go' Racing Sunday 6th July

Another opportunity for those who have not raced, or only have limited experience, to find out what is involved and with a coach on the water helping you if necessary. Mike will be coaching and I will RO, so do come and join us. Hopefully, like last time we were on duty, we will have at least ten sailors of all ages and boats taking part.

For those doing the Rapid Race and rules sessions the day before, it would be ideal if you could join us for more practise.

We aim to run two, or 3, races during the afternoon and hope some of the sailors who have completed their courses may feel confident enough to come and have a go or watch, plus any wanting last minute practice before the NSSA regatta.

There are only two more of these race afternoons and having a coach on the water helps those in need get assistance with any problems they have whilst sailing the course. Any class of boat can take part and as it is handicap racing the results are worked out on the handicap rating of each class taking part.

Do give it a go. The final three are on 3rd, 30th, August and 7th September. (Diana)





# Comet Nationals at Gunfleet SC



Photo courtesy of Sarah-Jane Critchley, Chipstead SC

The Comet National Championships were held at Gunfleet Sailing Club, which sits between Clacton-on-sea and Holland-on-sea. It is a relatively small club with just 55 boat park spaces and 99 members. There is a bar and galley within the clubroom, changing facilities are a little cramped, especially for the ladies so I was told. Launching is from the beach formed of sand and small stones, which makes it hard pulling boats across. There are Y shaped rock groins all along the beach and an outfall pipe the end of which is the Inner Distance Mark, coming inside that is an immediate disqualification, this primarily to stop people smashing their boats on the concrete casing.

There were 29 entries, including 9 ladies, one of whom is 78 and started six of the seven races. The lady champion, a petite lady, came 11th overall sailing a White Xtra without reefing. Two entrants did not start any races due to the strong wind and waves. There were a mixture of original sails, one black (mylar Xtra), one Mno, and white Xtras - several with reefing capability, which was put to good service.

Day one, had two races, the wind was F5 gusting F6 SW driving parallel to the beach, not ideal for most of the entrants. There was a nasty irregular short chop making life that bit more difficult. Three did not attempt to start the first race and twelve retired out of a fleet of 29. In the second race, after lunch and time for reflection, five didn't start and a further five retired, two were disqualified for sailing inside the IDM. All these helped me to my best results of 8th in both races. Having not sailed on the sea in rough conditions for probably 12 years, like many I found the going tough and was



# Comet Nationals at Gunfleet SC

focussing on getting round the course rather than tactics. The course was a figure of eight with what we were told were two broad reaches, they were more like training runs. Of course the tide also is an issue, apparently it can ebb at 7kts (I wish I knew that at the start), and I failed to allow sufficient room rounding the windward mark, but managed to take a penalty turn without incident. Downwind legs required the utmost concentration to surf the waves and keep the boat upright. I successfully put in another couple of gybes as it felt safer to sail a little less close to a run which meant gybing. Both races became very spread out and in the end there was little point in risking the gybes so wearing round was the best option.

Day two, the wind was in the same direction but a little less strong on the whole F4 gusting F5 but with an occasional F7 according to the Gunfleet SC report! Just before the start I pulled on the downhaul only to find the entire sail coming down, the bobble had come off the halyard, so that was race over. However it did give me a chance to watch the first race and see what the local expert did. The key to managing the tide was as expected to stay inshore on the beat, but this meant playing chicken with the breakwater rocks, sailing as close as possible and ignoring the marker buoys. Race two started well and I was taking advantage of the knowledge gained, only to drop the tiller and get the mainsheet wrapped around it. That put me to the very back of the fleet. I did manage to claw my way back up to 13th. In race three I repeated the tactics, but this time the advantage was lost, the tide had slackened giving advantage to those who made less tacks, which were inevitably a bit slow in the chop. Once I worked that out I was picking up places again, only to tack too close to the Inner Distance Mark, which is a very tall pole with a triangle on top, and catch it with the mast as the boat healed. I only managed 13th. However, five races completed, no capsizes, still had my bottle, burgee and cap, so not all bad!

