



Shackles and Cringles

Canadian Albacore Association



photo by Mike Spicer

Geneva Park

Orillia, Ontario, September 2002

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Letter from the Commodore

Hello Albacore Sailors,

What a wonderful summer – at least for the temperature if not for the wind! Some of you may have found it too hot at times, and some of you may have found it not windy enough at times, but overall wasn't it great! And to date the warm weather has continued. (I hope I don't jinx it by saying that!!)

Sad to say, the sailing season is pretty much wrapped up. Although, some sailors are looking to extend the racing season and will be making the trek down to Virginia for the North Americans in October.

This summer was packed with sailing events and you can read about them in this newsletter. The Albacore Canadians were recently held at Geneva Park in Orillia. They were a fine end to the sailing season here and had a high turnout of sailors wishing to enjoy good competition and socializing. They were not disappointed. Thanks to everyone who helped to make the Canadians another great event.

The Annual General Meeting of the Canadian Albacore Association was held during the Canadians weekend and your executive for the next year was elected. There will be more about the executive and events planned for next year in the next issue of Shackles. There is still a vacancy for Third Vice Commodore which is the position that organizes training events for the fleet. Last year two training clinics were organized. If you interested in contributing to your fleet in this position, please let me know.

In 2003 we will be hosting the International Albacore Championships in Kingston in July. Mark this event on your calendar and plan to attend. And/or, offer to help organize this event by contacting Heather Macnaughton.

I hope you all had a great sailing season – and will continue to enjoy the fall sailing.

Ann Savege



photo by Mike Spicer



Pre-Start Warm-Up

Tips from Auntie Alb.

Picture the scene. It's a few seconds after the start of a race. The smoke from the starting gun has barely left the transom of the Committee Boat. Stretching away down the line is a seemingly endless stream of boats all beating hard in unison.

Yet is it as beautifully simple as that? Look at the detail. Then it's apparent that it's only the front runners who are working hard. Behind them is a second and maybe even a third rank of slower, wallowing boats already falling behind.

So, why are these boats behind? Okay, they are in dirty wind and are having to plough through confused wash, but that is not the only reason. To see why we have to go back a bit. Back, before the start, back even beyond the Warning signal.

In all likelihood, these were the boats sailing aimlessly about, not doing their warm up exercises. Not the sort of warm up necessary in athletic sports although there are some who say that sailors should warm up their muscle groups before they race. No, the warm up we mean here is getting used to the conditions. So that both the crew and boat are in sync with their environment and can give it their all from the start. This will involve going through a series of simple exercises.

1. By sailing hard on the wind on each tack for a few minutes it is pretty usual to not how the boats heading alters as the wind shifts, etc. However, this routine should also be used to get into the rhythm of the waves and wind. The sailors should be working hard at 'feeling' what the boat is telling them, of course. They could even take turns closing their eyes in order to use their other senses – but the other one should keep a good look out!!!!
2. There should be lots and lots of tacking, feeling how the boat is affected by the waves. Here we are trying to find out what effect they have on the boat and how long it takes to get going again if we stop. Because gibing is usually not needed until later in the race it's not quite so critical but nonetheless a good few should be tried.
3. Acceleration is everything at the start of a race. So, stop the boat and then see how long it takes to get going back up to full speed. This obviously varies with the conditions. If it is difficult to judge then use a mark as a fixed point.
4. If we are early to the start, we may need to stop. How can we do this? Practice letting the sails out, backing the sails moving aft. Luffing up (and therefore over the line) is not a good option. Then see how long it takes to get going and what is the best way of doing it. Work at sheeting the sails and at heeling angles, etc.
5. By this time the line should be set. So, which is the best end to start? Work it out and then go and make a few starts there just to see.
6. Practise your run up to the line seeing how long it takes and the effect of waves and other circumstances surrounding the conditions. But remember, the actual start will have more boats around you and so that the time getting there will be slower.

While doing all these, keep a really good look out all around. It should be a great shame to damage your boat, or even worse, to damage someone else's because you were concentrating too hard on other things.

Going through this routine gives you the confidence to go into the start of the race knowing that you can spring into action instantly because you know what is going to happen.

Hans Gottschling

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2002 Nepean One Design Regatta Results

*Nepean Sailing Club
June 22 - 23, 2002.*

Pos	Sail #	Helm	Crew	Club	R 1	R 2	R 3	R 4	R 5	R 6	R 7	Pts
1st	8050	Henry Pedro	Chris Gorton	Westwood Sailing Club	2	1	1	1	(4)	3	2	10
2nd	7780	Gord Flemming	Patti Mahoney	Nepean Sailing Club	3	4	3	2	(6)	2	1	15
3rd	7968	Van Sheppard	Chrissy Sheppard	Nepean Sailing Club	1	2	2	(5)	2	4	5	16
4th	7969	Ed Nicholas	Sue Forgues	Nepean Sailing Club	4	3	4	3	3	(5)	4	21
5th	4744	Warner Monteiro	Sonya McAuley	Nepean Sailing Club	5	(6)	6	4	1	1	6	23
6th	7630	Caroline St. Onge	Luc Desjardines	Nepean Sailing Club	(DCS)	5	5	6	10	6	3	35
7th	7887	Martin Rheume	Bertrand	RA Sailing Club	8	(9)	8	9	7	9	7	48
8th	5646	Ken Fraser	Andrea/ Heather Fraser	Nepean Sailing Club	10	11	9	7	5	8	(DNS)	50
9th	7463	John Lydon	James Leigh	Britannia Yacht Club	9	7	7	8	9	(DNS)	DNS	52
10th	1903	John Clark	Matt Davidge	Nepean Sailing Club	7	8	10	10	8	(DNS)	DNS	55
11th	7707	Chuck Bain	Irene Gunn	RA Sailing Club	6	10	(DNF)	DNS	DNS	7	DNS	59

