



Favourite Flies

LIANNE FROST

ENGLAND LADIES INTERNATIONAL ANGLER AND GRAFHAM WATER SEASON TICKET HOLDER **LIANNE FROST** SPILLS THE BEANS ON HER WINNING FLIES FOR GRAFHAM...

I did a bit of coarse and sea fishing when I was growing up, but only took up fly fishing in my late 30's when I first met my husband, who has five England loch-style caps – an ideal coach. My first experience with a fly rod was bonefishing in Mexico with him, and that got me hooked from the start.

I progressed to fishing Grafham Water – both from the bank and drifting boats. My husband taught me to fish a floating line with buzzers first, until I was able to cast properly, and buzzers were the first flies that I learned to tie myself. They are especially successful at Grafham early in the season. There is nothing better than a hard-hitting buzzer take from a fully-tailed Grafham rainbow. I love the complexity of fly fishing – there is so much to think about. Wind-direction and speed, weather conditions, choice of fly line, choice of flies, speed of retrieve all impact your success on any given day. I feel a real sense of achievement when I catch on a fly that I have tied myself. The flies that I have chosen are my go-to flies at Grafham throughout the season, although

they work well on most big reservoirs.

Living in Cambridgeshire I have access to some of the best trout reservoirs in the world – Grafham, Rutland and Draycote are all within an hour's drive. I progressed to competition fishing after a couple of years, gaining my first cap with the England Ladies Fly Fishers team in 2011. I have made a lot of friends that way, and you learn something new from every new boat partner. Competitions have also taken me to many of the huge variety of lakes and reservoirs that we are lucky to have in the UK and Ireland.





CRISP PACKET BUZZER

When I start fishing each year, my go-to pattern is the Crisp Packet Buzzer fished on a floater or midge tip line. All my flies are tied on beak-style barbless hooks as these provide a very secure hook-hold. I use a synthetic herl for the body as it is really easy to tie and gives a good segmented look yet slimline profile.

- Hook:** Fasna F-210, size 14
- Thread:** 8/0 black UNI
- Body:** Natural or olive synthetic herl
- Thorax:** 6/0 Black tying thread with Mother of Pearl over the top
- Cheeks:** Orange cut from a Cheesy Dorito packet



RHUBARB AND CUSTARD FAB

This works either pulled on a sinking line or fished slowly on a midge tip. I prefer to use a FAB rather than a Booby as it casts more easily. The FAB sinks very slowly giving great control when fished with a team of nymphs on a midge tip. The colour from the pink Fritz tends to fade over time and leaches into the sunburst – however, the faded FAB still fishes well when the fish start to switch off brighter patterns.

- Hook:** Dohiko Blob hook, size 12
- Thread:** 8/0 Fire Orange UNI
- Tail:** Yellow Ethafoam
- Body:** Three turns of sunburst Fritz then three turns of pink Fritz



RED UV CORMORANT

There are many variants to the Cormorant and this one has caught many fish over the years. Cormorants can be used as a team or as droppers with a FAB on the point. I tend to tie the wings quite fluffy to give them lots of movement when pulled. Adding a UV thorax works well early and late season.

- Hook:** Fasna F-210, size 12
- Thread:** 8/0 Black UNI
- Body:** Red holographic tinsel. Apply one coat of varnish before tying wing.
- Optional Thorax:** Two turns of Veniard's black UV Straggle (small)
- Wing:** Black marabou



RED HOLO DIAWL BACH

From mid-season this is a fly that simply has to be on the cast. The Hanak hook enables the Diawl Bach to sink slowly when fish are near the surface. I twist the peacock around the tying thread to form a rope which gives the fly a robust body. However, the rib is delicate so I usually secure with a counter rib made from 1.5lb clear mono.

- Hook:** Hanak H230 BL, size 12
- Thread:** 8/0 Black or Fire Orange UNI
- Tail / Throat Hackle:** Fibres from a brown cock hackle
- Body:** Natural peacock herl- three/four pieces
- Rib:** Medium Red Holographic tinsel.

