



There's been a great deal of activity on the water for the sailors of Cinque Ports Sailing.

Bernard Sealy has taken a group of novice sailors Round The Island, while another member of his crew has been selected to represent Great Britain at International level. Meanwhile, the Silver Sailors continue to meet at the Dover Boat Shed on Thursday afternoons.

At Conningbrook Lakes, young people (and their parents too) have been learning and improving their dinghy sailing. "It's been a busy few months for Cinque Ports Sailing, and it's only July," said Principal, Bernard, "but it has been very rewarding to see so many of our trainees – young and not so young – becoming interested in sailing and developing their skills."



Cinque Ports Sailing Yacht **TORBELLIN** completed the annual Round the Island Race, a one-day yacht race around the Isle of Wight. The race attracts over 1,400 boats and around 15,000 sailors, making it one of the largest yacht races in the world. Torbellin came 6th in its class and overall position was 136th. This is a fantastic result - Well Done, Cinque Ports Sailors!

A young lady, who has been creating quite an impression in local sailing circles, is Catherine Westbrook. The regular member of the *Karibia Breezes* crew has been selected for the Great Britain Blind Sailing Team to take part in the World Championships in Wisconsin, USA in September.



Catherine's introduction to sailing came at the Downs where she crews for local Hornet legend Eric Stiles and a wish to get experience on bigger boats resulted in her taking Bernard's 'shilling' and becoming first choice on the mainsheet in his 'organisation.' The experience with the set up on the cruising yachts is similar to the Sonata and Sonnet keel boats used by the GB team.

'From the first time I sailed with her, I have never doubted her ability nor has anybody else who has crewed with her. We treat her as a normal member of the team and there is very little she cannot undertake - including being on the helm,' commented KB's skipper. 'I knew that, if she sailed with Eric, she would be pretty good. She is actually a lot better than that. But even with her natural ability she has had to put in a lot of hard work with us being often out on the water three or four times per week together with a couple of gym sessions. Add that to regular training sessions at Cowes and Windermere and getting recognition has not come easy.'

The Lord Warden, Admiral Boyce has sent a note of congratulations to our new International Sailor.

For those unaware, Catherine has been totally blind since the age of two. She was part of the successful participation of *Torbellin* in The Round The Island Yacht Race. Her version of events follows.

Going Around the Island



“What a week!

“Last Wednesday (June 28th) I set off on the yacht Torbellin to sail her up to Hamble for the round the island race. We did it in two legs, stopping the night at Eastbourne. Friday was spent getting ready for the race, including fixing a spinnaker, practicing with it and lightening the boat of any bilge water.

Then Saturday was the race itself and what a race. Organised mayhem if ever I saw it. Boats were everywhere! No surprise as there were about 1600 of them all told and 109 just in our class. We sailed well and I believe we came 6th in class! I’m very pleased! Sunday was the return journey which took about twenty hours, the vast majority of which we sailed with the wind behind us. I only got back after 4am on Monday morning. Five days on a yacht—brilliant!

Catherine Westbrook



Yacht Torbellin Round The Island 2017 crew

Skipper Bernard Sealy, Nick Easthope, Sarah Tinson, Karl Maxwell-Smith, Sean Duprey, Catherine Westbrook and Nigel Hadaway.



Waiting for the start



Spinnaker flying!!



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Sailing began at Conningbrook Lakes, Ashford, in the Spring, with a number of hardy souls braving the cold to begin their sailing season.

Ashford Borough Council has built a landing strip to help with the launching of the sailing dinghies. For which all at Conningbrook Lakes are grateful!



New path down to new launch ramp at Conningbrook

We are running courses for children and adults throughout the summer and you will find details of our courses on our website:

<http://www.cinqueportssailing.org>

or email us at cinqueportssailing@gmail.com.

We offer dinghy sailing at Conningbrook Lakes, Ashford and sailing at sea from Dover.

Following the temporary closure of the Lakes at Ashford, due to the blue algae which reared its head again this summer, we shipped our dinghies across to Nickolls Lake near Hythe.



We have taught the kids, so now it's time for the mums and dads to go afloat!

Sailability is the RYA's national programme enabling people with disabilities to try sailing and take part regularly. It's the perfect sport to feel tranquillity and freedom on the water, or progress your skills and become competitive.

Sailing is open to anyone, no matter what age or disability. You don't need to be able-bodied, or even a strong swimmer. The network of approved Sailability sites will have boats and facilities to cater for everyone.

The Cinque Ports Sailing organisation is very keen to encourage sailors of all abilities onto the water.



Cinque Ports Sailing Principal, Bernard Sealy, with the RYA's Sarah Sibley following their inspection of the Dover Marina facilities for sailability.