



ROLEX Fastnet Race 2019

It's time to get
aboard

The Rolex Fastnet Race

2019

August 18th



The opportunity of a lifetime

The Rolex Fastnet Race is one of the World's greatest ocean races. Since it began in 1925, it has grown to become within the top three offshore races globally. The Fastnet Race is organised by the Royal Ocean Racing Club (RORC). This 608 mile race starts from the Royal Yacht Squadron in Cowes and ends at the Royal Western Yacht Club in Plymouth. This famous race attracts over 250 yachts from countries all over the world and includes both professional and amateur crews. All have come to experience the thrill of this incredible, life changing challenge.

Over seven months our Fastnet campaign will train and prepare you for the race of a lifetime. Whether you are a

beginner or an experienced sailor, our professional race training programme will improve your skills. As well as the practical tuition, we are also offering three one day shorebased courses. These are RYA Sea Survival, RYA First Aid and ISAF Offshore Safety Training.

RORC regulations also state that crew members must have a minimum of 300 nautical miles of offshore racing before the start of the Fastnet Race. Therefore as well as the two weekends of practical race training we offer, crew members will also be taking part in three qualifying RORC races. The races we will be entering prior to the Fastnet are, the Morgan Cup Race, the Myth of Malham Race and the Cowes-Dinard-St Malo Race.

Cowes ⇔ Fastnet rock ⇔ Plymouth ⇔ 608 nm

Manitoba and Quinta, Beneteau First 40.7



The First 40.7 is a real cruiser-racer still capable of nice performance in regatta and comfortably accommodates her crew. The interior is simple, well equipped and offers a large volume with a headroom everywhere sufficient to stand. Practical aspects show that this sailboat is really thought to navigate: anti-roll canvas in the rear cabins, bar in front of the stove ... The deck layout is also as suitable for the race as for the cruise, the comfortable cockpit turns into trimming area once dismantled lockers.

Designed for the IMS and IRC First 40.7 has collected victories: Sidney-Hobart, Cowes Week ... she still remains as competitive today as she always was and many options enable to make her more comfortable or efficient, as the tall mast with 3 set of spreader and a ROD standing rigging.

Vital statistics:

Designer Bruce Farr

L.O.A 11.92m • L.W.L 10.62m • Beam 3.78m

Draft 2.4m • Displacement 6900 kg • Sail area 98 sq m

Racing aficionados will not be disappointed: with its Bruce Farr & Associate hull, efficient appendages, ergonomic cockpit and impressive sail plan, the First is a real first and foremost!



Plymouth

Myth of Malham Race

Cowes

Morgan Cup Race (TBC)

Cowes-Dinard-St Malo

Cherbourg

St Malo

Rolex Fastnet Race

Plymouth

Cowes

Training Programme

Weekend 1 – Shorebased Training Weekend – February

This first weekend will focus on training and preparation for the races ahead. This weekend will cover the aspects of Offshore Safety, Sea Survival and First Aid essential for all RORC participants. For more information see overleaf.

Weekend 2 – Practical Training Weekend – April

This weekend will focus on training and preparation for the races ahead. Our experienced and patient instructor will guide you through all the aspects of racing you need to know, including; spinnaker handling, bear away sets, hoisting, drops, gybing, sail trim and sail changes. You will also look at points of sail, ropework, man-overboard recovery and the all important safety procedures.

Weekend 3 - (Race 1) Myth of Malham Race – May

A morning start to this race sees the fleet head West out of the Solent as directly as they can to the Eddystone Lighthouse rounding to Port before heading back to the Solent and the Finish. This is a longer race than the usual RORC weekend course and should show how a good watch system works.

The initial racing will be done during daylight hours, so is an ideal race for those who really want to get a feel of what the boat can achieve but without the disadvantage of darkness. Eddystone Lighthouse (P) North Head Finish – Approximately 230 miles.

Weekend 4 – (Race 2) Morgan Cup Race – June

Details to be announced soon.

