

# WINDuk SURFING

**SAIL + WING + FIN + FOIL**



**WINTER '23/'24 ISSUE**



**WETSUITS, ACCESSORIES,**  
**HARDWARE**



Robby Naish made the comment in the recent windsurfing origins documentary Broken Molds that ‘wingsurfing is just windsurfing, done slightly differently’. This is very true, from my point of view. And whilst I get there are those who will never wing there are plenty who will (and do).

For me, wind is wind and water is water. However we choose to have fun with these elements is open to interpretation. Having the option of all these ‘toys’ is a great thing. After all, maximising time on the water is the most important thing.

Winter isn’t the most inspiring time for getting afloat for many. But every now and again a window opens up. If that sunny day just so happens to coincide with a full power wave sailing sesh then great. Equally, if it’s a marginal 12 knots then we now have the ‘tools’ to make use of the conditions. Broadening horizons is always worth so perhaps it’s worth looking at what options are available if you haven’y done so already. You may surprise yourself...

# start...

**Tez Plavenieks, December 2023.**



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# Loop club



**The forward is still THE move within windsurfing. It's the one riders most aspire to after cracking the carve gybe. If you're a high wind rider, and/or wave head, the loop is a must in your arsenal of trickery. But really, how hard is it? And why does it hold so much appeal? Tez Plavenieks investigates.**

Over the years I've spent considerable time working on my forward loop technique. Often to the detriment of other moves. I've dabbled with freestyle but have always come back to the forward. Every time I think of a windsurf move it's that that comes into my head - no hesitation. And I'm not on my own. Countless chats with fellow windsurfers follow the same thread. But why? After all a forward is merely showing off. There's no functionality to it. But one thing is definitely true. It looks rad, has massive kudos attached and does open the door to other aerial rotations. It can also be performed with any water state. Likewise with wind. You can chuck a forward in mental wind or if it's marginal. Once you've dialed the technique that is.

Much is written and talked about with regard to the forward's ease of learning. And whilst that's true it has to be taken in context. Windsurfing, as we all know, isn't easy. And the loop is still a time-served move that you have to persevere with. Coaching is much more understood these days with plenty of 'drills' riders can practice in advance of chucking themselves over the handlebars proper. But even these have to be taken in context and require commitment, patience and dialing it all in.

When I learned I didn't actually bother with all the pre-amble. Instead, I went full chat at the nearest wave and tucked up, slamming into the brine soon after. Following this I focused more on the rig technique and scissoring the board downwind. But I still endured some whiplash-tastic crashes. All in the name of fun (?). There are no two ways about it: learning to forward loop will mean you stack it... Often! Until you start becoming consistent with the landing.





For years all I did was loop. Once I was landing them I'd head out for a sesh, the very first seconds of the very first run ending up inverted! Fellow sailors often observed I spent more time upside down than upright. Which made me chuckle. Mostly, though, this was because I'm a product of my local sailing area.

Hayling Island is a cracking place to windsurf. We get all kinds of varied conditions - even DTL days. The problem is the latter are few and far between. Oftentimes conditions are much better for jumping. In particular, chucking loops. Whilst I love wave riding as much as the next, when it's choppy and small there's no other course of action (IMO).



I reckon it took me a few years to get consistent with forwards. This meant nailing them in all conditions. As mentioned earlier, loops may be a tad easier than some tricks but it's still not going to happen overnight. You have to put the work in. But if you do, and get to a good point with your loops, it's an extremely fulfilling move. If you do commit, then you could be in it for the long haul. Embrace it, however, and you'll reach that goal.



# Nick Jupp, founder of Boom Windsurfing, heads back to The Tiree Classic.

Words: Nick Jupp  
Pics: Richard Whitson

My history with Tiree started as a teenager in the early 90's when as a Glasgow University student we travelled in the easter break every year for the Scottish Uni's windsurfing championships. It was incredible fun and we saw epic conditions and I got my first taste of competing. I then started going with friends to the Classic around 92 to 95. I didn't get anywhere contest wise, but I learned a lot. Stand out moments for me were watching Nigel Howell's incredible tabletop forwards in 92 and the 94 final when I think at Ballevullin in massive waves we watched the final with Farrell O'Shea and Niels Larsen. It was way over mast high, Farrell didn't make the outside, Niels did and disappeared between the waves laying down epic turns on massive waves. I returned a few times but family and work made that mission a difficult one. However, the love of Tiree and the contest endured.