Westwood New Skippers Race Results

*Toronto's Outer Harbour
Saturday, August 17, 2002*

Rank	Skipper	Crew	Club	Sail #	R 1	R 2	R 3	R 4	Total
1	Rebecca Eagan	Sandra Mitchell	JTSC	8052	2	3	DSQ	1	6
2	Carmen Aradi	Mel Desouza	MSC	8043	1	2	6	6	9
3	Luke Martin	Roger Martin	OHCC	8096	8	15	1	3	12
4	Rob Muller	Winston Lau	JTSC	8051	5	14	4	5	14
5	Andrew Bell	Oliver Oey	WSC	8050	12	1	2	13	15
6	Maxim Newby	Kerry Gillespie	WSC	8091	4	7	5	DNF	16
7	Trevor Skutezky	Keri Romanufa	MSC	7479	10	5	3	9	17
8	Diana Wetmore	Richard Seow	JTSC	8016	6	10	10	2	18
9	Jean-Paul Bureaud	Andrea Johnston	JTSC	8056	3	12	9	7	19
10	Beau Hatcher	J. Pablo Mandri	MSC	7527	7	9	7	8	22
11	YS Shu	Charles Pollak	TISC	8009	17	6	8	15	29
12	Sherry Mehta	Sanju Mehta	WSC	7942	9	19	11	10	30
13	Yvonne Howard	Karen Piatkowski	WSC	8049	11	21	16	4	31
14	John McCarthy	Anio Di Trani	WSC	7957	16	4	17	14	34
15	Doug Doole	Karen Plant	MSC	7562	15	11	13	11	35
16	Romuald Bolewski	Robert MacDonald	JTSC	8018	22	8	20	12	40
17	Mark Spurr	Nigel Rigby	JTSC	8036	14	13	14	18	41
18	Dominique Peter	Leslie Gidney	WSC	8030	20	16	12	16	44
19	Bob Dzimbowski	Wendy Di Trani	WSC	8014	13	18	15	20	46
20	Bruce Robertson	Sarita Jackson	WSC	7982	19	17	18	19	54
21	Paul Chandler	Jean Phillippe Pignol	JTSC	8053	21	20	19	17	56
22	Julie Olson	Mike Blundell	MSC	7472	18	DNS	DNS	DNS	64



OHCC Regatta – July 6, 2002

Awarding of the new, first time “Ken and Doris Browne Albacore Trophy” winner,
Raines Koby & Abby MacInnes

Results of Regatta

<i>Races</i>								
Boat	Skipper/Crew	Club	1	2	3	4	pts	F Pos
5600	R Koby/A MacInnes	RCYC	1	1	15	2	4	1
6660	A Humphrys/Julia	OHCC	3	5	2	1	6	2
8030	K Smith/S Kong	WSC	DNF	2	4	3	9	3
8038	B Withrow/S Swiatlowski	MSC	7	16	1	5	13	4
7419	K Clarke/S Palmer	OHCC	4	3	6	DNS	13	5
7403	R King/L Connell	OHCC	6	8	7	12	21	6
7977	T Broughton/K Marshall	MSC	9	10	3	DNF	22	7
8092	M Cameron/J Cameron	WSC	2	11	DSQ	11	24	8
8031	F Loritz/J Grummitt	StJay	18	6	12	7	25	9
7983	G Wilson/S Wilson	MSC	14	7	11	8	26	10
7270	T Htoo/B Hatcher	MSC	17	9	5	20	31	11
8039	B Farrell/P Maltby	MSC	19	19	10	4	33	12
8053	C Mashowsk/S Mitchell	StJay	16	17	14	6	36	13
6731	D Clarke/B Collins	OHCC	8	13	24	18	39	14
7166	D Harris/D Wetmore	OHCC	5	26	33	10	41	15
8050	H Macnaughton/Y Howard	WSC	23	4	31	15	42	16
8045	L Harrison/C Aradi	MSC	11	14	26	17	42	17
8055	M Balinski/N Hoffer	StJay	13	20	17	13	43	18
8086	F Koelmann/L Dresser	TISC	24	21	9	14	44	19
8056	A White/E Young	StJay	10	15	19	DNS	44	20
8041	T Johnstone/S Calahan	MSC	28	29	8	9	45	21
7400	G Roth/S Harrietha	OHCC	20	12	16	19	47	22
8049	S Goode/K Piatkowski	WSC	15	18	21	28	54	23
8091	B Munro/D Campbell	OHCC	25	24	18	16	58	24
8042	T Miolla/M Desouza	MSC	30	27	13	21	61	25
8087	D Jube/R Miller	TISC	12	25	27	25	62	26
8017	K McGregor/R Eagen	StJay	DSQ	23	20	26	69	27
8032	J Carey/W Lau	StJay	22	33	29	22	73	28
8048	N Johnstone/T Mastracci	TISC	31	22	22	27	75	29
8028	N Wilson/C Pollack	TISC	32	28	25	23	76	30
7243	P Brayshaw/R Drake	OHCC	26	30	28	24	78	31
8051	R MacDonald/R Seow	StJay	33	32	23	31	86	32
8019	P McHugh/R Bolewski	StJay	29	31	34	29	89	33
8044	C Burrows/E Patterson	MSC	35	34	32	30	96	34
8013	B Sidlovsky/G Mueller	TISC	27	35	DNS	DNS	100	35
8085	D Loughheed/C Yarzab	TISC	36	37	30	DNS	103	36
8046	J Duff/A Pike	MSC	34	36	35	DNS	105	37



