

2.4
AUSTRALIA

2009 2.4mR Sail Melbourne

Sandringham Yacht Club, 14-19 December 2009

2008 Beijing Paralympic Games Gold medallist, Canadian Paul Tingley secures gold at 2009 Sail Melbourne



Sail Melbourne 2.4mR medallists, silver Michael Leydon, gold Paul Tingley, bronze Peter Russell, Peter Thompson with 4 wins from 7 races up to his forced retirement had booked a podium finish

Sail Melbourne News

14th December 2009

Peter Thompson leads the way in the 2.4m fleet, winning the opening two races, ahead of 2008 Beijing Paralympic Games Gold medallists, Canadian Paul Tingley, who finished behind Thompson in each race.

15th December 2009

2008 Beijing Paralympic Games Gold medallist, Canadian Paul Tingley, has taken the lead in the 2.4m class, his first and fifth placings giving him a three point lead over Peter Russell and Michael Leydon. Day one leader, Peter Thompson, wasn't able to repeat his two previous race wins and finished the day in fourth after finishing seventh and sixth today.

16 December 2009

Peter Thompson (AUS) had a much better day three in the 2.4mR class, winning both races ahead of Canadian Paul Tingley, with the pair tied for the lead on 10 points, with Michael Leydon (AUS) third.

17 December 2009

The 2.4mR Paralympic class completed one race before being sent ashore with Canadian Paul Tingley's consistent run continuing, his second placing giving him a one point lead over Peter Thompson (AUS) with race winner Michael Leydon (AUS) holding down third position.

18 December 2009

Peter Russell (AUS) and Michael Leydon (AUS) shared the honours in the 2.4mR Paralympic class, winning a race each. Leydon now has a slender one-point lead over Canadian Paul Tingley with one race left, with Russell third overall.

2008 Beijing Paralympic Games gold medallist Tingley had a less than perfect day, picking up two fourth positions. "We've got one more race tomorrow so anything is possible," said Tingley. "Michael and I will certainly be fighting to the last tack and gybe. "This is my first time in Melbourne and the race has been good quality and very close. We've seen a bit of everything with the weather but it shows that the most versatile sailor will rise to the top and you have to really know what you're doing to win out there," said Tingley. "Today picking sides was harder than picking a broken nose," he said.

19 December 2009, Medallists Decided At Sail Melbourne

Beijing Paralympic gold medallist, Canadian Paul Tingley won the final 2.4mR race, and in the process won the regatta ahead of Michael Leydon (AUS) with Peter Russell (AUS) third.

"Today was great, I won the race and won the regatta," said Tingley. "The wind was a little more consistent and it was more about boat handling out there, going into the race I kept it simple, I knew if I could win the race the overall win would be mine as well. I started at the pin end and had good speed off the start, I made sure I protected the left and covered Michael throughout the first half of the race until I had a good lead," he said.

Aussie Paradise

Sail Melbourne December 2009 by Paul Tingley

It has been over two weeks, since I left the sunny hot weather of Australia. In Canada, it is constant below zero temperatures, snow storms, and shovelling. Australia seems like a paradise a lifetime ago.

I went to the Melbourne World Sailing Cup in December and had a great experience. Mostly I will remember the kind hospitality of the whole fleet. I was impressed with the generosity of all who contributed to each others efforts. The motto, "many hands make light work" definitely holds true down under. Three people I particularly would like to mention are: Aaron Hill for loaning me his boat, Rachel Cox for loaning her sails, and Peter Russell for towing the boat to the regatta, and back. I was very spoiled to say the least.

The racing was held at Sandringham Yacht Club in Melbourne. It was renovated last year, and was one of the most flashy clubs I have ever seen. Having a beer on the second floor looking out to the whole bay was gorgeous. The medal races are held very close to the club for all the spectators to see. The conditions were a little of everything, and from many directions. One day it was blowing 20+ and the waves were 5 feet, so that made for the most exciting conditions of the week. I am glad that my boat had a good working pump (thanks Russy!)

Peter Thompson was winning the regatta when he left early, so it may have been a different story if he stayed. But it came down to the last race with me and Michael Leydon fighting it out for first. For much of the first work and downwind, Michael and I were 1, 2, but he had a mishap at the leeward mark and I was able to capitalize for first. It was exciting racing in the big winds and it could have easily gone the other way. I won on a tiebreak.

Another highlight of the AUS 2.4 fleet was seeing a newly built 2.4mR from Tasmania. It looked great and certainly was fast in the downwind legs. Of course this could have just been the superior skill of the skipper! All in all, I had a great time in Melbourne and look forward to doing it again someday. I can practice my Australia isms and study Cricket so I will be better prepared.

Thanks again to everyone, enjoy your hot weather.
Paul Tingley

Wind, Waves, Slop, big Shifts, and Paul Tingley!

Sail Melbourne December 2009 by Michael Leydon

'Paul Tingley is coming to Sail Melbourne', Peter Russell told me. Wow!!! Number Three in the World, Paralympic Gold Medallist, I couldn't resist, I was there!!! I couldn't wait to meet him again and then go sail against him to see how much I could learn...