*A return to competition after 28 years!*



Fast forward to 2022 and during lock down my passion for windsurfing found a focus as myself and Paul Dunn expressed our passion with our brand Boom Windsurfing something we came up with purely to promote and enthuse about the best sport in the world. We hadan epic trip to Magheroarty, Donegal in October and it opened my eyes to wanting to pushmyself further and the thought of a return to Tiree and competition started to form. I wasalso inspired by talking to Joe Maclver who had been pushing my level sailing at our local beach of Gullane near Edinburgh. Joe really enthused about the positive experience he hadhad there competing in the master the last few years. So, I entered, and this is the story.



I entered the masters and joined the BWA. Sorted my ferry and booked Balinoe campsite. Training consisted of sailing as much as I could and keeping myself fit. I didn't have any expectation apart from being determined to make the most of it and enjoy the experience. Traveling to the ferry in the early hours the day before the official start, I was nervous and exited. My nerves soon calmed down when on the ferry I met some of the organizers and fellow competitors, they were so welcoming and such good company I knew then the week was going to be epic.



We arrived and it was windy from the west north west. Crossapol was on! Cross off and head high clean waves. After checking into the campsite I headed straight there and had a great session on a 4m sail. The water was stunning and the faces of the waves were so clean. Many sailors also went to Balephuill and scored again in big waves that same day. Saturday was a patchy forecast, so it was free sailing again and we scored a couple of hours on port tack 5 meter sails at the Maze in up to boom high cross shore. Sunday was light and registration at the loch was chilled out. It was a great opportunity to meet more sailors and to get some great information and tips about the format of the heats and the judging from the head judge Adrian and Nigel from the BWA. Monday was marginal but we had a beach clean and BBQ with salmon from the sponsors and some sailing but no contest. Tuesday was very light but I spent a great day at Ballevullin sorting out the kit and doing a photo shoot with the whole fleet followed by a bonus surf and sup at sunset.

**Name:** Nick Jupp  
**Age:** 50 years old  
**Location:** The Scottish Borders  
**Vocation:** Sales Agent. Brands include Orca wetsuits and Orbea bikes.  
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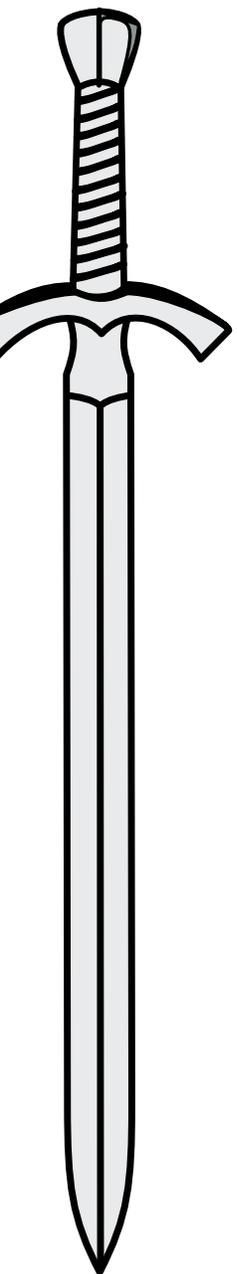


Wednesday: The classic kicks off! Crossapol is very windy cross-on port tack. The amateurs and women went first and soon the contest was in full flow. I rigged a 4 and 4.5 and had a short sail to check the gear and warm up then we were on. Conditions were tricky with quite a bit of current so keeping position and filling up your scorecard of 2 jumps 2 rides was key. I managed to get through 2 heats and found myself in the final. Here I sailed steady again, but I was no match for Steve Laddiman's wave riding this time. We then got to watch the Pros do their contest and it was an epic day completing the whole single elimination in one day.