2002 Don Rantz Regatta Results

Hosted By Sail-RA

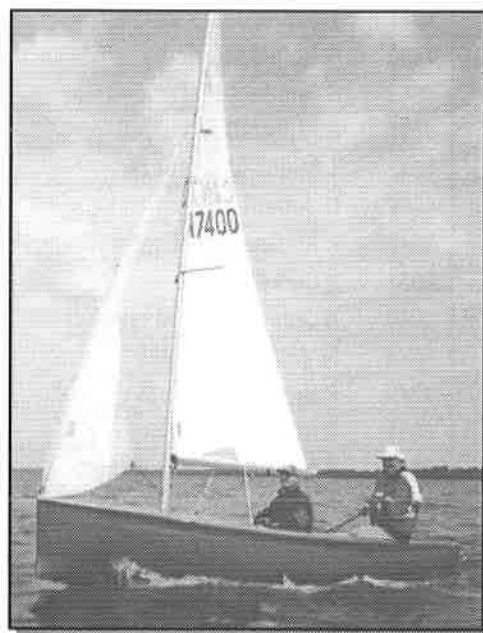
Ottawa River, Ottawa Ontario

Skipper/ Crew	Sail Number	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Throw Out	Total Place	Place
Ed Nicholas/ Sue Forgues	7969	1	1	1	1	3	2	DNS	12	9	1
Van Sheppard/ Chrissy Sheppard	7968	2	3	2	3	2	4	2	4	14	2
Gordon Fleming/ P.Maloney	7780	4	2	4	DSQ	1	1	1	4	21	3
Harvey Barnes/ Matt Davage	7960	3	5	5	6	5	3	3	6	24	4
Caroline St-Onge/ Luc Desjardins	7630	5	6	3	2	4	5	6	6	25	5
Warner Monteiro/ Sonja McAuley	4477	6	4	8	5	6	6	4	8	31	6
Chuck Bain/ Evelyn Simpson	7707	7	7	7	8	8	7	6	8	41	7
Ian Dawson/ Leslie Blaschuk	7449	8	9	6	7	9	9	7	9	46	8
Martin Rheume/ Bertrand Renaud	7887	10	10	9	10	7	10	8	10	54	9
Alan McCullough/ Mary Masotti	7198	9	8	11	DNF	10	8	10	12	56	10
Michel Burrowes/ Marie Ivanda	7226	11	11	10	9	11	11	9	11	61	11

Fanfare – Area 10 Albacore Regatta Results

POS	NAME	SAIL#	1	2	3	4	TOTAL
1	Sheppard	6700	4	1	3	1	9
2	Fleming	7959	3	4	1	2	10
3	Marsh	7945	1	2	4	5	12
4	Monteiro	7960	2	3	5	3	13
5	St-Onge	7630	5	5	6	4	20
6	Nicholas	7969	6	6	2	DNF	26
7	Fraser	5646	7	7	7	DNS	33
8	Kayser	7968	8	DNF	DNF	DNS	44
9	Rheume	7887	9	DNS	DNS	DNS	45
10	Sahagian	7437	DNS	DNS	DNS	DNS	48
11	Wilson		DNS	DNS	DNS	DNS	48

photo by Mike Spicer



St James Town Regatta Results – July 20, 2002

Pos	Sail #	Helm	Crew	Club	R1	R2	R3	R4	Total	w/Drop
1	7270	Tin Htoo	Colin Mowatt	MSC	1	2	[6]	1	10	4
2	7977	Tim Broughton	Karen Marshall	MSC	[5]	4	4	4	17	12
3	8030	Kevin Smith	Sharon Kong	WSC	8	3	[9]	2	22	13
4	6660	Alan Humphreys	Abby MacInnis	OHCC	10	1	3	[22]	36	14
5	7419	Ken Clarke	Sharon Palmer	OHCC	2	5	7	[12]	26	14
6	7403	Ross King	Leslie Connell	OHCC	3	8	[20]	8	39	19
7	7973	Marty Cameron	Joannie Cameron	WSC	6	7	[13]	9	35	22
8	8044	Ann Savege	Betty Smythe	MSC	[21]	15	1	7	44	23
9	7363	Dave Smith	Carolyn Smith	OHCC	9	6	8	[42]	65	23
10	8039	Barrie Farrell	Pat Maltby	MSC	[13]	12	11	3	39	26
11	8056	Ann White	Rebecca Eagan	JTown	7	9	10	[11]	37	26
12	8035	Ed Young	Diana Wetmore	JTown	17	10	5	[19]	51	32
13	8019	Paul McHugh	Sandra Mitchell	JTown	[25]	11	17	10	63	38
14	8033	Peter Nurse	Winston Lau	JTown	12	[17]	12	14	55	38
15	8043	Bobski	Voika Milanovic	MSC	15	22	2	[25]	64	39
16	8016	John Cawthorne	Jackie Grummitt	JTown	4	18	19	[28]	69	41
17	8050	Henry Pedro	Bruce Robertson	WSC	[34]	24	14	5	77	43
18	8051	Mike Morrison	David Ratchford	JTown	[32]	14	15	15	76	44
19	8049	Steve Goode	Karen Piatkoski	WSC	16	13	[29]	20	78	49
20	8038	Janet Duff	Alan Pike	MSC	14	31	[35]	6	86	51
21	8055	Marek Balinski	Nora Hoffer	JTown	19	[42]	16	18	95	53
22	8036	Ian Aukema	Mary Romaniuk	JTown	11	[38]	37	13	99	61
23	7400	George Roth	Judy Baker	OHCC	22	16	[32]	24	94	62
24	8031	Frank Loritz	Marina Desage	JTown	20	20	22	[31]	93	62
25	7944	Heather MacNaughton	Yvonne Howard	RCYC	18	[32]	30	16	96	64
26	8053	Chris Maslowski	Paul Chandler	JTown	24	19	[27]	21	91	64
27	8034	Gary Bain	Robert MacDonald	JTown	23	[27]	25	17	92	65
28	8096	Roger Martin	Luke Martin	OHCC	[37]	21	18	32	108	71
29	8091	Milutin Ajdacic	Don Campbell	WSC	[29]	25	21	26	101	72
30	7472	Pasquale Leone	Susan Calahan	MSC	26	30	23	[35]	114	79
31	8042	Teresa Miolla	Mel DeSouza	MSC	[33]	29	26	27	115	82
32	8017	Kirk McGregor	Fran Steacy	JTown	31	23	[34]	30	118	84
33	8048	Nona Johnstone	Teresa Mastracci	TISC	28	26	31	[42]	127	85
34	8028	Neil Wilson	Linda Dresser	TISC	39	28	[36]	23	126	87
35	8045	Carol Burrows	Ken Duffy	MSC	[35]	35	24	33	127	92
36	8052	Stu Ferry	Darren Pare	JTown	30	36	28	[37]	131	94
37	8047	Barbara Revil	Elizabeth Patterson	MSC	38	[39]	33	29	139	100
38	8046	Carmen Aradi	Bob Logue	MSC	36	34	[38]	34	142	104
39	8018	Mark Spurr	Sarita Jackson	JTown	41	33	[42]	36	152	110
40	8041	Todd Johnstone	Laurie Harrison	MSC	27	[42]	42	42	153	111
41	8013	Bonnie Sidlofsky	Rory Gleason	TISC	40	37	[42]	42	161	119



