



2006 Alcoa IFDS World Championships–Reprinted from ISAF News

Wednesday, 18 January 2006, Practice Race

'I don't finish practice races, I'm superstitious,' commented Helena LUCAS (GBR) after yesterday's warm-up race for the Alcoa IFDS World Disabled Sailing Championships, on Perth's Swan River, Australia.

[LUCAS](#), sailing in the single-person keelboat 2.4 Metre elaborated a little on the day's race, *'It was a nightmare out there really, it's tough, very shifty, one minute you're looking good, and the next minute..... maybe not,'* was her summary of the day.

The 2.4 Metre line up in Perth includes USA's 2.4 Metre Open World Champion Nick [SCANDONE](#), and Paralympic and IFDS World Champion Damien SEGUIN of France - although SEGUIN has not had the best of fortune ahead of his title defence, as *Skandia Team GBR's* 2.4 Metre coach Adam MAY explained. *'We are still waiting to see if Damien the will make the regatta in time. The container ship his boat was on broke down and had to divert to Italy, so he collected it from there and flew the boat. It has now got lost in customs, and they are trying to find it..'*

The regatta is a legacy of the late Noel ROBINS (AUS), who was the only sailor to have skippered an America's Cup challenge, and won a Paralympic gold medal. After winning gold for Australia at the Sydney 2000 Paralympic Games, he set about luring the IFDS World Disabled Sailing Championships back to his home town, where he had been the brains behind the organization of the 1987 America's Cup defence.



Thursday, 19 January 2006, Races 1 & 2

Image, Helena LUCAS is off to a flying start in Perth:

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Although the waves on Perth's Swan River are only small, Britannia definitely ruled them today on the opening day of the 2006 Alcoa IFDS World Disabled Sailing Championships, winning three of the four races sailed in Australia. Helena LUCAS (GBR) grabbed two victories in the 2.4 Metre, whilst defending champions in the Sonar John ROBERTSON, Hannah STODEL and Stephen THOMAS (GBR) scored a bullet and a second.

[LUCAS](#) from the Royal Southampton Yacht Club, and a member of the Volvo for Life team, grabbed two bullets in the 2.4 Metre, the first by just seven seconds from Norway's Bjornar ERIKSTAD, and then by 19 seconds from German Heiko [KRÖGER](#). [LUCAS](#) came ashore with a smile that told the story, *'Brilliant, really good conditions,'* was her summary of the day that marks her as the sailor to beat. *'It was a bit easier than yesterday,'* she elaborated, *'Because the seabreeze was a lot stronger, and it just helped to settle the wind down a bit more, which meant that the shifts were a bit more even and easier to play.'*

It was a classic Swan River day, with the fabled Fremantle Doctor seabreeze sweeping in from the Indian Ocean at 20-25 knots, keeping the sailors busy, and the city cool.



Friday, 20 January 2006, Races 3 & 4

**Image, Heiko KRÖGER had a great day in the 2.4 Metre:
© ISAF, Perth, Australia, 20 January 2006**

Germany now heads the leaderboard in both events at the 2006 Alcoa IFDS World Disabled Sailing Championships, after a tough day on the Swan River in Perth, Australia. Heiko KRÖGER (GER) chalked up a bullet and an eighth place in the 2.4 Metre, whilst Jens KROKER, Holger SCHOENBERG and Tobias SCHUELTZ scored first and second places in the Sonar.

[KRÖGER](#)'s position at the top is as much due to the mistakes of Helena [LUCAS](#) (GBR), who led overnight, as to his own good sailing. [LUCAS](#) had to take a penalty in the second race, which dropped her

down through the fleet.

'The first race was good,' said [KRÖGER](#), but confessed, 'The second race was very difficult and I lost many boats because of big wind shifts, I didn't expect that. All the competition is very close at the moment.' It was a gutsy day on the water for the competitors in both fleets, with the breeze gusting to over 30 knots, when the Fremantle Doctor was given a helping hand by the fringe effect of a cyclone gathering off north Western Australia.

[LUCAS](#) finished just four seconds behind [KRÖGER](#) in the first race, but commenting on the second race she said, *'I was up near the front, but I ended up doing two turns, which was a bit stupid.'* It was another Brit who took the gun in the second 2.4 Metre race of the day, with Megan PASCOE (GBR) surprised at her success. *'I was a bit surprised to be up there,'* she admitted, *'Because I just seemed to tack, and tack, and tack, and there I was at the front.'*



Sunday, 22 January 2006, Race 5

With a pair of bullets in the two fleets contesting the 2006 Alcoa IFDS World Disabled Sailing Championships in Perth, Australia, the pendulum has swung back in Britain's favour in their tussle with Germany for top spot on the leaderboard. Helena [LUCAS](#) (GBR) in the 2.4 Metre and John [ROBERTSON](#), Hannah [STODEL](#) and Stephen [THOMAS](#) (GBR) in the Sonar, both scored come from behind victories in today's only race, to regain the overall lead as they approach the halfway stage of the series.

With a south easterly breeze of about 15 knots, all the crews agreed that the conditions were difficult, with big shifts, and fluctuation in strength. [LUCAS](#) had similar comments, *'Really tricky conditions, I think the seabreeze was trying to come in, and it all got a bit mad, one minute you were in a lull, and the next minute you were in a 20 knot gust, and 30 degree shifts happening as well.'*



Germany holds on to second place ..., with Heiko [KRÖGER](#) (GER) finishing fifth in the 2.4 Metre race, to trail by three points. Bjornar [ERIKSTAD](#) of Norway grabbed second place in the 2.4 Metre today, to put himself in third place on the leaderboard, with three second places and a third in his scoreline, the overall picture being spoilt because he failed to finish in race three.

