

## National Watersports Festival “Club of the Year 2016”

*Awarded to clubs that have shown outstanding achievement in competition and development in Windsurfing.*

The reason that this club has won best club of the year award is summed up best by one of their Nominees .....

“The reason is that they are one of the most inspiring groups of people that I have ever met! Many older people seem to give up or stop getting out and doing things because they think or say that they are too old. The Seavets are the absolute antithesis of this. When talking about age, the minimum age for membership is 35, but there are active members in their 80s and 90s! They are so positive, it is an absolute pleasure to spend time in their company.

Mark and I are in our early 50s and have been away with the club several times. We love the fact that often they rock up in their caravans and motorhomes, but they haven't come from 'home'. They spend much of their lives on tour and windsurfing! Indeed, this is what inspired our current lifestyle of touring Europe in a caravan with a van full of windsurfing equipment.”

The Club was set up back in 1983 to promote the idea that remaining active in middle age can lead to a healthier and therefore happier old age. Windsurfing is a relatively safe sport and is considered medically good exercise for the no-so-young. Windsurfing, as you know, uses all muscle groups and you get the benefit of vitamin D from being outside, something that is often lacking in the young as well as older people.

It now has a membership of over 200 and runs events around the country to cater for the wide geographic spread of members. They also organise trips abroad. The events run by the club fall into four categories:

Racing - a full diary of race events throughout the season.



Social Sailing - a weekly get together and social sail.

Cruising - trips such as around Hayling Island or the Isle of Sheppey.

Holidays - in the UK (e.g. Bala, Weymouth, Poole) or abroad (Menorca, Quiberon).

“On our recent trip to Quiberon with them we were sometimes struggling to keep up, they would sail across the bay before breakfast, cycle around the whole peninsula in the afternoon and then get together for a meal or a few drinks in the evening”.

**Photographs from award ceremony.**

Brian Tilbury receives the award on behalf of Seavets from Nick Dempsey.

