

# LYMPSTONE SAILING CLUB - SAILING AND SOCIAL PROGRAMME 2026

|                 | D race start | Safety Boat Cover available |      | Event                                                                      | Notes<br>Training, Food, Social etc.                              | Tide |     | Officer of the Day | Assistant O.O.D. | Safety Boat Helm     | Safety Boat Crew   |
|-----------------|--------------|-----------------------------|------|----------------------------------------------------------------------------|-------------------------------------------------------------------|------|-----|--------------------|------------------|----------------------|--------------------|
|                 |              | From                        | To   |                                                                            |                                                                   | Time | Ht  |                    |                  |                      |                    |
| <b>April</b>    |              |                             |      |                                                                            |                                                                   |      |     |                    |                  |                      |                    |
| Wed 1           |              |                             |      | 7.30pm: How to start racing                                                |                                                                   | 1946 | 3.8 |                    |                  |                      |                    |
| Sat 4           |              |                             |      | 8.30 - 11am Practical Safety Boat briefing session for Helms and Crew      | Lego Club 3pm - 5pm                                               | 0853 | 3.8 |                    |                  |                      |                    |
| Sun 5           |              |                             |      | 9 - 11.30am Practical Safety Boat briefing session for Helms and Crew      |                                                                   | 0918 | 3.7 |                    |                  |                      |                    |
| Fri 10          |              |                             |      |                                                                            | Draught Ale 7.30pm                                                | 1145 | 2.5 |                    |                  |                      |                    |
| Thurs 16        |              |                             |      | Advanced Junior Coaching (invite only)                                     | Sunset 2011                                                       | 1809 | 3.8 |                    |                  |                      |                    |
| Fri 17          |              |                             |      | Junior Coaching, (sign up required)*                                       | Early Bar 5.30pm, Fish finger sandwiches 7.30pm                   | 1956 | 3.9 |                    |                  |                      |                    |
| Mon 20          |              |                             |      | Craning Afloat                                                             | Bacon Butties 7 - 11am                                            | 0930 | 4.1 |                    |                  |                      |                    |
| Fri 24          |              |                             |      | 8pm: OOD/AOD/Safety Boat Helm/Crew briefing.                               |                                                                   |      |     |                    |                  |                      |                    |
| Sat 25          |              |                             |      | 10am: Club boat rigging demo.<br>2pm: Working party to clear the boat park | Start of Season Supper 7.30pm                                     | 1403 | 2.7 |                    |                  |                      |                    |
| Sun 26          | 1500         | 1500                        | 1600 | 10am: Dinghies to boat park,<br>Moore Cup 1                                |                                                                   | 1530 | 2.8 | Penny Lupton       | Colin Dawson     | Paul Burke           | Martyn Esau        |
| <b>May</b>      |              |                             |      |                                                                            |                                                                   |      |     |                    |                  |                      |                    |
| Fri 1           |              |                             |      | Junior Coaching, (sign up required)*                                       | Early Bar 5.30pm, Fish finger sandwiches 7.30pm                   | 1938 | 3.8 |                    |                  |                      |                    |
| Sun 3           | 0900         | 0900                        | 1000 | Moore Cup 2,3                                                              | Sunset 2034                                                       | 0822 | 3.6 | Chris Atkins       | Sue Twelves      | Basil Strickland     | Debbie Mitchell    |
| Mon 4           | 0830         | 0900                        | 1000 | Coached Open Sailing                                                       |                                                                   | 0852 | 3.5 | Claire Whiter      | Simon Adams      | Simon Adams          | Margaret Turgoose  |
| Sat 9           | 1100         | 1100                        | 1200 | Short Courses Series 1: 1,2,3                                              |                                                                   | 1129 | 2.7 | Jerry Chew         | Karol Chew       | Sophie Cocks         | David Hawes        |
| Sun 10          | 1200         | 1200                        | 1300 | Moore Cup 4                                                                |                                                                   | 1225 | 2.6 | Marleen Johnson    | Ali Spencer      | Tim Whiter           | Adam Rejzl         |
| Fri 15          | 1815         | 1815                        | 1915 | Moore Cup 5,6                                                              | Early Bar 5.30pm, Draught Ale 7.30pm                              | 1832 | 3.7 | Ed Walker          | Fiona Whilding   | Digby Morrison       | Duncan Napier      |
| Sat 16          | 1900         | 1900                        | 2000 | Short Courses Series 1: 4,5,6                                              |                                                                   | 1926 | 3.9 | Eddie Corrigan     | Jan Teague       | James Whilding       | Alice Stevenson    |
| Tues 19         |              |                             |      |                                                                            | River Exe café 7pm                                                |      |     |                    |                  |                      |                    |
