



# **ROLEX FASTNET RACE**

**9<sup>th</sup> August 2009**

**Campaign Information**



The Rolex Fastnet Race is one of the worlds most demanding offshore races. For many it is the ultimate test for both the crew and the boat due to unpredictable weather and challenging tidal decisions. The 2009 Fastnet race will attract a huge variety of boats from professionally crewed supermaxis to small family raced boats.

This is your opportunity to sail the 2009 Rolex Fastnet Race with Ocean Experience, and get involved with a professionally run campaign where you will be an important and integral member of the sailing team, on a quality boat that is genuinely competitive.

Our experienced racing Skipper will ensure the team is cohesive and everyone is able to learn.

A willingness to be involved and form part of the team are the only fundamental requirements. A competitive streak is also welcomed.





## The Course



The challenging 608 mile course takes you out of the Solent, past the Needles, and along the South Coast of England, past the many headlands where tricky tidal gates and large wind shadows from the land make for massive potential gains and losses. It is a turn to Starboard as you reach Lands End and head out across the Irish Sea for the Fastnet Rock. Anyone's first rounding of the Fastnet Rock is always an unforgettable experience but you cannot let the concentration lapse as you then begin the race for the finish line. After heading back across the Irish sea you turn to Port at Bishops rock before heading for the finish at Plymouth and a well-deserved beer or ten.



## The Yacht - Challenge 67'



This yacht has raced in the toughest and most demanding oceans - demonstrating its outstanding seaworthiness. The yacht is safe and seaworthy in ultimate conditions and performs in a wide variety of environments. It is possible for all guests to participate in sailing the yacht safely whether they have little or no sailing experience.



### **A little background to the yacht you'll be sailing -**

The Global Challenge is a round the world yacht race run by Challenge Business, the company started by Sir Chay Blythe in 1989. Held every four years, it takes a fleet of one-design (or matching) steel yachts, crewed by ordinary men and women who have paid to take part, round Cape Horn and through the Southern Ocean where winds can reach 70 knots. It is unique in that it takes the westabout route around the world against prevailing winds and currents - often referred to as the 'wrong way' route.

The route of the race covers a distance of some 29,000 nautical miles. It has changed to accommodate different ports of call, but in 2004/5 started from Portsmouth (UK) and stopped at Buenos Aires (ARG), Wellington (NZ), Sydney (AUS), Cape Town (SA), Boston (USA) and La Rochelle (FRA) before returning again to Portsmouth.

The event claims the motto "The World's Toughest Race" and is the ultimate sailing adventure for amateur sailors.

The route map –





### **Facts at a Glance**

**Route : Cowes to Fastnet Rock to Plymouth (Approx 608 nautical Miles)**

**Duration : Around 3-5 days (very weather dependent)**

**Start Date: Sunday 9th August 2009**

**Training / Qualification: 2 RORC Races and 1 Training Weekend;**

**Sat 23 May** - The Myth of Malham (round eddystone lighthouse) on and is 230 miles so we would be finished on the Sunday/Bank holiday Monday.

**Fri 26 June** - Morgan Cup to Cherbourg and back. 75 - 175 miles

**Training Weekend** - TBC

**RYA Sea Survival Course and the ISAF Heavy Weather Course – Details below**



### **RYA Sea Survival Course and the ISAF Heavy Weather Course;**

**The RYA Sea Survival** course is designed for all small craft users. This enjoyable one day course prepares you to stay alive in an emergency. It will show you how to make the best use of a liferaft and you will learn the basic survival techniques.

It is a well proven fact that people with appropriate training are more likely to survive in an emergency situation

Liferafts and the equipment they contain together with a range of survival techniques form the central part of the RYA Sea Survival course. We will look at past disasters and the lessons learned. You will be taught about how to launch liferafts, what the initial and subsequent actions in a raft are and receive some sound advice on longer term survival. Other topics covered include the design of lifejackets, hypothermia and Search and Rescue techniques.

The RYA Sea Survival course includes a two hour practical session in a pool and students are encouraged to bring along their own wet weather gear and lifejacket in order to experience first hand the problems of entering and assisting the entrance of others, into an inflated and uncooperative liferaft whilst fully kitted out. This is a really hands on course that is taught by our senior yachtmaster instructor who is qualified to instruct RYA Sea Survival, RYA First Aid, ISAF/RYA Offshore Safety Course and SRC/VHF Radio.



This qualification is an essential part of the RYA/ISAF Offshore Safety Course and is also required for those seeking commercial endorsements on a Coastal Skipper or Yachtmaster Certificate of Competence qualification.

Itinerary: 0900 until approximately 1700

What's Included: All course materials including the RYA Sea Survival course notes book (SSC). Wet weather gear and lifejackets for use during wet drill although you are more than welcome to bring your own. Morning and afternoon tea

**The RYA/ISAF Offshore Safety Course** was developed from the lesson learnt following the 1998 Sydney Hobart Race and includes such subjects as damage control, fire, heavy weather sailing, storm sails and communications.

The aim of the RYA/ISAF Offshore Safety course is to provide skippers and crews of yachts wishing to take part in offshore cruising and/or races with the necessary skills and knowledge to deal with an emergency whilst offshore. The RYA / ISAF Offshore Safety course is run in two - one day modules which may be taken in any order.

Together with RYA Basic Sea Survival Course the course satisfies the training required by ISAF Offshore Special Regulation 6.01 for category 0, 1 and some category 2 offshore races. It is suitable for skippers and crews of yachts wishing to take part in the Rolex Fastnet Race

If you have attended the RYA Basic Sea Survival Course within the last five years then you need only attend the ISAF Offshore Safety training Module.



ISAF Offshore Safety module includes:

- Care & Maintenance of Safety Equipment
- Storm Sails
- Damage Control
- CPR & Basic First Aid
- Crew Routines
- Man Overboard Prevention and Recovery
- Giving Assistance to other craft
- SAR Organisation and Methods
- Practical Fire Precautions and Fire Fighting
- Distress Alerting and Survivor Location Aids



Itinerary: 0900 until approximately 1700

What's Included: All course materials,  
Morning and afternoon tea



## What's included?

- Training sail
- RORC qualifying races
- Rolex Fastnet Race
- All food for training sails and Fastnet Race onboard the yacht
- Use of safety equipment including life jackets and wet weather gear if required
- All race entry fees, diesel, gas etc.
- Safety courses as detailed above
- Crew Polo shirts

## What's not included?

- Personal insurance (this is necessary)
- Meals and drinks ashore

For any further info please contact;

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