



SOUTH STAFFORDSHIRE SAILING CLUB

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Good News Friday - 24th July



HEADLINES

- > No galley on Sunday - teas only
- > Blue/Green algae health warning
- > Good luck to South Staffs sailors going to the Enterprise Nationals this weekend
- > Sarah Norbury going well at the 420 World Championships in Japan



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RACE RESULTS



FULL SAILING CALENDAR



HERE

JOIN THE FORUM



IN ADDITION TO THE FACEBOOK PAGE, WE HAVE A MEMBERS ONLY FACEBOOK GROUP FOR POSTING PICS, CREWS & HELMS NEEDED, ASK QUESTIONS etc.

WEATHER FORECAST



HERE

Duties this weekend

	Event	OOD	Assistant OOD	Safety Boat Driver	Safety Crew
Sunday	Summer (7)	Bill Bradburn	Martin Lichfield	Dodge	Emma Hales
Tuesday	Tuesday (15)	James Goss	David Langford	Adrian Walker	Emma Mackley
	Galley Supervisor	Galley Assistant	Galley Assistant	Bar Duty	Bar Duty
Sunday	No Galley - Teas Only	Bev Wells	----	Martin Evans	Dave Croxford
Tuesday	----	-----	----	Martin Evans	Dave Croxford

Ladies Race

The Ladies Race took place last Sunday and was hotly contested with good competitive racing taking place between all 6 boats. The **Hicklins** proved once again a force to be reckoned with Meg and Julie winning the race and beating **Liz Senior** and **Sue Billington** into second.

The rest of the fleet was represented the 'up and coming' ladies with novice helms **Vicky Ford** (crewed by **Cobby**), **Lisa Carpenter** (crewed by **Michelle Evans**) and **Annette Fitzpatrick** (crewed by honorary lady **Nick Brandon**) showing their improved racing skills, and also the new pairing of **Karen Alexander** and **Clare Waymont**.

Mr & Mrs Round Up

The Hicklins may have the monopoly on the Ladies Race but it was the Billingtons who proved as successful off the water as on the water with Saturday's couples contests.

John and Sue Billington beat **Rob and Julie Hicklin** into second with a comfortable lead with **Graham and Sue Jones** taking third place.

Following the race the Social team of Clare Waymont and Lisa Carpenter had organised a curry and a Mr & Mrs Game Show. We had hoped to bring you a round up of the gossip from this event but it was apparently all too racy to share (unlike the glitter from the paddles which was still on some of the competitors the days after!)

There are some pics of the on water action on the Facebook Page, thanks to **Connie Hicklin** for sharing.

Blue/Green Algae Health Warning

Poisonous blue/green algae has recently been seen in the water at the club and as the weather warms up it is increasingly likely that this will be found.

As a precaution please read the following advice and information:

- **It is for individual members/parents of children to decide for themselves whether to sail or not (not the Club)**
- **Dog owners**, please be especially careful not to let your dog drink, go into the water or lick anything that has been in the water. The algae can be fatal to dogs
- Don't forget to wash your hands after sailing or whenever in contact with the water
- Don't forget to wash clothing and gloves that have been in the water
- There is a fresh water hose (it's kept where the safety boats are stored) available if you want to hose off any clothes that have been exposed to the water
- Don't swim in the lake (capsizes excepted!)
- As the algae concentrates at the water's edge parents please ask your children not to play there or on the beach areas by the jetties

Further information on blue/green algae and possible infection from Weil's disease can be in the leaflets and information sheets on display at the Club.

Help Needed & Classifieds

Freesat dish instillation help:

Steve Baker is look for someone to help install a Freesat dish at the Club so if you know how to do this and are able to help please speak to Steve at the Club or email: bosun@southstaffssailingclub.co.uk

Firefly boat repair advice:

Tara Temniuk has asked if anyone can give her some advice on replacing the wooden block which is currently holding up the mast in her **Firefly** as this is rotten. If you have any advice please call 07473866722 or message her on Facebook.

Tow Bar For sale:

A6 Audi saloon June 2011 original Tow Bar. Due to my car coming to the end of its lease, the tow bar needs to be removed, interested call 07980 869 518 or email: Jeremy.irelandjones@akzonobel.com

South Staffs on Tour

Our bid for world domination ramps up a gear over the next few weeks with South Staffs represented in Japan, Wales, Cornwall, Devon and Dorset (as well as our resident Canadian contingent). We will do our best to follow the action and keep everyone updated and look forward to the influx of tourists later in the summer after they hear how great our little pond is to sail on!

