

# Event Booklet



## **Croeso i Pwllheli, Cymru! Welcome to Pwllheli, Wales!**

Pwllheli (pronounced Pwlh-hell-ee) is a market town located on the Llyn Peninsula. Pwllheli is the ideal location from which to explore this northwest corner of Wales, where Welsh is still widely spoken. The Llyn's Coastal Path is 91 miles long, extending from nearby Porthmadog to Caernarfon on the north coast of the peninsula. Clwb Hwyllo Pwllheli Sailing Club is part of Plas Heli, the Welsh Sailing Academy and sits on the edge of a beautiful sandy beach ensuring easy launching and great views out across the sailing area.



With lots of different accommodation offerings in the local area Pwllheli not only provides quality racing but a great family holiday.

**We look forward to welcoming you!**

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We have included some information in this pack to help you plan your trip. Please contact us for any additional information or advice.

## USEFUL DETAILS

Contacts:  
IOCA Admin:  
[admin@optimist.org.uk](mailto:admin@optimist.org.uk)

IOCA Marketing:  
[marketing@optimist.org.uk](mailto:marketing@optimist.org.uk)

International Enquiries:  
[vsesto2001@yahoo.com.ar](mailto:vsesto2001@yahoo.com.ar)

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#oppinationals2018

Venue: <https://plasheli.org>  
tel: +44 (0) 01758 613 343

## DOCTORS & HOSPITALS

The local doctor's surgery in Pwllheli; Treflan Surgery Tel: 01748 701457

**Ysbyty Bryn Beryl** is on the A487 only a few miles outside of Pwllheli. Minor injuries only: open between 10.00 am to 10.00 pm, 7 days a week. Postcode: LL53 6TT Tel: 01758 701122

**Ysbyty Gwynedd Hospital** is the main hospital for the area and is located just off the A55 at Bangor. Postcode: LL57 2PW. Tel: 01248 384384

## GETTING HERE:

Pwllheli is located on the Llyn Peninsula, North Wales.



### By Car:

From the M6, take the M56 and then A55 towards North Wales. Leaving the A55 at Bangor you take the A487 all the way to Pwllheli.

From the south there is an alternative route which is more "cross country" via Bala and through the Snowdonia Range. This is a very picturesque route but is quite windy so may not be the best route with ribs and large trailer.

### By Air:

Manchester and Liverpool airports are within 2 hours of Pwllheli. Hire cars can be picked up at both airports.

### By Train:

There is no direct service to Pwllheli. However, it is possible to get a train to Pwllheli. The station in Pwllheli is in the centre of the town which is about a mile from Plas Heli.

For train journey times and information please see [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

## **ACCOMMODATION:**

There are many holiday lets, apartments, hotels and bed and breakfasts along the Llyn Peninsula and surrounding area. Some suggested websites are:

[www.sykescottages.co.uk/Gwynedd/Pwllheli](http://www.sykescottages.co.uk/Gwynedd/Pwllheli)  
[www.homeaway.co.uk](http://www.homeaway.co.uk)  
[www.stayinwales.co.uk](http://www.stayinwales.co.uk)  
[www.walestouristsonline.co.uk/Llyn-Peninsula](http://www.walestouristsonline.co.uk/Llyn-Peninsula)



**Gwynfryn Farm Holidays** offers a variety of cottages on site along with an onsite swimming pool, tennis court and gym - all only a few miles from Pwllheli.

<http://gwynfrynfarm.co.uk>

Tel: 01758 612536



**Hafan y Môr Holiday Park** is only a few miles from the Venue and provides a variety of accommodation options along with all the other activities you'd expect from a Haven Holiday Camp.

[www.haven.com/parks/north-wales/hafan-y-mor](http://www.haven.com/parks/north-wales/hafan-y-mor)

Tel: 01758 612 112

## **Camper Vans**

Plas Heli has a limited number of campervan / caravan spaces for those that are associated with events held at the site.

