

*MARCH, APRIL.....AND BEYOND (2020)*

## **In this issue**

**What's been happening**

**Plans for  
the future.....**



**Jack Graham-Troll  
Sailing**



It's reasonable to assume for everyone around the world, that it's been a pretty strange few months.

I remember my feelings of concern when I went to the Laser Qualifiers at WPNSA back in March.

Thinking back to that time, I would never have believed it would escalate the way that it has, it's like something you only see in the movies!

 **STAY AT  
HOME**

**PROTECT THE NHS**

 **save lives**

# SAILING 2020

All our training and sailing competitions in the UK were cancelled.



## Jack Graham-Troll Sailing

EUROPEAN LASER 4.7 YOUTH CHAMPIONSHIP

Vilamoura - Portugal



~~APRIL 11-18~~

~~JUNE 20-27~~



The European championships in Portugal have been postponed twice and the World Championships in Lake Garda have been cancelled for 2020.

### 2020 ILCA Under-21 World Championships

Friday 17 July 2020 - Friday 24 July 2020  
ITALY, Malcesine

The 2020 ILCA Laser Under-21 World Championships will be held in Malcesine, Italy.

Due to the effects of the COVID-19 pandemic, this event has been cancelled.

[Click Here for Detailed Event Information](#)



### 2020 ILCA Laser 4.7 Youth World Championships

Sunday 26 July 2020 - Monday 3 August 2020  
ITALY, Arco

The 2020 ILCA Laser 4.7 Youth World Championships will be held in Arco, Italy on Lake Garda.

Due to the effects of the COVID-19 pandemic, this event has been cancelled.

[Click Here for Detailed Event Information](#)

### 2020 ILCA Radial Youth World Championships

Saturday 22 August 2020 - Sunday 30 August 2020  
POLAND, Dziwnów

The 2020 ILCA Laser Radial Youth World Championships will be held in Dziwnów, Poland.

Due to the effects of the COVID-19 pandemic, this event has been cancelled.

[Click Here for Detailed Event Information](#)



**#laserworlds cancelled**





## Jack Graham-Troll Sailing

I've been making the most of not going to school  
However, I've been set 8 hours a day online learning.



I'm managing my time to get everything done!  
It's not all work and no play!!



Ultimately, my goal has been to keep myself busy, with a focus on fitness and a variety of other projects to make sure my time is as productive as possible.







*Jack Graham-Troll*  
**Sailing**



To say I'm missing sailing is an understatement!!  
So instead I've been walking, running and cycling!  
Thank you to my sister, my training partner.  
Together we're making sure we get in our 5 a day.  
(5K that is!)



We're so lucky to live surrounded by countryside! We can vary our routes and terrain, but some water to sail on would be perfect!





# TRAINING AND FITNESS

Faced with the prospect of not sailing for a few months, many sailors have started to play Virtual Regatta Inshore, a great online game where you can race people you know from all over the world.



I've played a few races, but unfortunately I've found it a frustrating pastime. Pre lockdown, all my time was spent either outside sailing, training or following a fitness programme at the gym. Like anything you do; you have to practice to reach perfection.

Although we are in lockdown, it's just not in my nature to sit playing video games for hours on end, so I took the decision to limit participation and use my time to concentrate on fitness, learn and further my knowledge with the RYA [#sailfromhome](#) programme.



## Jack Graham-Troll Sailing



I felt better about the choices I've made after reading an article from F1 driver Daniel Ricciardo. This is what he had to say about Virtual Racing:

**"I just know with my competitive nature, if I got one, I'm going to be spending hours on it a day. And before you know, I'm missing training sessions, racing these sims and I feel that the training is more productive."**

However, I don't think I'll be doing the 'Shoey' the next time I'm on the podium!



Click to read the article.

**LOCKDOWN PROJECT**

# TESTING TESTING

## my **NEW** Laser Rig!!



**Jack Graham-Troll  
Sailing**

Although my little lockdown project was released by



on April the 1st, it's **NO** joke!

I have an old Laser hull I was saving for an engineering project at my new school,



[Click to view](#)



[Click to view](#)

I've designed and built a new spinnaker system to fit my Laser 4.7 and Radial rigs.



*LOCKDOWN PROJECT*

# TESTING TESTING my **NEW** Laser Rig!!

  
**Jack Graham-Troll  
Sailing**

And as the weeks have passed, the  
project evolved.....



*I really can't wait to try it out  
on the water!!  
Watch this space.....*

Fully re-roped with  
ROBLINE  
Repairs carried out,  
gel coating,  
and full respray!!



MARCH AND APRIL 2020

What happened before.....

# COVID-19



**HAMMOND**



OCEANFIRST  
marine

GJWDirect  
PIC-COLLAGE



## Jack Graham-Troll Sailing



I had a great day at the RYA Dinghy Show. Thank you to Hammond Drysuits. I was able to join you on the stand. I love my M2M drysuit, it's great hearing what your other customers have to say too.



I was able to catch up with the team at Sailing Chandlery too.