With week 1 of the **420** World Championships in Japan over **Sarah Norbury** and her crew Mari Davies are in 6th position with two more days to go, you can follow the action live on Twitter using the #420worlds hashtag or by visiting the event page [HERE](#). .

Good luck to **Jonathan Woodward**, **Karen Alexander** and **Neil Bawden** who are all heading down to Looe for the **Enterprise** Nationals this weekend 25th to 31st July.

The **GP14 Nationals** are taking place in Brixham 1st to 7th August and there will be plenty of updates from the event for those wanting to follow the action. The social programme was revealed this week so if you're going get practicing your limbo!

- Sat - Commodore's Welcome, Pimms & Finger Buffet
- Sun - Treasure Hunt
- Mon - Quiz
- Tue - Live Shanty Group
- Thu - Caribbean Evening with limbo dancing and a BBQ
- Fri - Live music by The Risk Duo

This year's **Lark Nationals** will be in Saundersfoot 1st to 7th August. We will keep you updated about how our contingent are doing and any other gossip our roving reporters send in. Social Programme:

- Sat - Commodore's reception with buffet.
- Sun - Evening at Sailing Club
- Mon - Crews Union/Board of Directors
- Tue - Quiz
- Wed - Curry
- Thu - Fancy Dress party, theme - Wales
- Fri - Prize Giving Dinner

Mike Owen will be competing in the **Hornet** Nationals 15th to 18th August in Brixham.

Ed Bradburn and **Matt Bates** are signed up for the **OK** Nationals 27th to 30th August in Weymouth

Anyone else travelling? Let us know and we will keep everyone updating with your progress and don't forget we are after pics of your South Staffs t-shirts on tour with you!

Best of the Web

I'm sure for a lot of us the perfect big event warm up is a pasty and some paracetamol to clear the head after the night before but, if you are looking to warm up like an Olympian check out this Sailing Fitness Warm Up Clip [HERE](#). On the subject of fitness **Tara Temniuk** posted to the club Facebook Page this week the fitness benefits of sailing and did you know you burn about 400 calories an hour racing?! So never feel guilty about that after race wine/beer/mars bar!

With the warmer weather I'm sure there are some great sailor's tans out there at the moment but this 'Best Sailing Tan' entry was sent in by **Julie Hicklin**, any guesses who owns the tan?!



Capsize of the Week

We are grateful to **Chris Rhodes** from **Coven Photography** for sharing some cracking pics of Sundays' racing in the Facebook Group. As well as getting some great action shots of everyone the right way up, Chris also captured several boats capsizing. Amazingly **Mark Nichols** and **Clare Waymont** stayed upright and dry all day! Special mention also goes to **Terry Edwards** and **Darren Heath** who managed to drift onto the island with the spinny up but just about saved it.

There are lots of different techniques people use to right their boats, below are the good, the bad and the ugly! First up is 'the good' with **Annette Fitzpatrick** showing flexibility and timing with the classic 'leg over'. Second is 'the bad' with me (**Michelle**) choosing to lie on the centre board (and slip off) rather than stand on it. Then to 'the ugly', it might not be pretty and he looks like he is wrestling an angry crocodile but **Paul Bottomley's** technique is at least effective.



THE GOOD



THE BAD



AND THE UGLY

If you ever have anything you want to share with other Club members or the world at large you can post directly [Facebook](#) page, [Group](#), tweet [@SSSCTweet](#) or email: publicity@southstaffssailingclub.co.uk

Sunday 24th July

	Race No	Start Time
AM Race Series	6	11:30am
A Series Race	6	1.45pm
B Series Race	4	3:30pm

For more information on Club racing, click the following:

[Summer Series](#)

[Beginners Guide to Racing](#)

Good News Friday Submission Deadline

If you have anything for inclusion in Good News Friday **please submit it to publicity@southstaffssailingclub.co.uk** (this goes to Neil Hawkins and Michelle Evans) by 9pm the day before (e.g. **for next week, submission deadline is 9pm 30th July** for 31st July's newsletter), we cannot guarantee any items submitted after this will make that week's GNF. There is a publicity schedule so if you have anything you want adding on for promotion in the press, GNF or social media please let us know.