It all happened on the Sunday when I arrived and there was Paul. Within a few hours we were out on Port Phillip Bay sailing side-by-side living my dream. He was about three degrees higher and climbing on me. I was a touch faster but this isn't much good in a race situation as I would have to keep tacking off him. Not bad in a borrowed boat and sails, this guy's good!!!

Paul is a great guy and fitted into the Australian/New Zealand physic so easily. He loves his sailing and was only too happy to talk and turn-up with us whenever we asked.

The regatta offered all conditions from 20 knots plus with big seas to 3-5 knots on flat water and 3-6 knots on lumpy bumpy seas caused by 25 knots that died during the starting sequence and of course big swings that favoured my side of the course.

The heavy weather races, all four, were dominated by the 'Master', Peter Thompson, who left us all in his wake with Paul initially finishing second to him in three of the heats. I managed to dominate the light but could not find a bullet until heat seven. Paul and Peter Russell each managed to steal a race off me in heats three and four.

When it came to picking wind shifts I seemed to be in a world of my own and fortunately for me I didn't have a coach who would have pulled all their hair out and totally disowned me. Hey, is it my fault that the fleet never came with me when I tacked off into the new pressure!!!

As you may be able to tell I had a really good time at this regatta and learned heaps from Paul, Dan Slater, Joshua's coach, Warren Slater, my sail maker, no relation and Peter Russell who is always there for me to talk things over with.

It all came down to the last heat with me leading by one point from Paul!!! It was a perfect breeze of eight of so knots with a lumpy sea so it was not all about boat speed or hight but constant working of the boat in the lump waves.

Paul did a brilliant pin end start as I ducked his transom on port. Paul sailed on, tacked and covered me for an excellent five-minute beat, boat on boat. I was now ready to take him on and I seemed to be climbing and going as fast as him!!! We rounded the top mark as we had started with me on Paul's transom and Peter Russell right behind us. At that point I switched off!!! I had achieved my goal of matching Paul, I hadn't come to win it. We got to the bottom mark with Paul still ahead of me and I had forgotten to set the boat up for the next work. My mast puller was still hard-on, the shrouds were not tensioned and it was just a mess as Peter Russell sailed over the top of me pushing me back into more dirty air and then Rachael pipped me at the leeward end of the shortened course finish. But hey, that was okay, I was still second overall and I had achieved my goal for this regatta.

My congratulations to Paul, for both winning the regatta and for coming so far south to play with us. He adapted very well to Aaron's boat and was always extremely competitive and gracious at all times. A big thanks must go to Peter Russell for arranging the boat for Paul and for keeping the fleet on the water to the detriment of his own sailing.

When flat in not flat enough

This has been a very important regatta for me as I was able to mix it with the best, Paul Tingley, Peter Thompson, and Peter Russell. Peter Thompson has always been very fast in heavy airs with Peter Russell controlling the moderate to fresh and me the light drifts stuff and who knew what Paul would add.

As we know Canberra is not a good turning venue but Port Phillip Bay is so I was prepared to take full advantage of the opportunity of sailing there. Peter Thompson has always had the ability to generate hight in the stronger winds and this has always confused me as Peter Russell, Kim and myself normally help Peter into the water so how come we can rig his boat to go fast but not our own?

Race one was over before it started with just one lap, won comfortably by Peter Thompson from Paul and me. They were both marginally higher so what else was new. I know that my blue Southeaster Sails jib is quite full when compared to a North or an Olympic so I put it down to that. (More on that later)

Race Two my pump failed and I took on a lot more water than I could get rid of and I was still pumping as I crossed the finish line behind Kim so I didn't learn much from that race except to water proof my pump connectors.

Race three and four were my conditions light and holly and it was who ever got off shore first, won. I won the first lap and Paul and Matt won the second beat. I was still down on height but my confidence was rising.

More wind on day three so I changed to the Neb and my Very flat noisy White South Eastern jib. I had a good race but lost a little in the high-end gusts to the other three and couldn't quit match it for speed or hight over a long tack. Forced to tack off and look for the magic shift.

Race six, played with the rig between races and straighten the mast up and grew the shrouds to keep the tension similar and also to enable me to move my cars on very heavy friction tracks. (No roller bearings on this boat, yet). I felt this was a good move and the boat steered easier. I also powered up the jib by pulling the bar-bur hauler down tighter and not sheeting on as hard. I managed to go around the last top mark third right on Paul's transom with Peter Russell a boat length behind. For the first time I pumped a 2.4 most of the way down that run and manage to pass Paul to take second so some improvements in performance were happening.

Race seven was interesting. I had gone out with the Neb main and the blue South Eastern jib, as this was the combination I had used at Pittwater with very good results. As we sat around waiting for the wind to settle it started lightening off. Rachael sailed by and asked where was the blue main. This set off a whole lot of questions in my mind as it had differently lightened and it was a better sail for the current conditions. I sailed over to Dan Slater and asked if he felt like going ashore to get my other sail and said it would be easier if I jumped into the RIB and got it myself. This I did thinking the whole time that they will start and I won't be there...