2002 Mooredale Regatta Results – Saturday, August 10, 2002

Rank	Sail #	Club	Helm	Crew	R 1	R 2	R 3	R 4	Pts	Best
1	8038	M	Bruce Withrow	Julia Erichson	1	2	4	2	5	1
2	8037	M	Tim Broughton	Karen Marshall	3	3	2	1	6	1
3	6660	O	Alan Humphreys	Abby Macinnes	2	8	3	3	8	2
4	8049	W	Steve Goode	James Palmer	6	1	16	12	19	1
5	7419	O	Ken Clarke	Sharon Palmer	12	5	35	5	22	5
6	7166	O	Dave Harris	Heather Gilchrist	5	7	12	18	24	5
7	8097	W	Marty Cameron	Joanie Cameron	4	4	23	17	25	4
8	8056	J	Anne White	Jean-Paul Bureaud	34	12	5	8	25	5
9	7403	O	Ross King	Leslie Connell	8	14	14	4	26	4
10	8036	J	John Cawthorne	Jackie Grummitt	10	24	1	19	30	1
11	8085	T	Norm Rubin	Christine Watters	13	19	13	6	32	6
12	7270	M	Tin Htoo	Beau Hatcher	18	46	7	10	35	7
13	8044	M	Ann Savege	Suzanne Wilson	24	18	8	11	37	8
14	8035	J	Ed Young	Diana Wetmore	14	6	19	25	39	6
15	8045	M	Laurie Harrison	Harold Murray	27	17	6	16	39	6
16	8043	M	Bob Sieradzki	Carmen Aradi	9	21	21	9	39	9
17	8034	J	Gary Bain	Robert Macdonald	25	10	9	20	39	9
18	8039	M	Barrie Farrell	John Gilchrist	19	15	18	7	40	7
19	8033	J	Peter Nurse	Winston Lau	17	13	15	13	41	13
20	7472	M	Pasquale Leone	Sarah Bury	7	25	20	21	48	7
21	8047	M	Barbara Revill	Betty Smythe	15	11	22	30	48	11
22	8055	J	Marek Balinski	Nora Hoffer	16	26	11	26	53	11
23	8051	J	Mike Morrison	Sandra Mitchell	32	20	10	27	57	10
24	8048	T	Nona Johnstone	Teresa Mastraeci	26	9	24	29	59	9
25	8042	M	Teresa Miolla	Mel Desouza	20	16	26	23	59	16
26	8086	T	Frederick Koehlmann	Pauline Mylnck	11	22	31	28	61	11
27	7944	R	Heather Macnaughton	Philip Haygerty	21	23	27	24	68	21
28	8017	J	Kirk McGregor	Rebecca Edgen	35	31	29	15	75	15
29	8046	M	Derek Shenstone	Julie Olson	23	36	33	22	78	22
30	8032	J	Jill Carey	Diane Sherlock	30	28	25	32	83	25
31	7563	M	Janet Duff	Alan Pike	39	32	17	36	85	17
32	7400	O	George Wm Roth	Maxim Newby	37	35	37	14	86	14
33	8087	T	Daved Juby	Rod Meller	31	27	30	46	88	27
34	8029	T	Bonnie Sidlofsky	Patricia Merica	45	30	28	34	92	28
35	8028	T	Neil Wilson	Caryl Silver	22	34	40	38	94	22
36	8041	M	Carol Burrows	Ken Birse	29	37	36	31	96	29
37	7943	T	John Bennett	Janine Clark	33	39	32	37	102	32
38	7562	M	Colette Laliberte	Kate Harvey	40	38	34	35	107	34
39	8009	T	Charles Pollak	YS Shu	36	33	42	39	108	33
40	7527	M	Steve Robertson	Rob Gerson	38	41	38	33	109	33
41	8050	W	Andrew Bell	Oliver Dei	28	40	45	41	109	28
42	7479	M	Trevor Skutezky	Keri Romanufa	42	29	41	46	112	29
43	7468	M	Pablo Cazaurang	Sylvie Blanchette	41	46	39	40	120	39
44	8013	T	Laurie Frame	Rory Gleeson	44	42	43	42	127	42
45	7544	M	Arnold Bayley	Chris Bayley	43	43	44	43	129	43



