



Higher Performance Sailing: Faster Handling Techniques

Frank Bethwaite

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High Performance Sailing is now regarded as the bible of racing sailors and carries a string of endorsements from high achievers. Since its publication in 1984, racing yachts and dinghies have developed out of all recognition - a new high-tech breed of 'apparent wind' fast racers has claimed the water and so far no-one has applied themselves seriously to analysing what makes these boats sail fast (and what will make them faster). This is Frank Bethwaite's ground-breaking achievement in *Higher Performance Sailing*. By means of extensive research, and working with sailors of different racing calibre, Bethwaite analyses how to harness the apparent wind for increased speed and better position on your rivals. *Higher Performance Sailing* will provide the key to racing sailors' dreams.

Praise for Bethwaite's High Performance Sailing:

'It represents a breakthrough? It is a book that my Olympic squad will benefit from.'

Rod Carr, former British Olympic Sailing Team Manager

'Allowed only one "if only" in yacht racing, it would have been to have read Higher Performance Sailing years ago.'

Bob Fisher, journalist, broadcaster and international championship winner

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