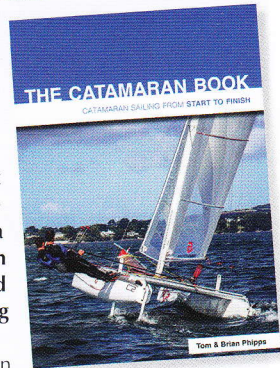
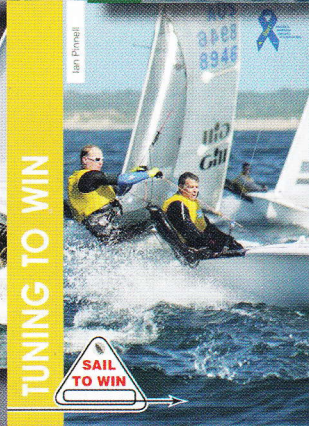
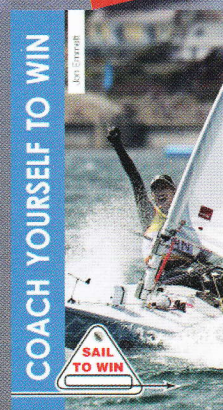
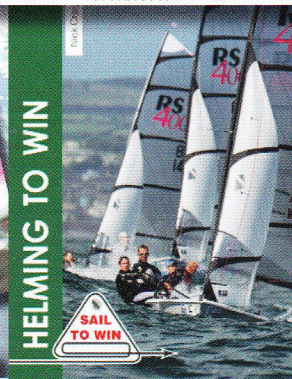
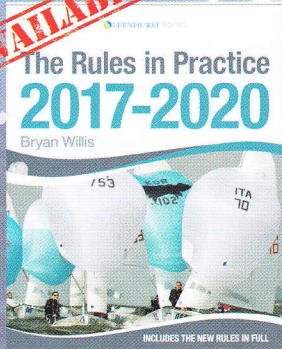


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## The Catamaran Book Catamaran Sailing from Start to Finish by Tom & Brian Phipps Published by Fernhurst Books

I feel that an educational book of this nature needs the authors' credentials known up front. Tom Phipps is a professional sailor who has dominated catamaran racing at youth level, medaling three times at the ISAF Youth Worlds and winning three times at the RYA Youth Nationals. From these beginnings Tom has gone on to win a number of national championships in the Dart, Formula 18, Hobie 16 and Tornado classes, including winning European and World titles.

Brian Phipps, Tom's father has been involved in manufacturing, sailing and racing catamarans since 1978, and has won numerous titles too. He runs the Windsport Cat Clinics that provide an ideal introduction to the practical business of catamaran sailing.

In addition to the above the Foreword is written by Santiago Lange, the Nacra 17 Gold Medallist in the 2016 Rio Olympics - so the book has credibility. He says: "if you want to enjoy catamaran sailing and improve your skills, I thoroughly recommend this book".

With so little being written on catamaran sailing in general it is important to understand that this book is about small one or two person 'beach type cats' - and NOT ocean going cats.

Catamarans are fun to sail, and fast, very fast - which is why people need to understand them before sailing a cat for the first time.

The book is broken down into three key parts for the novice (part 1 Getting Started); those who can sail (Part 2 Skill Development); and then for those requiring knowledge about high performance cat sailing (Part 3 High Performance & Advanced Techniques).

So there is something for everyone - whatever the level you sail at.

The basics are just that, but are aimed at the complete novice. From there it advances pretty rapidly and covers all points of sailing, trapezing, capsizing and race tuning as well as sailing the race. The book is liberally illustrated with full colour diagrams and pictures. There is not a single page that does not have at least one pic - and generally more. An interesting section in part 2 is about Gybing. And up front it suggests that you practice this on land first! Great advice and completely practical - but to learn more on this you will need to read the book.

Trapezing is another area that is covered in detail - and an important section as trapezing can be lethal for novices - yet there are cowboys who eagerly strap new crew into a trapeze harness telling them how easy it is. That's the way to put someone off our wonderful sport very quickly.

Part 3 is really where the 'meaty' info is covered, and opens with a detailed section on Gennickers. Helming from the wire (while on trapeze) is another of those interesting topics.

Part 4 which has not been mentioned yet is about New Developments and touches on foiling and wing sails.

Throughout the book there are hints, tips, troubleshooting guides, tuning guides and much, much more.

If you are arrogant enough to think that you know everything about catamaran sailing, then this book is NOT for you. But for those willing to open their minds and learn more, their new found knowledge will see them rapidly rising up the leader board and quickly challenging the arrogant ones. ⚓

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