2002 TISC Open Results – Saturday, August 24, 2002

Rank	Boat #	Club	Helm	Crew	Race 1	Race 2	Race 3	Total
1	5600	RCYC	Raines Koby	Abby MacInnes	3	4	0.75	8
2	7977	MSC	Tim Broughton	Karen Marshall	0.75	2	8	11
3	7944	RCYC	Heather MacNaughton	Yvonne Howard	2	6	11	19
4	8097	WSC	Marty Cameron	Joanie Cameron	9	8	2	19
5	7270	MSC	Tin Htoo	Colin Mowatt	12	3	4	19
6	8056	SJC	Ann White	Rebeca Eagen	6	9	10	25
7	7166	OHCC	Dave Harris	Sharon Kong	8	20	3	31
8	8048	TISC	Nona Johnstone	Laurie Frame	14	14	6	34
9	7419	OHCC	Ken Clarke	Teresa Mastracci	27	5	5	37
10	8039	MSC	Barrie Farrell	Pat Maltby	11	15	13	39
11	8085	TISC	Norm Rubin	Christine Watters	5	16	20	41
12	8055	SJC	Marek Balinski	Robert MacDonald	4	17	21	42
13	8044	MSC	Ann Savege	Betty Smythe	10	27	12	49
14	8051	SJC	Mike Morrison	Winston Lau	21	0.75	31	53
15	8046	MSC	Derek Shenstone	Trevor Skutezky	34	18	7	59
16	8042	MSC	Teresa Miolla	Leslie Connell	22	28	9	59
17	7961	OHCC	Gordon Chu	Christine Mehling	35	11	15	61
18	8041	MSC	Todd Johnstone	Julie Olson	25	22	17	64
19	8032	SJC	Jill Carey	Sandra Mitchell	19	23	23	65
20	8087	TISC	David Jube	Linda Dresser	7	34	25	66
21	8033	SJC	John Cawthorne	Jackie Grummitt	24	26	16	66
22	8086	TISC	Frederick Koehlmann	Caryl Silver	15	31	24	70
23	8053	SJC	Chris Maslowski	Nigel McLean	30	29	14	73
24	8038	MSC	Bob Logue	Jane Mann	28	12	34	74
25	8043	MSC	Bobski	Carrol Burrows	20	10	45	75
26	8017	SJC	Kirk McGregor	Fran Stacey	26	30	19	75
27	8035	SJC	Ed Young	Diana Wetmore	23	21	32	76
28	8045	MSC	Laurie Harrison	Carmen Aradi	16	35	27	78
29	7983	MSC	George Wilson	Suzanne Wilson	29	13	38	80
30	8049	WSC	Steve Goode	James Palmer	17	19	45	81
31	8028	TISC	Neil Wilson	Pauline Mylnek	40	24	22	86
32	8047	MSC	Barbara Revill	Ken Birse	31	25	30	86
33	8009	TISC	Charles Pollak	Y.S. Shu	41	7	39	87
34	6660	OHCC	Allen Humphries	???	13	33	45	91
35	8036	SJC	Ian Aukema	Mary Romaniuk	32	43	18	93
36	8037	MSC	Harold Murray	Susan Calahan	18	39	37	94
37	8029	TISC	John Bennett	Janine Clarke	37	38	26	101
38	7400	OHCC	George Roth	Sarita Jackson	38	32	35	105
39	8052	SJC	Jean-Paul Bureaud	Colin Fisher	36	42	28	106
40	7562	MSC	Janet Duff	Alan Pike	33	44	29	106
41	8013	TISC	Bonnie Sidlofsky	Patricia Merka	39	36	33	108
42	7472	MSC	Pablo Cazaurang	Lesley Crader	44	37	36	117
43	7953	TISC	David Loughheed	Rory Gleeson	43	40	40	123
44	7943	TISC	Michael McCann	Lorraine Gloster	42	41	41	124



