

# Fitness is crucial when you sail on a lively J22

FITNESS will be crucial in the J22 national championships which start offshore from Durban tomorrow.

Defending national champion Craig Millar with his crew of Joe Boy and John Jorgenson of the yacht Stateline have been taking the fitness angle seriously.

Crewman Boy commented yesterday: "We've spent six months of intensive training both on the water and in the gym under Springbok coach Bruce Savage.

"In a heavy blow you can just imagine the effort and agility needed to run from the foredeck to weather rail or gybeing from one reach to the next.

"The J22 is a fast and lively boat which requires an athletic performance from the crew and it's this performance which can make the difference between winning and losing."

This event, hosted by the Royal Natal Yacht Club, is the first in the run-up to the NCS J22 Internationals in July and will be a good indication of the standard of local talent. Entries at the moment stand at 25.

Race officer for the nationals, as well as the NCS Internationals, will be Gavin Smith who said yesterday: "This regatta will differ from other nationals in the courses and starting procedures. The courses will be a mixture of Olympic and windward/leewards which will only be decided on the day of each race according to conditions.

"The start will see two yachts, probably the two Donna Mia yachts, at each end of the line instead of the usual committee boat and buoy. The committee boat itself will be about 100 metres to windward of the start line and once the red signal is hoisted will motor off the course."

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OVER 120 yachts are expected at the annual Point Yacht Club Advanced Business Machines Regatta which starts offshore from Vetch's Pier tomorrow.

The four-day event will include the

At  
The  
Helm  
Norman  
Sheriff



national championships for Flying Fifteens, the Natal championships for Paper Tigers, Hobie 16s, Darts, Sprogs and Lasers and a tune-up series for the 505s.

While the seven classes will be sailing on the same course, race officer Wog Hawksworth will be setting two separate wing marks for the monohulls and catamarans.

Entries will be taken on the beach up to 12 noon tomorrow.

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ANOTHER big fleet is expected at the Island Sailing Club tomorrow who will be hosting the Natal championships for Mirrors and Gypsies. The 40-strong fleet for the six-race series will be under the orders of race officer Gordon Wishart.

The ISC also announced this week they have rescheduled their annual Laser Masters Regatta for next weekend, May 29-30.

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CONGRATULATIONS to Alec Lanham-Love and Glen Heydenreich of Royal Natal who last weekend won the Transvaal Fireball provincials on Vaal Dam. This is the third time Lanham-Love has won this particular regatta.

The Transvaal Fireballers are now looking for revenge and will be coming to Durban for the Natal provincials to be held offshore over the Republic Day weekend.

The Natsals form part of a selection series for the Fireball Worlds to be held in Durban next year.