

## Racing Day 4

Well – another long day in the office for ALL

The wind was very light the entire day from the south, all the courses had switching and variable wind on them and the south African team battled across the board with some really bad results but also some pleasing ones.

I was on the laser course and Neil on the SL and 420's

Matt and Calene once again battled with the light and shifty wind, not so much with speed but with choosing the right side of the course – they had good starts and rounded the weather mark in the top 5 but chose the wrong side of the second beat both times and they picked up two thirteenth places – leaving them in 10<sup>th</sup> overall.

Heidi and Rosie – as well as Ed and Josh got the wind all wrong today and got badly positioned on the wrong side of the race course, with the wind being shifty and variable the calls were very difficult. It was also a long day on the water for the boys only finishing around 7:30 this evening. Heidi and Rosie finished 29<sup>th</sup> and 23<sup>rd</sup> - 29<sup>th</sup> overall, Ed and Josh 24/25/27 – 15<sup>th</sup> Overall

On the laser course Stef sailed brilliantly in the first race and brought home a ninth position well ahead of the 3<sup>rd</sup> place Italian – leaving Stef placed 3<sup>rd</sup> overall after the 1st race today. The second race Stef had a brilliant start and rounded the weather mark 4<sup>th</sup> again well ahead of the Italian and the silver medal place, he was well positioned to keep his placing but got badly burned on the downwind by a wind shift to the inside of the course allowing all the following boats to get passed on the inside – the wind shift created a procession effect for the next beat and Stef was unable to recover his fourth, He finished the day with a 9/ 32 – 5<sup>th</sup> Overall still with a shot at the medals.

Jess started the day with a really bad tactical error going right in a left shift from the start, but she sailed her best ever ISAF race in the second race, text book start and first beat saw her round the weather mark in 5<sup>th</sup> – she held her own on the run and rounded the gate again in 5<sup>th</sup>. The final beat she slipped to 11<sup>th</sup> on the top mark rounding but caught up one position on the reach and the run to finish in 10<sup>th</sup> place (great job Jess) – so Jess finished the day with 40<sup>th</sup> / 10<sup>th</sup> – Overall 37<sup>th</sup>

Alex and Alex – had a tuff day in the office – the first race they got the shift all wrong from the get go and could not make up the difference during the race, the second race they sailed well and had good pace and managed to keep in sync with the breeze, they brought home 19<sup>th</sup> / 9<sup>th</sup> – they were protested by the German team unbeknown to them as they failed to check the notice board for potential protests after having an incident on the water with an opposition team. It was a hard lesson to learn but one they will never make again – I am sure. So there days results 19 / DSQ – Overall (?) changed results were not posted.

Neil and I were both shattered after a long day on the water and with having so many nearly good results and feeling a bit beaten up we only left the race area around 8:30 – headed for supper and team de brief, only to find that our team had managed to pull themselves up and were up beat about tackling tomorrow head on. It is refreshing to see that as a team they can feed of the successes of each other and not let the harshness of bad results pull them down too much.

We do believe that we have potential in all the sailors at the event but certainly lack in tactical larger fleet racing – something that needs to be addressed to achieve the results.

Well that's all for today chat tomorrow