Please be aware that campervan parking will be in a boat park area or on a field that is a 5 minute walk away from the main boat part (there is no electrical hook up on the field but it overlooks the sea!).

Please contact Plas Heli to book: Tel: +44 (0) 01758 613 343

## The Sailing Area & On the Water

Pwllheli offers a fantastic sailing area for racing with multiple sailing area options. Having launched from the beach main fleet sailors will sail out to the main sailing area which is likely to be more offshore than the Regatta Fleet.

The event will offer racing opportunities for sailors of abilities:

- Senior Main Fleet
- Junior Main Fleet (ISAF Age 12 and under)
- Regatta Racing Fleet
- Coached Regatta Racing Fleet



### **Choosing the right fleet**

To help you decide which fleet best suits your sailor; the following can be used **as a quick guide** (for Regatta Fleet, see the event website for a more comprehensive guide as to the format of each fleets):

- **Main Fleet** will launch at approximately 10.30 and aim to complete 3 races back to back. The main fleet racing is split between Junior (IOCA age 12 and under) and Senior (IOCA age 13 and over).
- **Regatta Racing Fleet** - This fleet is for sailors with experience of regatta racing who want to race all day but who are not yet confident to join the Main Fleet. This fleet seeks to bridge the gap between Coaching and Main Fleet.

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- **Coached Regatta Racing** This fleet is coached in groups in the morning and race in the afternoon. Regatta Coaching is intended for sailors who have competed in some regional regatta fleet events and have begun to race in their clubs.

Daily prizes together with overall prizes will be awarded in each fleet.

### Tides

High and Low water for the week is as follows:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Low	09.23 am	10.30 am	11.54 am	1.10 pm	2.15 am	3.15 pm
High	2.53 pm	4.10 pm	5.30 pm	6.30 pm	7.30 pm	8.15 pm

### Charter Boats:

Charter boats are available, by prior booking from the following suppliers:

#### IBI Sailing Ltd

Blueblue Optimists. Complete (except sail) with Optimax Mk4 spars, Optiparts racing epoxy foils, trolley, foil bag, bailers, praddle, mastlock, mainsheet.

Prices: €475.00 Insurance €25 extra.

Contact Details: IBI Sailing Ltd - Telephone 01243 513002

www.ibisailing.co.uk - email: [sales@ibisailing.co.uk](mailto:sales@ibisailing.co.uk)

#### P&B

Pinnell & Bax can will provide Winner Optimists. For full details contact P&B direct.

Contact Details: Telephone: 01604 592808

www.pinbax.com - Email: [info@pinbax.com](mailto:info@pinbax.com)

**Insurance:**

Third-party insurance is mandatory to enter the event. If you're bringing your own boat, please confirm with your provider that it covers sailing in the UK. If it does not, insurance can be purchased through our Optimist class sponsor Noble Marine.

Please contact Noble Marine for further details: +44 1636 707636  
[www.noblemarine.co.uk/dinghyinsurance](http://www.noblemarine.co.uk/dinghyinsurance)

**Charter Ribs**

**Xtremity.net** have ribs available to hire on a first come first served basis. Please contact mark@xtremity.net or tel: +44 1329 663883 for further information.

**Harbour Marine, Pwllheli**

Please contact for more details: tel: + 44 1758 701707 or  
[harbourmarinepwllheli.co.uk/bareboat-rib-hire](http://harbourmarinepwllheli.co.uk/bareboat-rib-hire)

**Ribs & On the Water Sailor Support**

The UK operates slightly differently to many other countries in that the Race Management and Support fleet are managed and organised by IOCA (UK).

**All RIBs** will have a responsibility to assist all sailors and sailors travelling without coach support can be assured they will be supported on the water by the fleet.

International teams and coaches are very welcome and we ask that you take a moment to familiarise yourself with our rib policy and register your rib in advance with Plas Heli.

Please see the Nationals website for further details regarding launching costs, registering your rib and other important information.