| Fri 22          |              |                             |      |                                                                            | Light Bites 7.30 - 9pm                                            |      |     |                    |                  |                      |                    |
| Sat 23          | 1200         | 1200                        | 1300 | Short Courses Series 1: 7,8,9 (this session will be coached)               |                                                                   | 1236 | 3.0 | Jim Trice          |                  | Rory McDougall       | Michelle McDougall |
| Sun 24          | 1315         | 1315                        | 1415 | Moore Cup 7,8                                                              |                                                                   | 1338 | 2.9 | Helen Scott        |                  | Mike Gilroy          | John Stevenson     |
| Mon 25 BH       |              |                             |      |                                                                            |                                                                   | 1443 | 2.9 |                    |                  |                      |                    |
| Fri 29          | 1815         | 1815                        | 1915 | Moore Cup 9,10                                                             | Early Bar 5.30pm                                                  | 1825 | 3.6 | Liz Wells          | Sue Twelves      | Robert Gale-Hasleham | Gavin Lowery       |
| Sat 30          | 1830         | 1830                        | 1930 | Short Courses Series 1: 10,11,12                                           |                                                                   | 1904 | 3.6 | Ed Walker          | Tim Jupp         | Debbie Mitchell      | Gregory Turner     |
| Sun 31          | 1900         | 1900                        | 2000 | Coached Open Sailing                                                       |                                                                   | 1941 | 3.7 | Dougal Scott       |                  | Simon Adams          | Martin Richards    |
| <b>June</b>     |              |                             |      |                                                                            |                                                                   |      |     |                    |                  |                      |                    |
| Fri 5           |              |                             |      |                                                                            | Early Bar 5.30pm                                                  |      |     |                    |                  |                      |                    |
| Sat 6           | 1000         | 1000                        | 1100 | Moore Cup 11,12                                                            | Sunset 2121                                                       | 1038 | 3.0 | Jerry Chew         | Karol Chew       | Steve Pope           | Robin Dingle       |
| Sun 7           | 1045         | 1045                        | 1145 | Peters Cup 1,2                                                             |                                                                   | 1117 | 2.9 | Marleen Johnson    | Fiona Whilding   | Nathan Upchurch      | Christopher Lovell |
| Fri 12          |              |                             |      | Advanced Junior Coaching (invite only)                                     | Early Bar 5.30pm, Light Bites 7.30 - 9pm                          | 1653 | 3.4 |                    |                  |                      |                    |
| Sat 13          | 1730         | 1730                        | 1830 | Short Courses Series 1: 13,14,15                                           |                                                                   | 1800 | 3.6 | John Baynes        | Ali Spencer      | Digby Morrison       | David Hawes        |
| Sun 14          | 1830         | 1830                        | 1930 | Short Courses Series 2: 1,2,3                                              |                                                                   | 1904 | 3.8 | Helen Scott        | Colin Dawson     | Sophie Cocks         | Emily Hawes        |
| Fri 19          |              |                             |      |                                                                            | Early Bar 5.30pm, Draught Ale 7.30pm                              |      |     |                    |                  |                      |                    |
| Sat 20          |              |                             |      | Exe Regatta                                                                |                                                                   | 1130 | 3.4 |                    |                  | Jamie Reeves         | Martyn Esau        |
| Sun 21          |              |                             |      | Exe Regata                                                                 |                                                                   | 1212 | 3.2 |                    |                  | Robert Gale Hasleham | Jeff Crompton      |
| Fri 26          |              |                             |      | Junior Coaching, (sign up required)*                                       | Early Bar 5.30pm, Fish finger sandwiches 7.30pm                   | 1657 | 3.2 |                    |                  | Debbie Mitchell      | Gavin Lowery       |
| Sat 27          | 1730         | 1730                        | 1830 | Peters Cup 3,4                                                             |                                                                   | 1751 | 3.3 | Eddie Corrigan     | Jan Teague       | David Hawes          | Gregory Turner     |
| Sun 28          | 1800         | 1800                        | 1900 | Short Courses Series 2: 4,5,6 (this session will be coached)               |                                                                   | 1838 | 3.4 | Simon Pryor        | Colin Dawson     | James Whilding       | Adam Rejzl         |
| <b>July</b>     |              |                             |      |                                                                            |                                                                   |      |     |                    |                  |                      |                    |
| Sat 4           | 0930         | 0930                        | 1030 | Peters Cup 5,6                                                             | French Breakfast 10 - 12am                                        | 0956 | 3.3 | Liz Wells          | Dave Mountain    | Steve Pope           | Emily Hawes        |
| Sun 5           |              |                             |      | Squires Cup                                                                | Sunset 2128                                                       | 1028 | 3.3 |                    |                  |                      |                    |