Thursday: This was more cross shore with lighter winds but with swell conditions, Crossapol was still the spot. This was a tricky day, still contestable but small waves and lighter winds. They ran the early double elimination rounds and waiting in the 4th spot I got to watch it all with no contest for me in the end that day. It was great to watch and see how and why sailors did well that day, you had to sail smart and be on big enough gear for sure. Alex won through and was due to meet me in the next heat.

Friday! Epic dawn start at Balephuil! The entire double was run for the Pros. There was epic sailing on show. There were up to mast high sets and around 35 knots of wind. Sailor of the day for me being James Cox. He showed masterful wave selection and riding to charge all the way through to 3rd on the day. Lucas took the day with some great sailing sadly Phil Horrocks sustained an ankle injury. Miguel also showed some epic sailing to finish second.





The master then started with my heat against Alex. By then the jumps had been dropped from score sheet leaving 2 waves to score and a 12 minute heat. I rigged a 3.7m and a 4.0m sail and sailed the 4m in the heat. It was intimidating after watching the pros and seeing some very large waves come through and some matching epic wipeouts. I had a good heat and rode several waves and around mid scoring range however I was well beaten by Alex who choose some great waves and rode them with multiple turn maximising the score. Alex then got through the 3 rd place and second place heats to meet Steve in the final. Steve won this with some great critical turns.

The Ams, Ladies and youths all sailed well and had great contest. Conor Fagen's wave riding was particularly impressive on the last day. The atmosphere was great that night at the Scarnish hotel for the prize giving and the Tiree Wave Classic 2023 was done. In conclusion, I would say the event was an incredible experience. What made it was the people. My fellow competitors in all the fleets were inspiring with their enthusiasm and all were so friendly. The organisers also were great and very approachable. This made the whole experience feel very inclusive whether you are a sailor trying to push their own limit and compete in their first contest or if you want to push the limits of competition and the sport.

## My top tips if you are thinking of having a go.

**Be organised:** Your gear needs to be ready and easy to rig. Having at least 2 sails and boards ready to go is a must to be able to sail the heat with the right kit is one of the most important things. That might mean having a spare mast in key sizes and an extra extension and base or two. That extends to food water and extra clothes. You need to be prepared to be on the beach all day. You need to keep warm and be fuelled up for your heats.

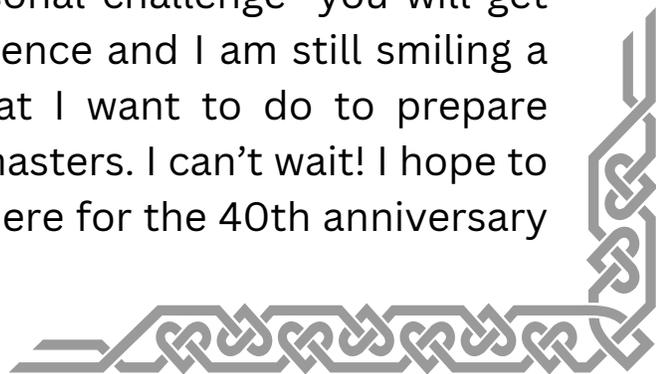
**Be informed:** The event tells you when and where to be but you need to know the heat length so you can work out exactly how long until you need to be ready. Have a count down watch that syncs in with the timings. Fill your score sheet: Each day of contesting depending on the conditions there will be a heat time announced it can be 8 to 20 minutes. Also, they will announce what the judges are scoring. For example, 2 waves 2 jumps or it could be only 2 waves if there is no jumping. Your top scores will count but make sure you have something for the judges to score to fill up your sheet then you can try and improve those scores.



**Turn up fit and ready to go:** Competing is fun but intense, you need to have your gear ready and in position and this might mean moving it and re rigging several times if conditions change this alone requires fitness. Then a 10 minute heat can be like free sailing for an hour from an intensity point of view. I recommend pushing yourself in training don't just sail out the back and recover, get straight on a wave then back out and jump and repeat, that is more like competing.