Day three, I think most people would have happily gone home if racing had been cancelled as the wind had picked up again for the first race. However the direction had changed to WNW. This was good in that there was less chop near the beach making launching and recovery easier, but it meant a gate start. It seemed obvious to start as near to the shore as possible to avoid the tide, but this meant being near the end of the gate. I don't know whether the wind shifted but a lot of boats including me ended up on the wrong side of the pathfinder boat and had to go round the end. I ended up at the back of the fleet, but managed to work up the fleet. Surfing down to the gybe mark all under control, a successful gybe, then oops buried the nose and pitch-poled and then inverted, and lost my cap. I was a bit disheartened and was thinking I would skip the last race however a late burst of speed and a tremendous plane all the way down the last leg changed my mind. Race 7 was another gate start, I opted to start nearer to the start of the gate, albeit in more tide, but this gave me clean air and I tucked in nicely behind the guard boat. All was good. I was about fifth at the windward mark, finally got my act together and remembered how to sail on the sea. But once again I messed up and the boom just clipped the mark. I rather rushed the penalty turn and whilst looking to see that I was clear of other boats for the gybe I got hit on the head by the boom and capsized - race over. I was grateful for a lot of support when I got ashore and to the lady who picked out my hat from the water and returned it to me.



# Comet Nationals at Gunfleet SC

In future I must allow more room at marks, they are not always as small as the ones at Hedgecourt.

A report from Gunfleet SC can be found at:

[https://www.gunfleetsailingclub.co.uk/reports/reports-2025/2025-comet-nationals-provides-some-lively-sailing?fbclid=IwY2xjawK0zjhleHRuA2FibQlxMQABHnIc\\_s8c0C7v4KVXR9q1ywtYQartxlvQGE5QX-aT\\_KB9laAb25LyQOtJIFV\\_aem\\_\\_7tBAhcFlaCw\\_z7zsvvAdw](https://www.gunfleetsailingclub.co.uk/reports/reports-2025/2025-comet-nationals-provides-some-lively-sailing?fbclid=IwY2xjawK0zjhleHRuA2FibQlxMQABHnIc_s8c0C7v4KVXR9q1ywtYQartxlvQGE5QX-aT_KB9laAb25LyQOtJIFV_aem__7tBAhcFlaCw_z7zsvvAdw)

Some drone video footage of the Nationals by Kevin Jay is on YouTube:

[Comet Nationals: Day 2](#)

[Comet National: Day 1](#)

Photos and video of all three days by Colin N Waddell is also on YouTube:

[Comet National Sailing Championships2025](#)

Jeff





# What's on this first July Weekend!

## Saturday 5<sup>th</sup> July



Racing Rules

10am



Short Races -  
Skill Development

2pm



Round Hayling  
Island Cruise

10am

## Sunday 6<sup>th</sup> July



The Grebe  
Club & Social

10:30am



Have a Go  
Racing

2:30pm



Social Sailing

2pm

# Business Events and Services to Members

## ADVERTISEMENT

We have been asked if it is possible to advertise services and events that are not Club specific to you the Members.

On the understanding that the Club are not making any recommendations and cannot be held responsible for any issues we wish to support this request.

We ask that adverts are confined to the newsletter. Adverts in the Newsletter will be open to the general public via the Club's website with any contact details that are provided.

Submissions must be made to [CMYCNews@gmail.com](mailto:CMYCNews@gmail.com) before the monthly deadline although no guarantee can be made for inclusion.

Depending on the numbers hoping to place an advert, space may be limited to whole, half or quarter page. Advertisers may be asked to submit in any of these sizes, submitting half page size in the first instance.


The Newsletter Editor reserves the right to refuse publication on behalf of the CMYC Management Committee and will respectfully refer to the Committee any such refusals for consideration at their next meeting.

The Club reserves the right to request an advertisement fee prior to publication and for a report on responses to adverts both from Members and any from the wider public.

Adverts must be clearly identified as such in the Newsletter. This is for a trial period and may be revoked without notice.

Please do not pin adverts to any of the noticeboards.

Items for Sale should continue to be sent to the above email address so that only members have your personal contact details.



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