**Training before the Nationals**

Sailors are more than welcome to train in advance of the Nationals however you are required to register at the Plas Heli reception in advance and pay the appropriate sailor and rib launching fees.

## Event Timetable

There are lots of fun and exciting activities planned throughout the week and the intention is to run the week as detailed in the timetable.

Please note that some of the details are being finalised and may change slightly.

Saturday	Sunday	Monday	Tuesday
	<b>Main Competitor Briefing</b>	<b>Main Competitor Briefing</b>	<b>Main Competitor Briefing</b>
	Regatta Briefings	Regatta Briefings	Regatta Briefings
	Racing Main Fleet - Senior Main Fleet - Junior Racing Regatta Coached Racing Regatta	Racing Main Fleet - Senior Main Fleet - Junior Racing Regatta Coached Racing Regatta	Racing Main Fleet - Senior Main Fleet - Junior Racing Regatta Coached Racing Regatta
	11.00 Daily Parent Coffee Morning	11.00 Daily Parent Coffee Morning	11.00 Daily Parent Coffee Morning
2.00 pm - 4.00 pm Registration		[Provisional] Sponsor Run for local charity for parents/sibling to take part in.	
5.00pm - 5.30 pm Opening Ceremony	5.00 (approx) PRO De-Brief & Daily Raffle	5.00 (approx) PRO De-Brief, End of Day Prizes and Daily Raffle	5.00 (approx) PRO De-Brief, End of Day Prizes and Daily Raffle
International Party New Parents & Sailor Party			
6.00 pm - 8.00 pm Registration		Evening Event Activity e.g. Swimming, Carting or Bowling	6.00 pm - 8.30 pm Sailor Party
Food Available at Club			
Wednesday	Thursday	Friday	
<b>Lay Day</b> (unless insufficient racing in qualifying series)	<b>Main Competitor Briefing</b>	<b>Main Competitor Briefing</b>	
	Regatta Briefings	Regatta Briefings	
	Racing Main Fleet - Senior Main Fleet - Junior Racing Regatta Coached Racing Regatta	Racing Main Fleet - Senior Main Fleet - Junior Racing Regatta Coached Racing Regatta	
	11.00 Daily Parent Coffee Morning	11.00 Daily Parent Coffee Morning	
The Lay Day is planned (provided that sufficient racing has taken place in the week to ensure the qualifying series is completed).	5.00 (approx) PRO De-Brief & Daily Raffle	5.30 (approx) Prize Giving and Closing Ceremony	
<b>On the Water</b> From a Sailing perspective there are plans on the water to have: * Team Racing Event * Try a Boat opportunity * RYA Transition Talk with Parents/Sailors	<b>IOCA AGM</b>		
<b>On Shore:</b> * Local produce/gifts Fayre in the Market Hall * Family Bike Ride * Sandcastle Competition	<b>Sailor &amp; Sibling Movie Night</b>		
	<b>Volunteer Party</b>	<b>Sailor Departure</b>	

## **Off the Water**

### **Chandler**

#### **Firmhelm**



Firmhelm is located within a few minutes walk from the boat park and stocks everything you might need and more! They will have a small amount of stock available in the Event Office (e.g sail ties, watches etc).

Tel: 01758 612244

#### **PAYMENT INFORMATION:**

- UK sailors will pay as usual via the GoCardless.
- Payments for international sailors can be made through PayPal using the IOCA international payment page at <http://iocaexpenses.co.uk/internationalpayment>.
- Multiple sailors can be paid for in one payment but the regatta fleet must be paid separately.

Please see the NOR for all fees.

#### **SIBLING DISCOUNT:**

- A sibling discount for families with three or more sailors entering the event is available.
- For a third sailor, the discount is £60 for that entry only, and for a fourth or subsequent sailor the discount is £120 for that entry only.

Sibling discounts can be claimed at the event from the race office after registration has closed.