

THE CAPITALS RACE 2022

Participant Information Sheet

2022 will see the inaugural edition of the Capitals Race, a circumnavigation of the UK in four legs aimed exclusively at amateur crews, racing on identical Sigma 38 Offshore One Design yachts.

The race is organised by Premier Sailing, working with the Morning Star Trust and representatives of the Sigma 38 Class Association.

Leg One

London (St Katherine's Dock) - **Edinburgh** (Royal Forth Yacht Club TBC)

29th July, 1500 - 7th August, 1200

Crews and their families will have access to the boats from 15:00 on the 29th July. In the evening there will be a dinner overlooking the dock to celebrate the start of the first stage.

In the morning there will be a time for the teams to prepare the boats before departing the marina. In the afternoon, Tower Bridge will open to let the boats pass, and the fleet will process under the bridge and set off for Queenborough in Kent.

The following morning each team will cross the official start line, marked by the world-renowned Southend Pier.

After an exhilarating sail along the scenic East Anglian and Northumbrian coastlines, the fleet will be fighting for every nautical mile as they draw nearer to Scotland's beautiful capital city- Edinburgh.

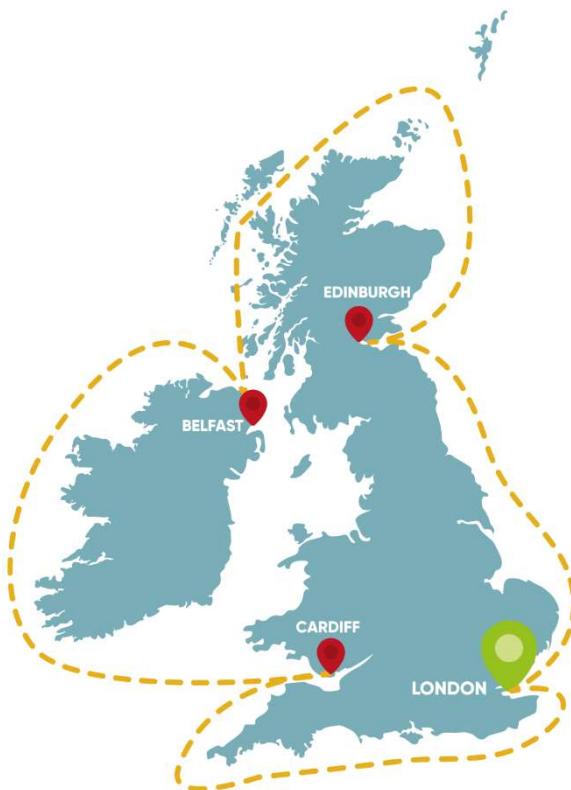
Leg Two

Edinburgh (Royal Forth Yacht Club TBC) -
Belfast (Bangor Marina)

8th August, 1500 - 17th August, 1200

The second leg of the race will see each team leave the Firth of Forth on the 8th of August and make headway north around the top of Scotland, passing the prepossessing Cape Wrath, before finally turning south towards Ireland.

The west coast of Scotland provides splendid sailing and matchless scenery. The inshore winds can prove turbulent, rapidly turning from squalls to gusts as a



result of lochs, mountains, and islands offshore. This two-sided coin of both challenging sailing conditions and beautiful panoramas provides an unforgettable experience for the adventurous.

With the Firth of Clyde behind them, each boat will cross the North Channel to find home in the capital of Northern Ireland – Belfast.



Leg Three

Belfast (Bangor Marina) - Cardiff (Penarth Marina)

19th August, 1500 - 27th August, 1200

Departing on the 19th August the boats will follow the North Channel up over the top of Ireland and around to face the great Atlantic Ocean.

From here on in, this stage of the race will be characterised by the formidable nature of the Atlantic swell – a great opportunity for those wishing to experience sailing at the threshold of the second greatest ocean in the world.

Once the teams have passed Galway, rounding the most southern point of Ireland, they will proceed to run towards the Bristol Channel and Cardiff – the capital of Wales.

In Cardiff, the fleet will pause for a week's break to allow for maintenance and rest!

Leg Four

Cardiff (Penarth Marina) - London (St Katherine's Dock)

3rd September, 1200 - 10th September, 1400

Departing Cardiff on the 3rd of September the three teams leave behind the Bristol Channel and race towards Lands' End. After rounding this last extremity of the UK, the route will take the boats along the most active length of UK coastline.

It is a time-honoured saying that no two days in the English Channel are the same due to the mixture of ever-changing winds and tides. To port, crews will glimpse both the varying coastal topography and a series of great coastal cities and naval ports. The teams may run through the Solent or round the Isle of Wight, maximising the tide and racing for the finish. In London the boats will arrive in St Katharine's Dock to a fanfare and an evening of celebrations.

Who is taking part?

We will be entering one of our Sigma 38s, Eastern Star, into the race. She will be crewed by participants who have already sailed with MST on shorter voyages and who were recommended by their skippers.

We are currently aware of four other teams also already entered into the event.

Do I need any kit?

Just like all our voyages, the only specialist kit you will need is a pair of waterproof boots and a sleeping bag.

However, given the length of the passages and the likely weather conditions we would suggest participants consider the purchase a pair of sailing specific rubber boots, which will provide better grip on deck and comfort for long periods of wear. These can be found online for around £40 from chandleries and sport shops.

What about the cost?

An adventure of this magnitude carries with it significant costs for the charity. We have worked hard with our supporters to minimise this, enabling us to only ask for a £775 voyage fee. We are aware that this is not an insignificant amount of money, and you are encouraged to speak to the office about potential bursaries if cost is an impediment to you taking part.

Can I do multiple legs?

Yes, you can join for as many legs as you like. We are able to offer an increasing discount on multiple leg bookings, as follows:

<i>Two Legs</i>	£1511
<i>Three Legs</i>	£2209
<i>Four Legs</i>	£2868



Do I need any training?

We have decided not to impose any additional training requirements for the event, to reduce the complexity and cost to participants in taking part. This is one of the reasons that we have restricted the entries to those who have already sailed with us.

If there is demand or interest, we may provide an optional training/familiarisation weekend in June/July; please contact the office if

you would like to know more about this.



Will I get a qualification or certificate?

If you don't already have a Competent Crew certificate, then you will be able to earn this during the race. The demands of racing mean that it isn't possible to do any other formal training during the voyage, although the miles accrued can be used towards accessing further qualifications in the future if desired.

How do I book?

You can either book by calling the office, or by visiting www.mst.org.uk/capitalsrace.

If you have any questions about the race, or would like any advice, please contact us on info@mst.org.uk or 01243 908026