**Overall decide what you are looking for.** Competing I have discovered covers many aspects. You might be in it for the comradery- you will get that! You might want to win and test yourself against others- you will get that! You might want to push yourself out of your comfort zone and sail with the pressure that produces personal challenge- you will get that! I got all those things from my experience and I am still smiling a month later! I have already planned what I want to do to prepare through the year to return for next years masters. I can't wait! I hope to see even more of my fellow windsurfers there for the 40th anniversary year!



# Wing foiling progression:



Wing foiling, as with all types of foiling, benefits from being practiced at the right spot at the right time with the right gear.

You may have aspirations of tackling full on conditions, but until you're fully developed skills wise making life as easy as possible is key.

**RIGHT PLACE.  
RIGHT TIME.  
RIGHT GEAR.**



## Right place, right time, right gear.

All your mates are heading to spot X and the forecast's looking on. Unfortunately spot X mightn't be the best option. Heavy chop, strong tide, gusty winds and other factors might make this so. Yet that's where everyone's heading so you do too.

There's no question riding with mates is fun. And post-sesh you'll be buzzing. Upon reflection, however, there may be a low level niggling frustration that your riding didn't yield more results. Perhaps a higher gybing success rate or more efficient and early take offs. The list goes on.



We appreciate it's tricky to bin off a session with your crew and head elsewhere. Yet a better spot, with more favourable wing weather perhaps would've seen more moves stomped and your overall level elevated. And with an elevated skill set comes ability to take on less than ideal conditions in a more efficient manner further down the line. Which, in time, allows better riding across all wing foiling scenarios. But you have to get there first...

## Choosing wisely.

Here at **Foilshop UK** we love winging. But we also love other foiling disciplines just as much. Turning up at the beach, with winging in mind, Mother Nature has on a few occasions let us down. What was (on paper) a banging forecast turns out to be a damp squib. In this instance we go plan B and swap out the wing kit for something else.



There's no shame in this. Time on the water is time on the water regardless. But right 'tool' for the job is key to increases fulfillment. Forcing the issue just leads to stress, anxiety and not as much fun. With windows of opportunity in short supply for many it's better to maximise the fun rather than the stress.



## Wing foil kit choices.

Often we see wingers struggling with inappropriate gear for the conditions on hand. A big doff of the cap to anyone putting in the work. But with the best will in the world that 50L wing board in 10-12knts is going to be MUCH harder to get lifted than something bigger and easier.

And the same goes for your other kit. Another scenario could be inflating your trusty 7m in 20+ knots. It's hard to break habits when you know something works. But the described just won't do you any favours if it's blowing.





Keeping the ‘choosing wisely’ saying in mind your chosen gear should be a fine balance of harmony with weather on offer, your skill level, how you generally ride and whether you have any specific goals in mind.

Ultimately making life as easy for yourself is going to aid your wing foil riding. It’s easy to become almost evangelical about winging as that’s what’s being hyped, marketed and pushed right now. Being more calculated in how you approach wing foiling is better though. And you’ll have less frustration this way.

