

Fearless Friend's Peaks and Troughs of the SIPR 2017

Friday

Peak - Full fry breakfast

Trough - Becalmed in Sound of Mull

Peak - Smoked Haddock on a bed of spinach and cream cheese with roast asparagus and potatoes

Trough - Had to run engine to avoid Salen pier

Peak - Our runners, Carrie and Simon beat their ETA for Ben More

Saturday

Peak - Beat the tide at Duart Point

Trough - Becalmed at Insh Island and had to row

Peak - Bacon rolls

Trough - Lentil soup made with vegetable stock and without bacon just doesn't cut it

Peak - Spaghetti with pork meatballs and zucchini balls in rich tomato sauce

Trough - Couldn't find the chopped tomatoes and passata so the tomato sauce became cheese sauce

Peak - Catching fleet anchored at Sound of Luing waiting for the tide

Trough - Fleet disappeared into Sound of Luing as tide turned and wind filled in for them - not us

Peak - Made up a lot of ground with wind and tide

Trough - Simon had tummy bug

Peak - Carrie and Simon still beat ETA for Paps of Jura

Trough - Wind picked up and had to change headsail and reef main in the dark

Peak - Wind eased and had to change back and shake reef out

Trough - Sail change cost us the tide at the Mull of Kintyre

Peak - Rounded Mull of Kintyre and got wind on beam

Trough - Engine failed at Lamlash

Peak - Fault traced to a missing screw on the LT lead to the starter

Trough - Had an almost catastrophic brush with another yacht

Sunday

Peak - Carrie and Simon beat their ETA for Goat Fell

Trough - Picked up a buoy and rope round prop

Peak - Managed to cut us free and only lost half an hour

Trough - That delay cost us the wind and meant another two hours rowing

Peak - Sticky sausages with roasted apple and creamed mashed potato

Trough - There wasn't one

Peak - We finished more than six hours faster than 2016

Ultimate Peak - Raising more than a thousand pounds for MND Scotland and Alzheimer Scotland