2002 Westwood Regatta

September 7, 2002

Rank	Skipper	Crew	Club	Sail #	Pts	Race 1	Race 2	Race 3	Race 4
1	Tim Broughton	Laurie Harrison	mssc	7977	6	3	2	1	20
2	Ken Clarke	Sharon Palmer	ohcc	7419	10	2	8	6	2
3	Kevin Smith	Sharon Kong	wsc	8030	11	8	1	2	13
4	Ann White	Jean Paul Bureaud	jtown	8035	11	1	5	5	9
5	Dave Smith	Carolyn Smith	ohcc	7363	17	7	9	22	1
6	Barrie Farrell	Pat Maltby	mssc	8039	18	13	12	3	3
7	Ann Savege	Abby MacInnes	mssc	8044	23	4	6	13	22
8	Tin Htoo	Colin Mowatt	mssc	7270	24	10	7	12	7
9	Alan Humphreys	J. Erichsen	ohcc	6660	27	15	4	11	12
10	Bruce Withrow	Sandy Swiatlowski	mssc	8038	29	9	11	9	50
11	Ross King	Leslie Connell	ohcc	7403	30	21	3	23	6
12	Dave Harris	Alan Pike	ohcc	7166	33	12	10	34	11
13	Marty Cameron	Joanie Cameron	wsc	8097	34	22	19	10	5
14	John Cawthorne	Jackie Grummitt	sjtsc	8033	35	14	14	7	25
15	Marek Balinski	Nora Hoffer	jtown	8055	43	49	16	4	23
16	Heather Macnaughton	Yvonne Howard	wsc	8050	44	19	17	8	32
17	Todd Johnstone	Susan Calahan	mssc	8041	47	24	25	19	4
18	Kirk McGregor	Winston Lau	jtown	8017	47	18	15	21	14
19	Steve Neville	Sherry Mehta	wsc	8010	50	6	26	18	26
20	Milutin Ajdacic	Don Campbell	wsc	8091	51	11	22	28	18
21	Fred Koehlmann	Philippe Devos	tisc	8086	53	17	17	25	19
22	Derek Shenstone	Julie Olson	mssc	8046	54	5	20	45	29
23	Steve Goode	Karen Piatkowski	wsc	8049	56	27	13	50	16
24	Teresa Miolla	??	mssc	8042	57	16	21	20	27
25	Ian Aukema	Robert MacDonald	sjtsc	8036	57	34	23	17	17
26	Ron Walker	John McHutcheon	wsc	7959	66	38	37	14	15
27	Chris Maslowski	Diane Wetmore	jtown	8053	69	25	31	16	28
28	Mike Morrison	Rebecca Eagan	sjtsc	8051	70	31	33	15	24
29	Gary Bain	Nigel Rigby	sjtsc	8034	74	26	41	40	8
30	Brock Munro	Andrew Bell	wsc	7982	79	39	32	37	10
31	George Roth	Trevor Skutezky	ohcc	7400	84	30	35	33	21
32	Jim MacDonald	Oliver Oey	wsc	8015	85	20	36	29	38
33	David Jube	Rod Miller	tisc	8087	85	48	24	26	35
34	Neil Wilson	Linda Dresser	tisc	8028	89	28	29	32	34
35	Pasquale Leone	Carolyn Campbell	mssc	7472	93	23	28	46	42
36	Robert Bohsky	Colette Laliberte	mssc	8043	93	29	34	30	50
37	Maxim Newby	Kerry Gillespie	wsc	7974	97	40	40	27	30
38	Jill Carey	Sandra Mitchell	jtown	8032	98	35	27	36	44
39	Carrol Burrows	Carmen Aradi	mssc	8037	102	33	30	39	40
40	Barbara Revill	Karen Plant	mssc	8047	103	37	38	35	31
41	Mary Neumann	Fran Stacey	jtown	8016	106	49	49	24	33
42	Roger Martin	Luke Martin	ohcc	8096	109	41	49	31	37
43	Bob Deane	John McCarthy	wsc	8014	109	32	42	38	39
44	Gary Drinkill	Anio DiTrani	wsc	8092	116	36	46	44	36
45	David Loughheed	Doug Shrigley	tisc	8048	120	47	45	32	43
46	Sanju Mehta	Sarita Jackson	wsc	7957	122	42	39	43	41
47	Dianne Clark	Bill Collins	ohcc	6731	128	44	43	41	50
48	Dominique Peter	Leslie Gidney	wsc	7973	135	46	44	47	45
49	Charles Pollak	Y.S. Shu	tisc	8009	136	43	47	48	46
50	Bob Dzimbowski	Wendy DiTrani	wsc	7942	140	45	48	49	47

Tweaking

Article written by Auntie Alb.

Dear Mr. D. Power

You are not alone in wondering how spreaders work. In fact I would go further as I suspect that there are many sailors who are blissfully unaware of how to organize their rig so that it gives enough power – controllable power – for that particular crew weight.

This control comes from organizing the four critical factors of mast setting up. These are spreaders, rake, rig tension and deck level adjustment, and although spreaders cannot be looked at in isolation an insight into how they work can vastly improve our understanding of rig tuning.

Albacore Class Rule 9.5 says that

Although every Albacore has them these days, they are in fact optional and can be located anywhere on the mast and be of any length or design.

Despite this freedom, Albacore masts come supplied with the spreader brackets in a standard position although there may be minor variations due to rig height above the sheerline. Sailmakers usually also supply recommended spreader measurements. These should be regarded as a starting position. Adjustments can then be made to these basic settings as and when required because what is needed is control of the mast so that as it bends the mainsail can be progressively depowered in a structured way. The optimum spreader settings are therefore the ones that produce the most powerful sail shape for a given crew weight.

Spreader work by supporting the centre section of the mast to the loaded windward shroud. Spreader length and the angle of the tip (at the shrouds) relative to the root (at the mast) are therefore critical to how mast bend is controlled.

Spreader length controls sideways bend so that the longer the spreader the stiffer the mast. There are two reasons for this. The longer the spreader the greater the angle that the shrouds enter the mast at the hounds. The bigger this angle the greater the support to the top of the mast.

Spreader length also controls the amount of outward deflection or 'poke' to the shrouds. Again the longer the spreader the stiffer the mast because as load comes on the 'solid' loaded, but deflected windward shroud it tries to straighten. The spreaders are then thrust against the mast to stop it bending laterally. AND IT WILL BEND Laterally as soon as there is any breeze when the aft end of the boom moves off the centre line. Then the force from the kicker is actually pushing a bend to windward into the mast.

So, this lateral control is necessary because excessive sideways bend opens the slot between jib and main; it slackens off the jib luff causing jib luff sag because a bent mast is shorter than a straight mast; it also makes it difficult to control the upper mainsail leech which if it is too open reduces power (heeling movement) and pointed ability.

However, if the spreaders are too long, they can push the mast to leeward closing the slot and over tightening the mainsail leech. This is especially a problem in lightish winds with the boom on the centerline of the boat.

Therefore check by looking up the mast in light winds. If the mast is bending to leeward at the spreaders then they have to be shortened until the mast is straight sideways.

The ideal spreader length then keeps the mast straight sideways up to the crews maximum power wind strength. This is the point when both sailors are sitting out hard but do not have to de-power by bending the mast fore and aft.

Spreader angle controls forward mast bend by using the same principle as seen in control of sideways bend. This time however it is not the spreader length that deflects the shroud, it is the angle fore and aft.

Deflecting the shroud aft creates more bend because as the load comes on the windward shroud it straightens. It therefore pushes the mast forward. This would create pre-bend in light winds. This also enables the mast to bend more in a breeze as its resistance to kicker loads are reduced.

On the other hand deflecting the shroud forward reduces bend, as this time the spreaders and therefore the mast are pulled aft. It is this forward deflection that is pretty much the norm in the Albacore Class. The precise amount though should vary according to crew weight.

Lighter crews will want the mast to bend more than heavier weights because they will want to de-power earlier in the wind range and so their shrouds will not be deflected so far forward.



