

LOCAL SPORTS BRIEF

SPORTING NEWS

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SAILING IS GOOD FOR YOUR HEALTH

Our much sought after PISC "Monthly Mugs" were this time awarded to Jon Hicks and Paul Johnson sailing their Kestrel Class dinghy "Wavedancer".

The first few months of the year certainly lived up to expectation with high winds and stormy seas - ideal conditions for exciting sailing. Thank goodness for our Safety Boats and their experienced, trained volunteer crews. Rear Commodore Sailing (RCS) John Morren said that this month the results were not finalized until the last race with only 2 points separating the leaders. Jon and Paul now go to the end of the queue in handicap terms and will have to work really hard to repeat their success for at least a few months. (sic. Oh dear!)

Competition keeps you alert and on your toes which brings us to that heading. Participation in any active sport is very beneficial to ones inner health and well being. Sailing is very near the top of the list here. Darting about your dinghy to maintain balance; smoothly changing sides when tacking or jibing; pulling in the sheets (ropes) to change the position and set of the sails; hiking - leaning out over the side of your dinghy to keep it from tipping over - great for those tummy and quads muscles.

All these activities and more help to keep you in good physical condition. The other component of competitive sailing, and some will argue the main component, lies in your head. In many of the dinghies in our boat park at Agios Georgios (AG) there nestles a bewildering array of colour coded ropes, pulleys, jamming cleats and indicators, all set up to make your dinghy go just that bit faster.

Pop down to AG any Thursday about 10:30 and ask any sailor, they will be delighted to unravel the mysteries of the fifteen or more different controls, many of which have to be continuously adjusted to get maximum performance in the race.

So, knowledge, experience, decisions, quick reactions and above all concentration are needed to win races. Our man Dave Smith says he wins races (and he does) simply by that 1% extra concentration.



Photo by Alice

Jon Hicks and Paul Johnson receiving their Mug from John Morren, Rear Commodore Sailing.

Racing a dinghy could be described to the uninitiated as doing a hard Sudoku whilst watching "The Night Manager" as you eat dinner on your lap! Sometimes you end up with egg on your face. Interestingly there is a "theoryless assumption" that if sailing is combined with a healthy diet, supplements, homeopathy, and relaxation techniques then sailors could live to be 100!

Dinghy Sailing and Racing at AG Thursdays and Saturdays respectively, 10:30 to 2:30.

Search www.pisc.com.cy for more information about this great club.