Fortunes waxed and waned for [LUCAS](#), *'I was second at the top mark,'* she explained, *'And I dropped to third down the first run, then pulled it back on the second beat, and was leading at the top second time.'*



Monday, 23 January 2006, Races 6 & 7

Norway's Bjornar [ERIKSTAD](#) (NOR) ... had a good day in the 2.4 Metre, scoring third and second places, to move him into the Championship lead after the discard came into play.

Britain's Helena [LUCAS](#)' tenancy on the top of the leaderboard looked to have continued in the 2.4 Metre fleet with a consistent day, in difficult conditions, to put fourth and second places in her scoreline. However a DSQ in race six sees her fall back to third place overall. She said the conditions were so difficult it made her head hurt, *'It was*

tricky, specially the second one, it was really shifty, my head hurts now. It was really hard sailing, the first race wasn't too bad, that was a bit more settled, but second race the shifts were just massive.'

With Perth's legendary seabreeze constantly fighting to overcome the incumbent easterly, it was a day for brains rather than brawn. This suited US SAILING Rolex Yachtsman of the Year, Nick [SCANDONE](#) (USA) from California, in his first race of the day in the 2.4 Metre, where he led from start to finish, but it worked against him in the second race, when he bombed to 15th place.

[ERIKSTAD](#) has climbed into first place on the leaderboard after his good results today and the race six DSQ of [LUCAS](#), *'I'm very satisfied,'* he said. *'It was a little tricky today, it was quite shifty, and the wind was up and down, so you needed to trim a lot, and change the boat trim to get the speed.'*

Tuesday, 24 January 2006, no racing

An impending storm in Perth, Australia forced the cancellation of racing at the 2006 Alcoa IFDS World Disabled Sailing Championships, and has changed the tactical situation for a number of competitors at the top of the leaderboard.

Probably the most dramatically effected is Britain's Helena [LUCAS](#), in the 2.4 Metre, who as a consequence of being disqualified from race six - Monday's first race - has slipped from first to third place on the leaderboard. On the other hand, Norwegian skipper Bjornar [ERIKSTAD](#) now has a five point margin at the top of the 2.4 Metre leaderboard, so his tactics can be more conservative on Wednesday, the final day. Instead of the scheduled two races tomorrow - Wednesday - the Royal Perth Yacht Club, will try and run three races, to bring the event close to the eleven scheduled races.



Photographer: Kevin Lucas

Wednesday, 25 January 2006, Races 8, 9 & 10

Britain's John ROBERTSON, Hannah STODEL and Stephen THOMAS have defended their crown in the Sonar, whilst Germany's Heiko KRÖGER scored victory in the 2.4 Metre at the 2006 Alcoa IFDS World Disabled Sailing Championships, hosted by the Royal Perth Yacht Club in Australia. The two nations also took second places, British skipper Helena LUCAS finished runner up in the single-person keelboat 2.4 Metre. Norway was third in both events, with Bjornar ERIKSTAD slipping from first place overnight in the 2.4 Metres.

For Heiko KRÖGER, this was a return to the top spot, having won the Championship six times before, but only finishing second last year, 'So it's nice to be the Champion again,' he commented. Talking about the sailing on the Swan River he said, 'These conditions were very, very tricky, this is one of the most challenging places I've sailed, it was hard to get a pattern with the shifts, also the competition in the best we've ever had.'

In the 2.4 Metres it went down to the wire, with LUCAS just one point behind KRÖGER going into the last race of the day. For LUCAS to win, she had to finish in the top five, and be ahead of KRÖGER, but the German made a great start, and sailed a steady race to take the gun, and the series in fitting style.

This Championship, is the first qualifying event for the 2008 Paralympic Sailing Competition, with the top seven nations qualifying, subject to IFDS and IPC approval.

This means in the 2.4 Metre, Germany, Great Britain, Norway, Canada, USA, Australia and New Zealand have secured spots for the Beijing 2008.



Photographer: Andy Romano



2.4 Metre Results (Rachael Cox and Maryanne Ireland sailed their first 2.4mR regatta)

Pos	Nation	Skipper	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	Pts
1	GER	Heiko KRÖGER	4	2	1	(7)	5	(6)	1	2	1	1	17
2	GBR	Helena LUCAS	1	1	2	(11)	1	(20) DSQ	4	6	2	3.5	20.5
3	NOR	Bjornar ERIKSTAD	2	3	(19) DNF		2	3	2	9	7	(11)	30
4	CAN	Bruce MILLAR	6	(17) DNF	5	5	4	2	(13)	7	8	5	42
5	USA	Nick SCANDONE	9	9	8	(18) DNF	6	1	(15)	1	10	2	46
6	GBR	Megan PASCOE	(13)	8	4	1	(10]	8	9	3	9	6	48
7	CAN	Paul TINGLEY	3	6	6		9	9	5	(11)	3	(10)	50
8	USA	Roger CLEWORTH	5	7	3	8	(13)	12	(14)	5	4	7	51
9	CAN	Danny MCCOY	8	(14)	10	6	3	4	10	8	5	(15)	54
10	AUS	Aaron HILL	10	4	7	(18) DSQ	11	(14)	12	4	6	3.5	57.5
16	AUS	Rachael Cox	16	15	16	18 DNF	15	16	8	(18)	17	(18)	122
19	AUS	Maryanne Ireland	18 DNF	20 DNC	20 DNC	20 DNC	20 DNC	17	19	19	(20) DNC	(20) DNC	153