Tweaking – (continued)

Good starting positions for spreader settings are. ...

Apart from checking to see whether the mast is straight sideways up to their maximum power windstrength how can sailors work out whether their spreaders are doing their proper job.

- 1) As the mast bends forwards the mainsail luff flattens. This flattens the entry as well as reducing heeling moment by opening the leech. If this happens too early in the wind range then the sailors will not have to work as hard as the competition around them. This usually results not only in poor boat speed but also in poor pointing when compared with that competition. The boat is hard to keep in the 'groove' needing too much concentration to keep it going.

If it happens too late in the wind range then the mainsail becomes too powerful. The boat is hard to keep upright. The helm will feel 'heavy' and the front of the mainsail will be backwinding excessively. The impression is that the boat is trying to go but there just isn't any forward urgency despite all the crews sitting out effort.

- 2) If the sailors find that they are very fast off wind but have poor windward speed and heel over more when compared to their opposition then their mast is too stiff.

If they find the exact opposite and are definitely not working as hard to windward as their competition then their mast is too bendy.

- 3) If the mainsail luff dissolves in a mass of diagonal creases as the mast bends then the mast is too bendy for that particular sail.
- 4) The golden rule of mainsail leech setting is that the last few inches (centimetres) of the top batten should be parallel to the centre line when viewed from astern. As this is hard to judge from inside the boat an easier guide is that the whole mainsail luff should backwind at the same time. If the upper luff backwinds first then the leech is too open. If the lower luff backwinds first then the leech is too tight.

If the sailors find that they are having to use what seems excessive kicker tension to control upper luff backwinding then the mast is bending too much sideways. What usually happens then is that as the kicker is tightened the mast bend thus increases and the upper luff backwinds so again the kicker goes on and the cycle continues. ... This will be accompanied by lack of power and by poor to appalling pointing.

Once the problem has been analysed it is then only a matter of working through the solutions by increasing or reducing spreader angle and or length according to whether the mast is bending too much or too little.

This should be done gradually and in small steps. There will come a time when this control has gone too far and the mast will be doing exactly the opposite of what it was doing at the beginning of the procedure. That is exactly right because the sailors now know the limit beyond which they cannot go. All that is needed is to come back slightly from that limit.

Once the ideal spreader setting is found the shape of the mainsail can then be controlled throughout the wind range by accurate use of the kicking strap; the mainsheet; clew outhaul; deck level control and perhaps even the cunningham.

– *Happy Tweaking,*
Auntie Alb.

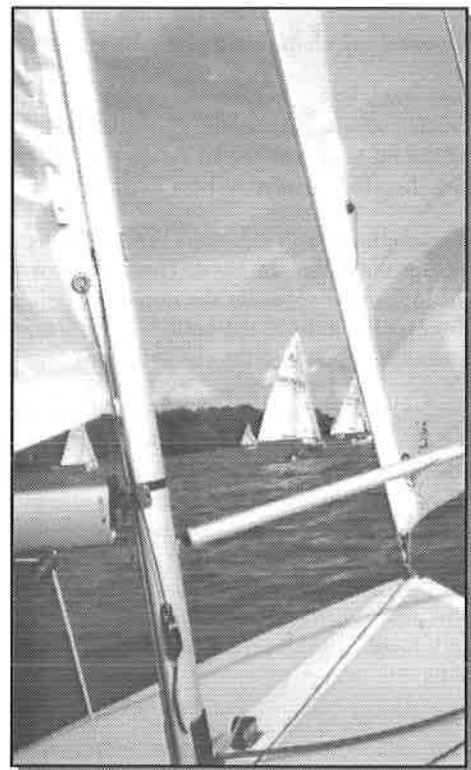


photo by Mike Spicer

Editors' Note

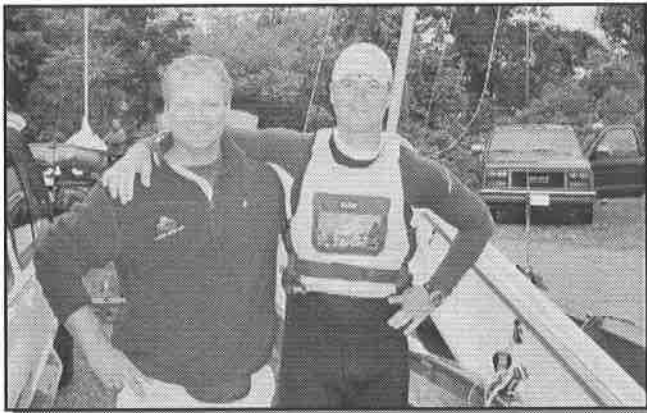
Wow, it's been a year already. It's hard to believe I have been the editor of Shackles and Cringles for an entire season. I want to thank everyone who has taken the time to write articles and submit them to me for publication, without you this would be a pretty tough job. I hope that all of you are planning to contribute to future issues of Shackles and Cringles, by way of written articles or even suggestions about the newsletter in general. I'm always looking for new ideas about content and format.

This summer brought some new faces to some of the albacore regattas, and the CAA is very excited about the prospect of a larger, more challenging fleet. I hope the newcomers to our class are excited about the 2003 season, and planning to participate in future events.

Please visit our web site at www.albacore.ca for updates and news throughout the coming winter. Even though there may be snow here in Toronto, there is still plenty of information regarding the boat show and the mid winters, plus interesting articles for those cold winter evenings when all you can think about is getting your boat rigged and out on the water...

Have a great Autumn, and I really look forward to seeing all of you out on the water next Spring!!

