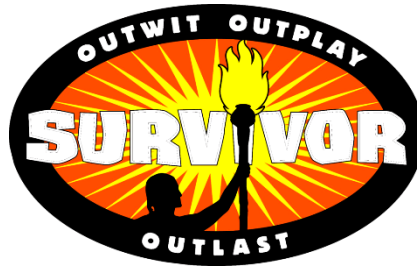


Not your average race report – Red Dot series
George – “Jawz”



Alex Thomson - Vendee Globe 2016/2017

Alex Thomson was interviewed before the recent Vendee Globe and this is a portion from the article – “Consider the following, for the next three months or so, Thomson will subsist on the most sadistic of sleep schedules – "20-40 minutes every three to five hours is the current plan, although plans do tend to go out the window once the racing begins"

Ellen MacArthur – Solo non-stop around the world

How did she manage to keep going on her 27,000-mile journey without being able to get a solid night's sleep?



Ellen MacArthur celebrates breaking the record to sail solo, non-stop around the world. Photograph: Christophe Baudry/AFP/Getty

I suggest reading this article regarding sailing solo and sleep

<https://www.theguardian.com/science/2005/feb/12/sailing.sciencenews>

Red Dot Series

I started writing this race report 10pm on Thursday 31st August, 4 days into the last leg, “Leg 5 - Panama Canal to Chesapeake” with two days and nights to go ...

...and it's not because I'm suffering from sleep deprivation and experiencing slight hallucinations...

... or having a slight pressure headache...

...an irritating “floater” has shown up in my right eye because the eyes are not getting rest...

...nor is it because I am becoming paranoid about my positioning leading the left hand group along the east coast of Florida USA(I hate leading and having Rumskib breathing down my neck – adrenaline time!)

... my heartbeat is becoming irregular because my body isn't resting...

...No, I wrote this because what comes to mind is my damn “Bulldog” personality, rather than any superior SOL skillset, that has enabled me to finish third overall in the series.

When the Red Dot series was first suggested by sailor Renegade I was hooked from the get-go so to speak. Not only were we to sail something special and new but we would also include sailing the Panama Canal. Two SOL badges that needed to be added to the virtual trophy cabinet! The second motivator for me was the fact that I recently retired and knew I would have the time to give it a full go!

What all you fellow SOL sailors out there must appreciate is that I am not the most knowledgeable sailor, nor do I have the right amount of PC skills to write my own sailing-aid programs. Yes, I use Bluewater as well as QtVlm, but more so as a guide and as an enhancer of my online sailing experience.

What I do have is a “Bulldog” competitive nature and this is why I started off this race report with the logo from the TV series “Survivor”, it sums up my strategy completely.

Outwit – I have a few basic SOL rules that I enforce upon myself and these few tools are always kept in the toolbox. These are a few, 1) Sail fast to the strong wind 2) Never miss a weather update 3) Hold on tight to the leading pack for the first couple days and only then try small strategic gains

Outplay – In order for me to succeed I also have a few gameplay strategies I use. 1) Use the routing software to set up the initial route, they were designed to assist 2) Wind pressure and Wind angle Always must be considered – Overlay this on the routing 3) Keep yourself between the target and your competitor

Outlast – My determination to hang-in-there is key, I have made up many places by relying on my fellow competitors to make mistakes. 1) Sleep as little as

you can and be there for the big moves. For sure, with the likes of rumskib, SCARABOCCHIO, Kipper1258, Longreacher, limesinferior, and many others if you miss a trick you gradually lose ground and then all of a sudden you fall off the wind bubble and drop away.

After Leg 4 I was lying 3rd in the overall standings and the closest boat to steal that away from me was Kipper1258. Leg 5 and Kipper took the eastern route around Cuba and this proved to be slightly slower than the western choice. With 600nm to go his little cluster tagged onto the rear of the lead pack, some 28nm behind and this gap was too big to make up. 3rd on the podium was settled and I am a happy camper!

But wait, there's more!!!

On the last day and I found myself lying second entering the Pamlico Sounds. "Just concentrate on navigating through this bay and deal with the swinging wind at the run in to the line and you have this!, a leg podium finish" I said...

...But man, was I tired already! And I decided to have a short 30 minute nap to recharge. An hour later my phone rang and woke me up...Jawz drops from 2nd to 5th in the leg as a result. The tiredness of the last six days overflowed in a 45 minute tirade of expletives. Maybe it's Tourette's Syndrome so I will go Google it quickly and get it seen to by my psychotherapist. Add another rule to my list – "If you sleep make sure you put in a "Safety"!"

I salute Rumskib and SCARABOCCHIO on the overall podium, you guys are legends!

To all you guys that completed the full set in the series – Very well done and it has been a pleasure accepting your challenge, that badge you can be well proud of.

Fair winds friends

George

Red Dot 2017 - Leg 1 - USA to Greenland - 6 nights with little or no sleep – Position 6

Red Dot 2017 - Leg 2 - Greenland to Alaska - 8 nights with little or no sleep – Position 4

Red Dot 2017 - Leg 3 - Alaska to San Francisco - 10 nights with little or no sleep - Position 10

Red Dot Leg 4 - San Francisco to Panama - 12 nights with little or no sleep – Position 13

Red Dot Leg 5 - Panama Canal to Chesapeake - 6 nights with little or no sleep – Position 5

Total 42 nights of sleep deprivation! It's no wonder I'm developing F...g Tourette's Syndrome!!! ☺

