



Dún Laoghaire prepares to make waves for sailing extravaganza

DUN Laoghaire is gearing up for Ireland's biggest sailing event that is returning to the seaside town later this month.

The 2019 Volvo Dun Laoghaire Regatta biennial four-day series will take place from Thursday, July 11 to Sunday 14.

A festival of fun, sun and sailing awaits those in attendance at the waterfront and Dun Laoghaire town, as the four local yacht clubs come together for this sailing extravaganza.

The Dun Laoghaire Motor Yacht Club, the National Yacht Club, the Royal Irish Yacht Club and Royal St George Yacht

Club are all involved in the event.

Over 2,500 sailors and 500 boats across 34

classes will compete in the 8th instalment of the four-day series on seven race courses specially laid

out on Dublin Bay.

The standard of sailing on show is bound to entertain and excite the crowds, due to its international flavour.

The event attracts Olympic, international and national talent, many of whom are champions, with yachts competing from Hong Kong, England, Scotland, Wales, Isle of Man, and all four provinces of Ireland.

On land, there will

also be plenty of entertainment around the waterfront to ensure those in attendance have fun.

This year, face painting and a 'selfie wall' will ensure you capture your perfect picture from the day. Volvo and Spirit Motor Group will also be displaying their latest range of cars at The People's Park, the East Pier and the Harbour Plaza.

There will be delicious market food to sample

from the People's Park Market on Sunday, July 14.

And we all know a trip to the seaside is not complete without a 99-ice cream, and they don't come tastier than Teddy's!

The Volvo Dun Laoghaire Regatta takes place from Thursday July 11 until Sunday 14. For more information see www.dlregatta.org or find Volvo Dun Laoghaire Regatta on Facebook and Instagram.

Meanwhile, local sailor Annalise Murphy and her partner, Katie Tingle, are in Germany where they have been taking part in their third major competition together.

The new 49erFX pair are competing at the Kieler Woche regatta in Kiel.

Olympic silver medallist Murphy moved to the 49erFX class after competing in the 2017/2018 Volvo Ocean Race last year - one of the world's toughest offshore

races. Partnering with Murphy is former primary school teacher Katie Tingle, from Cork.

Both sailors have been training out of the new Irish Sailing Performance HQ since it opened in March.

Tingle said: "The Performance HQ has made a huge difference in terms of practicalities such as space and storage for all our technical gear, but more importantly for

us as a team - we're all learning so much from each other."

Speaking in advance of the event, James O'Callaghan, Irish Sailing Performance Director, said: "Kiel is another important stepping-stone in Annalise and Katie's development as a team.

"They're still very much in the early days of their development - they've done a lot of training but the races don't come along that often, so Kiel is a great opportunity in preparation for the bigger goal of the Olympic qualifiers in Auckland at the end of November."

On Thursday the pair - who are four regattas into a 2020 Olympic campaign - moved up into the top 30.

The Kieler Woche, one of the world's biggest sailing events, attracts more than three million visitors each year

The 49er FX is a two-handed high-performance

women's skiff (sailing dinghy) which has been recognised as an Olympic sailing class since the 2000 Sydney Olympics in Australia.



Local sailor Annalise Murphy is pictured with teammate Katie Tingle.



Pictured at the Volvo Dun Laoghaire Regatta 2017 are part of the fleet of 475 boats thatgathared for the biennial four day series.