

Tracy Edwards Log Book

6th November 1989

This evening we had very sloppy seas and we had to gybe. It was just too much of a pain so we decided to take the spinnaker down, at which point the wind decided to come up.

We put the No. 3 headsail up, which Claire sheeted in. We then dropped the spinnaker and because Claire was by then trimming the No. 3 she was behind the spinnaker when it came down. It was proving hard to get in, so she reached forward to help. At that moment a huge gust of wind took the spinnaker and filled it and because Claire was off balance it picked her up and flicked her over the life line. Thank god she was clipped on; her own harness tautened and jerked her back towards the side of the hull. Tanja grabbed her and everyone else piled over to drag her back on board. We pulled her into the cockpit. It was very very scary and reminded us just how quickly things can go wrong and why everyone **MUST** wear safety harnesses in these seas.

She is now known as The Flying Doctor!!