Weekend 5 – Practical training weekend No.2 – June

This is another weekend to focus on the training issues from your first weekend. You will go over the same areas and fine tune all those important skills. You will also have a chance to practise all these skills during some night hours. As you will have already completed the first two races, it will also be an ideal opportunity for the Skipper to assess what level you are at and then go over any weak areas you may have, so you are fully prepared for the future races.

Weekend 6 – (Race 3) Cowes-Dinard-St Malo – July

This is one of RORC's most popular races with a distance of approximately 164 miles. A westward start out of the Solent then across the Channel leaving the Casquets and Les Hanois buoy to Port, then heading into the bay to the walled city of St Malo. Depending on locking times will mean arriving back in the UK late Sunday or early Monday morning, but this is a race well worth competing in, with plenty of time for extra training tips on the return trip. There will also be time to take in the sights of this lovely French fishing port.

Rolex Fastnet Race – August 18th

This demanding course takes approximately 4 - 6 days. The race takes you past the Needles and out into the English Channel. It then follows the headlands of the South Coast, including Anvil point, Portland Bill, Start Point, The Lizard and Land's End. From there you will then follow on into the Irish Sea and around the lighthouse of the Fastnet Rock. The race then heads for home via the Bishop Rock Lighthouse on the south side of the Scilly Isles finishing in Plymouth.

Actual depart and return dates to be confirmed and will be advised nearer the date.

Make sure you're
a part of it!

All included in the package

ISAF Offshore Safety Course

The Hamble ISAF Offshore Safety Course is a three day modulated course. RORC stipulate that yachts competing in RORC races should have a minimum of 50% of the crew trained on this course. They also recommend that all other crew are trained, and so in preparation for the Fastnet, we offer this course to all crew joining us for the Fastnet. The course is split into three separate days: First Aid, Sea Survival and ISAF Offshore Safety Training. This will include preparing for heavy weather, use of storm sails, and survival sailing techniques.



RYA Sea Survival Course

This course provides an understanding of how to use the safety equipment found on small craft. Life rafts, the equipment they contain and survival techniques form the central part of the RYA Sea Survival course. Other topics covered include the design of lifejackets, hypothermia and Search and Rescue techniques. The RYA Sea Survival course includes a practical session in a pool and students are encouraged to bring along their own wet weather gear and lifejackets in order to experience first hand the problems of entering and assisting the entrance of others, into an inflated and uncooperative life raft whilst fully kitted out.



RYA Small Craft First Aid Course

It's the middle of the night and you are halfway across the channel – when one of your crew suddenly collapses. Would you know what to do? The RYA Small Craft First Aid course is designed to teach you exactly what to do in these situations. From the minor ailments such as headaches, sunburn and small lesions through to the immediate response to serious medical emergencies, the course covers the situations that a yachtsman is likely to encounter. There is particular emphasis on resuscitation techniques and the “first care” of a man overboard victim. Your instructor will explain the procedures for obtaining outside medical assistance such as “pan pan” and the helicopter rescue service and can advise you on the correct first aid stores for your own boat.





The
complete
package for only
£4250

Don't miss out on this opportunity of a lifetime

Training Programme dates (TBC).

Shorebased training weekend

Ist Aid - February

ISAF - February

Sea Survival - February

Practical training weekend 1

The evening of April

Race 1

Myth of Malham Race - May

Race 2

Morgan Cup - June

Practical training weekend 2

The evening of June

Race 3

Cowes-Dinard-St-Malo Race - July

Race 4

Cowes-Fastnet-Plymouth - August 18th

What's Included in Our Package;

- Two Practical training weekends
- Three RORC races
- RYA Sea Survival
- RYA Small Craft First Aid
- ISAF Offshore Safety Training
- Rolex Fastnet Race
- Crew polo-shirt and jacket
- All meals whilst onboard
- All race entry fees
- All mooring fees
- Wet weather gear hire

To book your place on this opportunity of a lifetime, please contact us on the details below and we will be happy to answer any questions you may have.



Hamble Fastnet 2019

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