Karen Piatkowski



photos courtesy of Teresa and John Miolla



2002 Albacore North American Championship hosted by Hampton Yacht Club

October 12 – 14, 2002	275	1 0 6	0 2	1
Race Dates	Class Code	Sanction No.	Club Code	Area

SKIPPER / CREW	Yacht Club	Sail Number	1st Race Pos.	1st Race Pnts.	2nd Race Pos.	2nd Race Pnts.	3rd Race Pos.	3rd Race Pnts.	4th Race Pos.	4th Race Pnts.	5th Race Pos.	5th Race Pnts.	6th Race Pos.	6th Race Pnts.	Total Points	Final Standing
Barney Harris / David Byron	WRSC	6701	4	4	1	1	7	0	1	1	5	5	1	1	12	1
Neville Herbert / Steve Penfold	UK	6825	1	1	21	0	1	1	2	2	6	6	2	2	12	2
Marty Hublitz / Pascal Buckley	PRAF	8088	5	0	2	2	3	3	5	5	3	3	3	3	16	3
Jasper Craig / Becky Craig	PRAF	7970	3	3	9	9	2	2	3	3	1	1	41	0	18	4
Raines Koby / Abby MacInnes	RCYC	5600	6	0	3	3	4	4	6	6	2	2	5	5	20	5
Chris Gorton / Gary Bain	SSS	8034	2	2	6	6	13	13	20	0	4	4	8	8	33	6
Steve Hunt / Brett Baker	HYC	7377	11	11	4	4	5	5	9	9	8	8	41	0	37	7
Bob Robinson / Jill Robinson	PRAF	7966	7	7	5	5	41	0	11	11	14	14	4	4	41	8
Tin Htoo / Rebecca Eagan	TOR	7270	16	0	14	14	8	8	7	7	11	11	11	11	51	9
Dave Smith / Carolyn Smith	OHCC	7363	12	0	12	12	9	9	12	12	9	9	9	9	51	10
Peter Duncan / David Niblett	PRAF	6434	10	10	8	8	18	0	15	15	15	15	7	7	55	11
Joanne Beaver / Gretchen Wilkinson	WRSC	8026	24	24	17	17	6	6	8	8	10	10	41	0	65	12
Ben Jones / Dave Thorpe	UK	0000	9	9	22	0	21	21	16	16	21	21	6	6	73	13
Doug Marsh / Kay Marsh	MBC	7945	13	13	30	30	10	10	10	10	12	12	41	0	75	14
Jude Brown / Karen Piatowski	PRAF	7375	22	22	20	20	14	14	4	4	18	18	41	0	78	15
Lars Rathjen / Janice Rathjen	PRAF	7979	8	8	11	11	22	22	17	17	20	20	41	0	78	16
Lloyd Leonard / Doug Foord	PRAF	8083	15	15	10	10	15	15	19	19	24	24	41	0	83	17
AudaciousBob Bear / Kelsay Averill	PRAF	7456	21	21	19	19	32	0	14	14	22	22	10	10	86	18
Diane Clark / Bill Collins	RCYC	6731	14	14	28	28	12	12	21	21	13	13	41	0	88	19
Miluton Ajdacic	Westwood	8030	26	26	15	15	23	23	18	18	7	7	41	0	89	20
Heather Mcnaughton / Yvonne Howard	RCYC	7944	17	17	7	7	16	16	41	0	17	17	DNC	41	98	21
Daphne Byron / Nate Bokil	PRAF	8027	20	20	16	16	31	31	13	13	26	26	41	0	106	22
Mark Wheeler / Kathy Wheeler	HYC	7457	18	18	13	13	11	11	41	0	25	25	DNC	41	108	23
Henry Pedro / Chris Beneteau	Westwood	8050	25	25	23	23	26	26	22	22	16	16	41	0	112	24
Myles Wilson / Anne Savege	MBC	7421	23	23	25	25	17	17	41	0	19	19	DNC	41	125	25
Rolf Zeisler / Sue Zeisler	PRAF	7378	19	19	18	18	28	28	41	0	32	32	DNC	41	138	26
Jim Graham / Susan Graham	PRAF	8021	27	27	24	24	27	27	41	0	23	23	DNF	41	142	27
Dave Dalbec / Kurt Raidy	PRAF	7371	28	28	26	26	24	24	41	0	31	31	DNC	41	150	28
Guillo Citron	PRAF	7498	32	32	27	27	30	30	41	0	28	28	DNC	41	158	29
Rob Fewkes	PRAF	7964	29	29	29	29	25	25	41	0	36	36	DNC	41	160	30
David Wallerstein / Joe Perez	PRAF	7971	31	31	32	32	19	19	41	0	DNF	41	DNC	41	164	31
Matt Edwards / Scott Horinada	WRSC	8095	34	34	34	34	20	20	41	0	DNF	41	DNC	41	170	32
Dan Caplan / Dory Caplan	PRAF	7305	30	30	31	31	29	29	41	0	DNF	41	DNC	41	172	33
Denis Wetlaufer / Diane Goebes	BUF	5923	33	33	33	33	36	36	41	0	30	30	DNC	41	173	34
Bill Kleystuber / Patti Kleystuber	PRAF	6890	35	35	35	35	33	33	41	0	33	33	DNC	41	177	35
George Wirth / Wilda Heiss	PRAF	7110	37	37	36	36	38	38	41	0	27	27	DNC	41	179	36
Dave Huber / Dave Tator	PRAF	7499	36	36	37	37	34	34	41	0	34	34	DNC	41	182	37
Saskia Mooney / Dan Miller	PRAF	7380	39	39	38	38	35	35	41	0	35	35	DNC	41	188	38
Ian Aukema / Mary Romaniuk	TOR	8036	41	0	DNF	41	DNS	41	DNF	41	29	29	DNC	41	193	39
Gene Spillane / Peter Epstein	HSC	7133	38	38	41	0	37	37	DNF	41	DNF	41	DNC	41	198	40



photo by Becky Harris





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For more information on sailing at Cork, check out the Cork web site at

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