

When the race opened for registering I went in and spotted a window of good wind strength and fair angle for the return leg by sliding the predictor along for the 7.2 days.

You need to consider the boat polar here. Some boats have strong gybe & tack characteristics, some are strong side on.

I started 30 min later than I expected to start.

The first point I made, was to minimize the turns needed, so as to get the least penalty time.

The second was to try to keep the penalty below 93% when two turns are close. This situation occurs when you are negotiating narrow channels, or a "more than 180deg" turn.

When sailing you must learn from the boats around you, their progress and mistakes are a good teacher. Like when Rafa did an immediate cut back at the waypoint to save penalty time. I did the same, in 2 movements to save. Because the wind was stronger there it was better than going south then aligning with the channel in the lower wind.

There is no quick fix to winning, You must concentrate all the time. There are conditions that change all the time and you need to notice them to use them to your advantage. Gary Player said "The more I practice the luckier I get". I say the more I race the more I learn.

Sail Well

Henrys / June 2015