| Fri 10          |              |                             |      |                                                                            | Draught Ale 7.30pm                                                | 1515 | 3.1 |                    |                  |                      |                    |
| Sat 11          | 1600         | 1600                        | 1700 | LSC Regatta 1,2                                                            | BBO 6pm                                                           | 1624 | 3.3 | Eddie Corrigan     | Jan Teague       | Sid Kyle             | Sarah MacGregor    |
| Sun 12          | 1700         | 1700                        | 1800 | LSC Regatta 3,4                                                            | 11am Sea Sunday, 3 - 5pm Cream Tea, 6.30pm Prize giving & Pasties | 1740 | 3.5 | David Collett      | Ali Spencer      | Nathan Upchurch      | Emma Mill          |
| Wed 15          |              |                             |      |                                                                            | RNLI visit (evening)                                              | 2049 | 4.1 |                    |                  |                      |                    |
| Sat 18          | 1000         | 1000                        | 1100 | Short Courses Series 2: 7,8,9                                              |                                                                   | 1036 | 3.7 | Jim Trice          | Mark Conboy      | Cheryl Scudamore     | Alice Stevenson    |
| Sun 19          | 1030         | 1030                        | 1130 | Peters Cup 7,8                                                             |                                                                   | 1105 | 3.6 | Marleen Johnson    | Helen Dimond     | Jeff Crompton        | Duncan Napier      |
| Fri 24          |              |                             |      |                                                                            | Early Bar 5.30pm, Light Bites 7.30 - 9pm                          | 1501 | 2.8 |                    |                  |                      |                    |
| Sat 25          | 1545         | 1545                        | 1645 | Peters Cup 9,10                                                            |                                                                   | 1615 | 2.9 | David Collett      | Simon Adams      | Digby Morrison       | Martin Esau        |
| Sun 26          | 1700         | 1700                        | 1800 | Short Courses Series 2: 10,11,12                                           | Sunset 2059                                                       | 1723 | 3.1 | Margaret Turgoose  |                  | Mike Gilroy          | Tim Jupp           |
| Fri 31          |              |                             |      | Junior Coaching, (sign up required)*                                       | Early Bar 5.30pm, Fish finger sandwiches 7.30pm                   | 2056 | 3.8 |                    |                  |                      |                    |
| <b>August</b>   |              |                             |      |                                                                            |                                                                   |      |     |                    |                  |                      |                    |
| Sat 1           | 0900         | 0900                        | 1000 | Peters Cup 11,12                                                           |                                                                   | 0914 | 3.6 | Chris Atkins       |                  | Sid Kyle             | Martin Richards    |
| Sun 2           | 0930         | 0930                        | 1030 | Short Courses Series 2: 13,14,15                                           | French Breakfast 10 - 12am                                        | 0946 | 3.6 | Margaret Turgoose  | Mark Conboy      | Basil Strickland     | Christopher Lovell |
| Fri 7           |              |                             |      |                                                                            | Early Bar 5.30pm                                                  | 1327 | 3.0 |                    |                  |                      |                    |
| Sat 8           | 1430         | 1430                        | 1530 | Horn Cup 1,2                                                               |                                                                   | 1448 | 3.0 | Margaret Turgoose  |                  | Dave Mountain        | Jeff Crompton      |
| Sun 9           | 1530         | 1530                        | 1630 | Horn Cup 3,4                                                               |                                                                   | 1605 | 3.2 | John Baynes        | Adam Rejzl       | Jamie Reeves         | David Collett      |
| Sat 15          | 0915         | 0915                        | 1015 | Short Courses Series 3: 1,2,3                                              |                                                                   | 0939 | 3.9 | Liz Wells          | Elaine Paul      | Mike Gilroy          | Tim Jupp           |
| Sun 16          | 0945         | 0945                        | 1045 | Horn Cup 5,6                                                               |                                                                   | 1007 | 3.8 | Gav Lowery         | Helen Dimond     | Steve Pope           | Elaine Paul        |
| Sat 22          | 1330         | 1330                        | 1430 | Horn Cup 7                                                                 |                                                                   | 1400 | 2.6 | Jerry Chew         | Karol Chew       | Robert Gale-Hasleham | Tim Spencer        |
| Sun 23          | 1500         | 1500                        | 1600 | Horn Cup 8,9                                                               |                                                                   | 1538 | 2.7 | Scott Buckland     | Will Thomas      | Martin Richards      | John Stevenson     |
| Fri 28          | 1845         | 1845                        | 1945 | Horn Cup 10,11                                                             | Sunset 2007                                                       | 1959 | 3.9 | John Baynes        | Helen Dimond     | Basil Strickland     | Gregory Turner     |
| Sun 30          | 0900         | 0900                        | 1000 | Short Courses Series 3: 4,5,6 (this session will be coached)               |                                                                   | 0857 | 3.8 | Simon Pryor        | Mark Conboy      | Tim Whiter           | Robin Dingle       |
| Mon 31 BH       |              |                             |      | Junior Coaching, (sign up required)*                                       |                                                                   | 0931 | 3.8 |                    |                  |                      |                    |