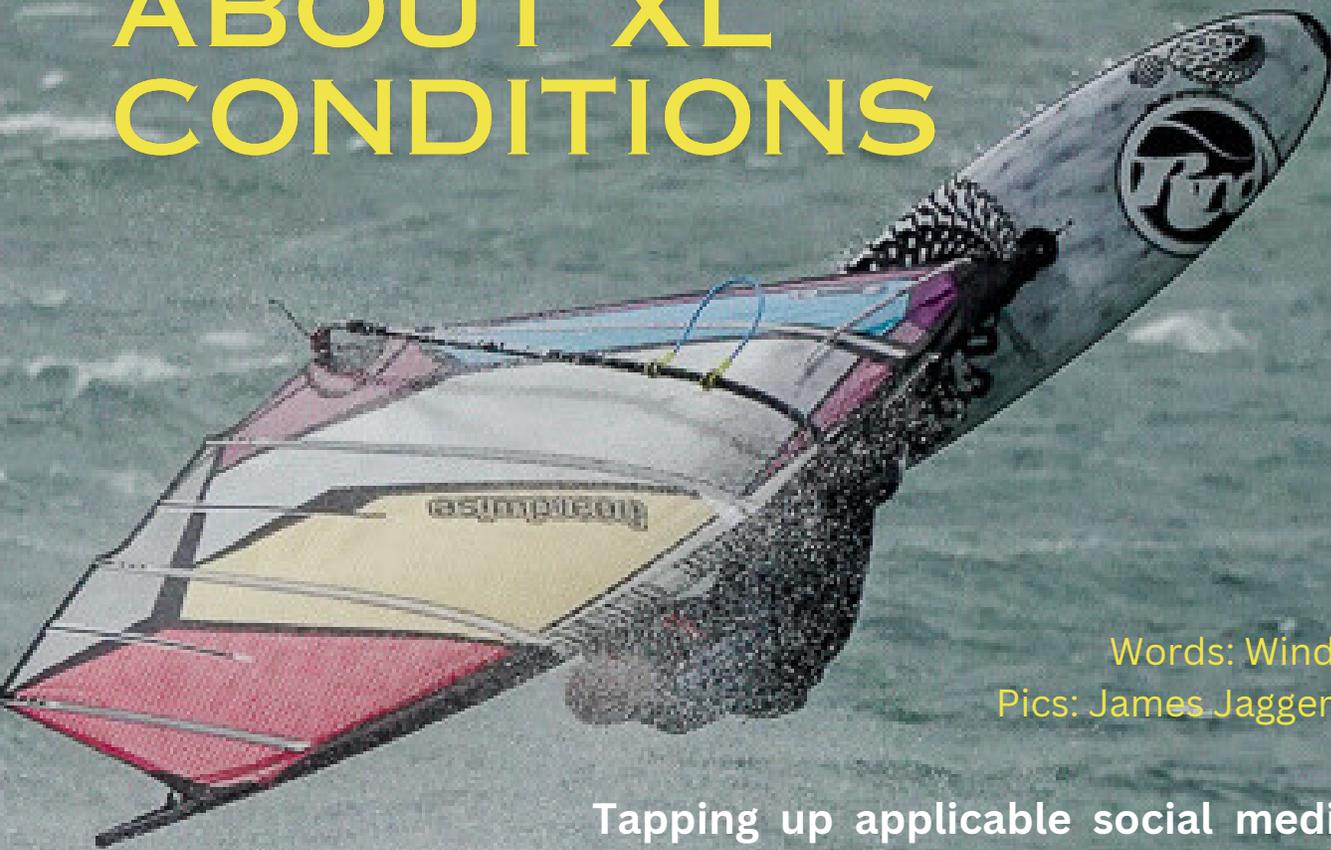


# FOILSHOP

THE HYDROFOILING EXPERTS

WE DO FOILING

# THE TRUTH ABOUT XL CONDITIONS



Words: Windsurfing UK  
Pics: James Jagger, Oli Lane-Peirce



Tapping up applicable social media and websites you're likely to see a raft of amazing pics from all corners depicting awesome windsurfing in winter. While for a certain few (read those super dedicated to chasing these types of conditions and/or living close to spots that produce waves like this) the majority don't have perfectly side offshore wind and waves on their doorstep. Yet post after post, article after article, image after image and vid after vid will have you believing that every man and his dog are scoring massive conditions (and we're talking big winds as well as waves) bar you. Trust us when we say: they're not.



When we describe windsurf sessions as 'awesome' usually we're referring to waves around head high to overhead or winds 20knots plus. There's nothing quite like screaming down the face of a walled up liquid wall and sending it full power into a thick lip. Or banging out a sweet jump. Anyone who gets out there amongst things and enjoys their windsurfing gets respect from us. But it's worth keeping context most sailors aren't sending it in truly world class conditions.

What's also worth bearing in mind are those that give it the 'I like it big, maan' thing when an XXL forecast does show up. You can bet there'll only be a handful in the water REALLY charging. Those that have bigged everything up will be seeking shelter or keeping away until things calm down. In some cases, there might be a few who've launched but are very much bomb dodging rather than going for it.



