

## **Saturday 4<sup>th</sup> August**

Strong winds meant a slow start to the RYYC's 150<sup>th</sup> Regatta week.

Fleet review was altered slightly to allow the Flag Officers to meet the yachts and their crews on their moorings in the harbour. This was followed by the Ladies Race which saw a fleet of 8 boats take to the start line. Growler and Ghost led the way around the 40-minute course with Ghost, helmed by Linda Dyson, coming out on top on corrected times to win the House of Fraser Rose Bowl for the 3<sup>rd</sup> time in 3 years.

1<sup>st</sup> – Ghost – Helmed by Linda Dyson

2<sup>nd</sup> – Joca – Helen Podmore

3<sup>rd</sup> – YoYo – Penny Cawley



In the afternoon 9 cadets made their way to Blyth Park for an afternoon of training and sailing. After a talk about technical terms, points of sailing and boat handling techniques from Senior Instructor Fred Ingham, the cadets headed out onto the water in a Dart 18 and a RIB. Thanks to all the instructors and helpers who turned out to support the event.