| <b>Sept</b>     |              |                             |      |                                                                            |                                                                   |      |     |                    |                  |                      |                    |
| Fri 4           |              |                             |      |                                                                            | Early Bar 5.30pm, Draught Ale 7.30pm                              | 1148 | 3.2 |                    |                  |                      |                    |
| Sat 5           | 1230         | 1230                        | 1330 | Short Courses Series 3: 7,8,9                                              |                                                                   | 1252 | 3.0 | Claire Whiter      | Sarah MacGregor  | Sophie Cocks         | Duncan Napier      |
| Sun 6           | 1400         | 1400                        | 1500 | Horn Cup 12                                                                |                                                                   | 1426 | 2.9 | Ed Walker          | Emily Hawes      | Jamie Reeves         | Sid Kyle           |
| Fri 11          |              |                             |      | Junior Coaching, (sign up required)*                                       | Early Bar 5.30pm, Fish finger sandwiches 7.30pm                   | 2010 | 4.2 |                    |                  |                      |                    |
| Sat 12          | 0900         | 0900                        | 1000 | Short Courses Series 3: 10,11,12                                           | Sunset 2041                                                       | 0835 | 4.0 | Jim Trice          | Emma Mill        | James Whilding       | Paul Spiller       |
| Sun 13          | 0900         | 0900                        | 1000 | Short Courses Series 3: 13,14,15                                           |                                                                   | 0905 | 4.0 | Dougal Scott       | Elaine Paul      | Nathan Upchurch      | Christopher Lovell |
| Fri 18          |              |                             |      |                                                                            | Light Bites 7.30 - 9pm                                            | 1109 | 2.9 |                    |                  |                      |                    |
| Sat 19          | 1115         | 1115                        | 1215 | Last Blast 1                                                               |                                                                   | 1139 | 2.9 | Chris Atkins       | Dave Mountain    | Debbie Mitchell      | Tim Spencer        |
| Sun 20          | 1145         | 1145                        | 1245 | Last Blast 2                                                               |                                                                   | 1219 | 2.6 | Helen Scott        | Fiona Whilding   | Cheryl Scudamore     | John Stevenson     |
| Fri 25          | 1815         | 1815                        | 1915 | Last Blast 3                                                               |                                                                   | 1849 | 3.8 | Simon Pryor        | Sarah MacGregor  | Rory McDougall       | Michelle McDougall |
| Sat 26          | 1845         | 1845                        | 1945 | Last Blast 4                                                               | Sunset 2011                                                       | 1930 | 4.0 | Penny Lupton       |                  | Paul Burke           | Paul Spiller       |
| <b>October</b>  |              |                             |      |                                                                            |                                                                   |      |     |                    |                  |                      |                    |
| Fri 2           |              |                             |      |                                                                            | Draught Ale 7.30pm                                                | 1050 | 3.5 |                    |                  |                      |                    |
| Sat 3           | 1100         | 1100                        | 1200 | Last Blast 5                                                               |                                                                   | 1133 | 3.2 | Ed Walker          |                  | Rory McDougall       | Michelle McDougall |
| Sun 4           | 1200         | 1200                        | 1300 | Last Blast 6                                                               |                                                                   | 1237 | 3.0 | Penny Lupton       |                  | Paul Burke           | Emma Mill          |
| Sun 11          |              |                             |      | Dinghies removed from Boat Park by 6pm                                     |                                                                   |      |     |                    |                  |                      |                    |
| Tues 13         |              |                             |      | 2pm: Working party to clear the boat park                                  |                                                                   |      |     |                    |                  |                      |                    |
| Wed 14          |              |                             |      | Craning Ashore                                                             | Bacon Butties 7 - 11am                                            |      |     |                    |                  |                      |                    |
| Sat 17          |              |                             |      |                                                                            | End of Season Supper 7.30pm                                       |      |     |                    |                  |                      |                    |
| <b>November</b> |              |                             |      |                                                                            |                                                                   |      |     |                    |                  |                      |                    |
| Fri 13th        |              |                             |      | Spuddle 7pm                                                                | Bring a Plate                                                     |      |     |                    |                  |                      |                    |
| Fri 27th        |              |                             |      | AGM 7.30pm                                                                 |                                                                   |      |     |                    |                  |                      |                    |

\* contact Claire Whiter on [sailing@lympstonesailingclub.co.uk](mailto:sailing@lympstonesailingclub.co.uk) to find out more about how to sign up for junior coaching