

RECOMMENDED COURSES

These are set with the stated average wind and tide conditions in mind but may be varied as desired for different circumstances.

NB: Suffix 'p' or 's' indicates mark is to be left to port or starboard

Wind Direction	Tide	beat	Light Winds (F2-3)	Miles approx	Moderate Winds (F4)	Miles approx
N	Flood	w	Fp Cp Fp Qs	2.2	Fp Cs Kp Ls Kp Cs	5.6
	Ebb	a	Ks Fp Ks Fp	1.8	Fp Cs Kp Ls	4.8
NE	Flood	w	Ps Qs	2.3	Rp Pp Qs Rp Pp Kp	4.9
	Ebb	a	Ps Qs	2.3	Pp Qs Pp Qs	4.4
E	Flood	w	Rp Ks Fp Ks	2.2	Rp Ss Cp Ss Cp Rp Ks	5.6
	Ebb	a	Rp Ks Rp Qs	2.1	Rp Ss Cp Ss Rp Qs	5.1
SE	Flood	w	Sp Cp Fs	2.5	Cs Ds Ss Cp Fs	5.6
	Ebb	a	Sp Fs	2.4	Lp Ss Cs Sp Cs Fs	5.1
S	Flood	a	Cp Fs	1.8	Cp Sp Lp Fs Kp Fs	5.0
	Ebb	w	Cp Kp Cp Fs	2.6	Cp Sp Lp Rs Kp Fs	5.4
SW	Flood	a	Kp Fp K Fp	2.0	Kp Pp Rp Pp Qp Fs	5.0
	Ebb	w	Kp Pp Qp	2.4	Kp Pp Rp Pp Ks Fs	5.6
W	Flood	a	Ks Rp Qs Fp	1.8	Cs Sp Cs Sp Rp Qs Rp	4.6
	Ebb	w	Ks Rp Ks Fp	2.4	Cs Sp Cs Sp Rp Ks Rp	5.2
NW	Flood	a	Ss Fp	2.5	Cs Sp Dp Cs	5.3
	Ebb	w	Cs Ss Fp	2.6	Cs Sp Ds Ss	5.6

START LINE : use EAST line when wind is between N & NE or S & SW

The Aim is for about 2m in light and 4 m in moderate winds for race of about an hour (or short race)

For a F3-4 wind add a mile approx to light wind (if possible include a beat and make it a "Round")

The race takes longer beating uptide than beating downtide which also can lose ½ force of wind. Likewise beating downtide will add ½ force of wind

An extra "round" past clubhouse may be added with a view to shortening course if uncertain

Use may be made of the temporary 'H' halfway mark on any leg to decrease or increase distance.

Fleet should pass line in same direction at start and finish to cancel tidal effect on bouys