As it turned out they hadn't and when we started I went hard left off the start line even though I started at the boat, crossed Paul who was heading back to the centre of the course and that was the last I saw of anybody as I hooked into a left-hander and it became a solders course. There was only one race that day so not much learnt except that I was able to keep my lead. Oh, Dan said that he didn't like the balance of my boat and didn't know how I sailed it.

That night I spoke with Paul and Dan and Peter about spreader lengths and how slack their leeward shroud is when going to windward and the consensus was that anywhere between one and a half to two inches was in the ballpark. Spreaders are to hold the mast in column and control prebend so that is related to how much rig tension you are carrying. That night I grew my spreader another hole and once on the water the following day I adjusted my shrouds accordingly. (I have adjustable stay adjusters, quick pin). I also stood the mast up straighter. I haven't measured it yet but it feels fast. So I now have a more upright rig, longer spreaders that hold the tip of the mast in column for longer, possible less rig tension as the spreaders are longer, lighter and more positive steering so now to see if it works!!!

So race eight with Peter Russell having a very deserved win from Matt and me with Paul fourth. This was a very good result however I was a little slow on the down hill and the finish could have gone anyway but I held Paul out so that was my first real win over him.

Race nine was another go left and see you all later. I actually started at the left end with Joshua on top of me but he didn't go as far left as I did so he didn't do as well. The race was shortened at the gate so that was it for the day. Not much learnt except that I hadn't slowed the boat down at all.












Race ten. I called in the big guns and Warren Slater my sail maker came down and showed me how to use his sails and how I might get more height and performance. It seems that I haven't been flattering the sails enough. Not pulling the jib on hard enough to crease the foot. Yar Yar, I know everyone does that but Peter Russell and I have been sailing with fuller headsails to balance the boat in the heavier conditions and it works till Peter Thompson or Paul turn up and just sail higher. I also flattened the main a lot more using a preset backstay and fine turning the mainsheet to balance the boat. I had been using too much mainsail in the head and being over powered and therefore losing height. So race ten started in a steady eight knots of breeze with lumpy seas left from a dying breeze. I started on port just ducking Paul's transom and he tacked and covered soon after. It was all on!! We sailed parallel for a good five minutes and I manage to gage in on him and hold him for speed. I was euphoric, I had achieved my goal and as we rounded the top mark nose to tail I switched off.

So lessons learned:

- Believe in yourself
- Change perceptions, one man flat sail is not necessary another mans flat sail.
- Adjust for the conditions (change gears)
- Train your eye and ask better questions
- Beware of consequences
- If you change mast rake you also change rig tension, mainsail fullness (prebend), helm, jib set-up

Hope this is of some help.
Michael Leydon

Overall Results 2.4mR

Pl	Name	Sail Num	Country	1	2	3	4	5	6	7	8	9	10	Total Points	Net Points
1	 TINGLEY, Paul	99	CAN	2	2	1	(5)	2	3	2	4	4	1	26	21
2	 LEYDON, Michael	27	AUS	3	(5)	3	2	4	2	1	3	1	4	28	23
3	 RUSSELL, Peter	28	AUS	4	3	5	1	3	4	(12) DNC	1	6	2	41	29
4	 BUGG, Matthew	33	AUS	7	8	2	3	(9)	8	5	2	3	5	52	43
5	 THOMPSON, Peter	30	AUS	1	1	7	6	1	1	3	(12) DNC	12 DNC	12 DNC	56	44
6	 WILLIAMS, Kim	25	AUS	5	4	10	4	10	5	4	6	2	(12) DNC	62	50
7	 MCKENZIE-BROWN, Joshua	2	NZL	6	6	(9)	8	5	6	7	8	5	7	67	58
8	 COX, Rachael	21	AUS	8	10	6	7	(12) DNF	12 DNC	8	5	8	3	79	67
9	 BROWN, Colin	10	AUS	10	9	8	11	6	(12) DNC	6	7	7	6	82	70
10	 DUNSTONE, Simon	29	AUS	11	7	11	9	7	9	(12) DNC	9	9	8	92	80
11	 HYDE, Greg	11	AUS	9	11	4	10	8	7	(12) DNC	12 DNC	12 DNC	12 DNC	97	85

Sail Melbourne photo story thanks to Morgan Beanland

RACE 3



Paul Tingley planing the winning strategy



Paul Tingley wins the start on port



Simon Dunstone working his first regatta



Peter Thompson challenges Paul Tingley



Michael Leydon first to the top



Rachael Cox edges Peter Russell out



Paul Tingley high out of the gate with Greg Hyde following



Kim Williams and Colin Brown joining the beat



Paul Tingley grabs the lead



Matt Bugg chased Michael Leydon down



Race 3 Paul Tingley first, Matt Bugg second, Michael Leydon third, Greg Hyde fourth, Peter Russell fifth



RACE 4



Peter Russell not planning the winning start



Peter Thompson leads the beat



Close at the top mark



Peter Thompson first followed by Michael and Paul



Left or right side on the run – left was right!



Michael Leydon leads Peter Russell at the gate



Peter Russell catches Michael Leydon at the top



Peter Russell retains the lead to win race 4