

Paul Wren, RYA High Performance Manager East & South East East Region Committee Report

2011RYA Volvo East Zone Championships Grafham Water Sailing Club

The Zone Championships were run over the weekend 24th 25th September both days provided some great racing with an increase in the wind for Sunday seeing some capsizes but with most boats and crews revelling in the conditions. 6 races were competed in all classes under the command of Grafham Water SC commodore Tom Smith.

Disappointing entries in the regatta fleet only managing three entries they received some great coaching while being integrated into the main fleets.

The results can be found by visiting the following web

[sitehttp://www.sailracer.org/events/v2-results.asp?eventid=72902](http://www.sailracer.org/events/v2-results.asp?eventid=72902)

Class	2011 Numbers Grafham	2010 Numbers Burnham	2009 Numbers Grafham
Cadets	13	16	18
Toppers	38	25	36
Optimists	17	21	26
Windsurf	20 (5 East)	13	26
Regatta	3		
Total Competitors	104	91	124

Topper numbers are back up on previous years due to open training in the region, Cadets and Optimists will have extra training this winter provided by the local class associations.

The regatta fleet was disappointing despite targeted advertisements to local clubs.

The regional Championship trophy was awarded to Joseph Mullan a topper sailor from Priory and Stewartby , he shows great potential for the future.

RS:X World Champion and Team Volvo For Life sailor Nick Dempsey enjoyed a fantastic time observing proceedings offering some specially tailored windsurf advice to the young sailors. Along with his wife Sarah Ayton and son Thomas, the recently selected 2012 Team GB sailor enjoyed mingling around the boat park, signing autographs and pinching all of the sailors' sweets!.

Dempsey commented: "I have had a fantastic day at Grafham Sailing Club, supporting the young sailors and giving them some advice. It's great to be able to be involved with the future generation of top British Sailors. Events like this are so important and a great experience for the sailors. The conditions were gusty and difficult for those at the front and I was very impressed by the level of sailing talent



2011- 2012 Zone Squads

This years Zone squads are up and running, already some cold and windy weekends experienced by the sailors

Squad	NOs from East Region
Topper East	13 Sailors
Optimist	8 Sailors
Cadet	9 Boats
Feva (Combined E/SE)	6 Boat Squad (0 from the East)
Windsurfers (Combined E/SE)	16 Sailors (5 from the East)

Zone Champs 2012

The East Zone Champs will be over the weekend 29th – 30th September at Alton Water Sports centre near Ipswich. We will again be running a Regatta fleet to attract the new young sailors.

Club & Coach Conference

The East Club & Coach Conference was held at The **Self Centre, Bury St Edmunds Sunday 4th December** . good day had by all with Updates from the RDO and HPM on various subjects (Funding, Olympics, regional race management courses etc). plus a presentation from Ian Martin on coaching Tactics.
22 people attended Plus RYA staff.

Other

Planning is under way for next year's zone squad program and hopefully more regional Class open training.

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