



French 420 training week at Royal Lyngton Yacht Club

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French 420 training week at Lyngton © Catherine Bell

Entente nauticale

The Royal Lyngton YC hosted a series of 420 dinghy training and racing activity during last week's half term. Twenty French sailors came over from la Societe des Regates du Havre, bringing two coaches and various parents with them. Lyngton sailors acted as host families for the visitors.

The eighteen boat fleet was fortunate that the weather provided good sailing conditions, 8 – 16 knot winds, with four days of sunshine, and only two rainy days. The UK 420 coach James Rusden, was there working with the two French coaches to give the sailors some multinational training.

Despite a few language difficulties early in the week both nations benefitted from the excellent coaching as well as having different boats to compete against. On the one occasion the coaches swapped the helms and crews around so each boat had an English and a French sailor. A very successful week was rounded off with a day of racing. With true British hospitality, despite the best efforts of the eight Lyngton boats, the French took the podium places!



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On the final evening a dinner was held at the Club. By this time, sailors, coaches and parents were communicating well in each other's languages and the entente cordiale was well and truly sealed.

A return match at Le Havre by the Lymington 420 sailors is now being planned for July. The two Clubs have a history of exchange visits, previously with the Optimists, and some of these Optimist sailors have now graduated to the 420 exchange. A lot of hard work from parents on both sides of the Channel, particularly Catherine Bell and Corinne Migraine, was much appreciated by the sailors.



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