**HAMMOND**





MARCH AND APRIL 2020



### **'Rebellious' return to the UK for Robline**

The choice of control line is an important part of boat setup and my preference is Robline Dinghy Control. Why? Because quick response, positive action, secure cleating and it's unique feel are all important to me, and it's easy to splice too!

I was concerned when supplies of Robline Dinghy Control began to run out in the UK, but extremely pleased to learn of a new UK Distributor.



I had the pleasure of meeting Justin from Robline UK at the RYA Dinghy Show and really enjoyed 'talking ropes'!



I would like to thank Justin for his time spent with me and future support. I'm really excited to say that my boat will be perfectly rigged with the number one choice, Robline Dinghy Control.

**MARCH AND APRIL 2020**



**Jack Graham-Troll  
Sailing**



Royal Lymington Yacht Club held their annual 'junior' round up for all its members.

Living so far away, I was unable to attend.

However I was very grateful to Rupert, our fleet captain who was able to present on my behalf.

Thank you Rupert for all your support.





MARCH AND APRIL 2020

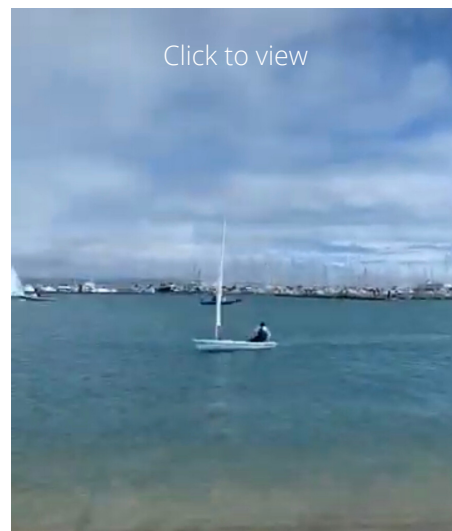
**3rd and final qualifier**  
for the  
World Championships.



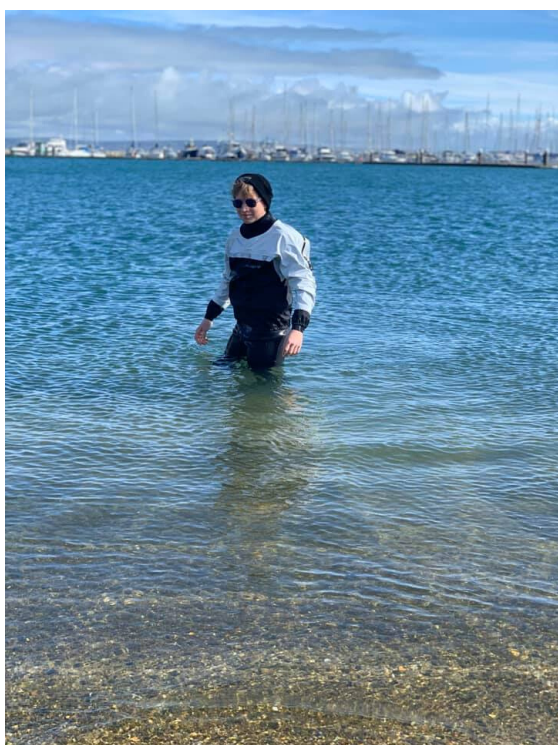
**Jack Graham-Troll**  
**Sailing**



I didn't realise it at the time, but this was the last time I got the opportunity to sail my Laser before the lockdown was imposed in the UK.



**"Suits you Sir"**



Thank you to  
**Hammond**  
**Drysuits**

I couldn't wait to try out my new  
**'DRY' wetsuit**  
at Weymouth and Portland National Sailing Academy!!  
So I had a quick dip before racing...  
absolutely dry!  
**It's amazing!**  
**I love it!**







The UKLA Laser National Championships are still **ON !!** at Mounts Bay Sailing club in Cornwall this year, a new sailing venue for me and new opportunities too. Can't wait, bring it **ON !!**

**September**

New term, New school, New prospects



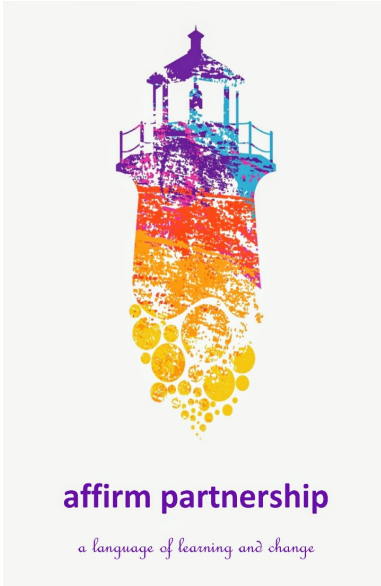


With special thanks to my sponsors:

HAMMOND



Jack Graham-Troll  
Sailing



affirm partnership  
a language of learning and change

GJW Direct  
The UK's Largest Direct Boat Insurer



OCEANFIRST  
marine

BRACKLEY  
LEISURE CENTRE



Robline  
World Class Yachting Ropes



Brackley United Feoffee Charity



Mr & Mrs Coles.