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# SAILING CAPETIMES

DALE GRANGER

**A**T THE Royal Cape Yacht Club they'll soon be mustering the staff at crack of dawn for rigorous physical training à la military style.

It's a brave yacht club which hosts the Transglobe round-the-world race fleet being sailed by the three services of the British armed forces, the Royal Navy, Army and Royal Air Force, particularly as the Air Force (Racer) beat the Navy (Adventure) into port. As usual the army (Broadsword) is still all at sea, probably by this stage firing mortars at whales in frustration while trying to figure out that complex thing called nautical navigation.

Just kidding, the "pongos" aren't all bad but once the army does arrive they're sure to have that "orrible lot" up and running when they realise the club has a royal seal of approval. One can almost picture Ant Steward, the world's worst dressed yacht club GM, Jacqui Low and Nigel



Watkins being co-opted into fitness drills to the barking orders of Commander Thorley's toughest sergeant major.

Ultimately the commander will have the satisfaction of dispatching a message to Liz at Buckingham Palace which should

read something like: "Your Majesty, we arrived in Africa to find good old British standards had slumped at the RCYC but after gruelling training sessions you will be pleased to know things are shipshape once more".

The three services are sailing Nicholson 55 yachts a total of 30 000 miles. So far they've sailed from Portsmouth to Antigua, Panama, Hawaii, China and Singapore. From Cape Town they sail to Argentina then Trinidad before returning to the UK and finishing alongside the Millennium Dome on the Thames on Old Year's Eve.

Don't forget the Lipton Cup, now only three weeks away.