Now, again, we're not criticising here. Nobody's being forced into a situation that could potentially be life threatening. There's nothing wrong with choosing to sit on the sidelines and observe when the surf's firing. What is slightly irritating, however, is all the bravado you see/hear just as a dart board low pressure swings in. Those who'll 'go' are generally quiet. Those creating white noise will probably be the ones ducking for cover and/or be nowhere to be seen when it's off the chart. For everyday surfers this isn't a time to feel down about not being amongst it. In fact, quite the opposite. If you should be fortunate enough to watch the spectacle unfold then you'll learn heaps. Maybe in time you'll be out there as well. In the meantime take up a pew and watch the action.



So don't listen to the hype and chat next time it's going to be big. Consider your own situation and if you're not feeling it then don't worry. Your time will come soon enough...

Words: Dean Peuple  
Pics: Various

# DON'T GO TO FLORIDA!

**US transplant  
Dean Peuple  
recently upped  
sticks from Texas  
and moved back  
over to the  
Atlantic. Florida  
to be more  
accurate. He sent  
us this little  
report.**



Light winds and sharks so I was told. Well, yes there may be some truth in that but what does “light winds” mean now that we are armed to the teeth with foils, wings, boards and sails? All developed to boost everyday summer and light wind sailing to the absolute max!

The Midwinter Windsurfing Festival around Cocoa Beach, Florida, was a very popular regatta in the 90's and 2000's. Hundreds of windsurfers turned up to get their wind fix on. Midwinter time usually delivered plenty of action. Many top pros would show up to tune their latest slalom and race board, fin and sail designs before starting the PWA world tour for that year.

Then summertime rolled around. Unless you were armed with the very latest formula gear of 11 or 12 meter sails, 100cm wide boards and 70-90cm fins you were not going to have much fun.

Fast forward to 2021. My wife who is from Merritt Island, Florida, and I decided OK let's do it. Let's sell the house in Dallas, Texas, pack up and drive 1200 miles to the coast. Let's live by the beach.

The day after we arrived in mid-May it blew 20-25 mph every single day for 3 weeks! BUT according to the windsurfers that's the end of the windy season. Next up the dreaded light wind summer.





For most of the year I have not rigged any sail bigger than 5.0 (wind foiling) and 5.4 wing (winging). Sure we have zero wind days, but you just go surf or SUP surf instead. So you are in a perpetual state of soreness and first term names with the chiropractor!





I just don't need as much wind as 20-25 years ago. I regularly wind foil from Cocoa Beach, Satellite Beach or the Banana River. With the efficiency of the foil I can rig a 5.0 and wave foil in 11-13 knots. On the flat water river (which is brackish water and very salty) you can almost guarantee the wind will be stronger by a good 2-4 knots.

The foil has changed traditional lighter wind venues into an unlimited playground. All you have to do is get yourself a foil and treat your partner with extreme kindness. You will be on the water... A LOT!

Now for the sharks. They are literally everywhere with 3 shark attacks in June (young bull sharks not knowing the difference between a fishy treat or your calf muscle). In April 2020 a great white was pinged off a report of swimming in the Banana River. It's amazing how quickly your foil gybes and water starts will improve! So do they bother me? Some do, most don't. You just have to live with them.



For anyone who likes a good blow winter can be sweet. Sure, it's colder, but when there's breeze all is good. There may be a spot of rain, but as you're in the water already there's no issue, right?



As windsurfers, we want wind, obviously. But there are a few essential items you'll also be looking to keep in your kit box to make your sessions all the more fulfilling and comfortable this winter. NCW wetsuits and accessories are designed with multiple uses in mind. Whilst products may work perfectly for surfing they'll also do the job just as well for windsurfing. (And whatever other watery discipline you can think of). Quality and versatility are two components NCW gear is built. If you're a windsurfer or kitesurfer take a look at our list of essential items that'll set you up for the rest of winter.



## NCW's winter windsurfing essentials checklist.

Words & pics: NCW



NCW 5/4/3mm  
women's hooded winter  
wetsuit



NCW 5/4/3mm  
men's hooded winter  
wetsuit



1.5mm long-  
sleeve thermal  
rash vest



3mm titanium X-  
stretch Neoprene  
wetsuit gloves



5mm lined wetsuit boots



3mm neoprene hooded rigging jacket



# WINTER GALLERY





# WINDuk SURFING

