

# Single Handed Long Distance Sailing

A talk on Wednesday 12th January 2022 at 2pm  
by John Apps at Chalfont St Peter Community Centre SL9 9QX

(For members unable to attend, the zoom invitation will be sent out 48 hours in advance and log in will be from 1.45pm. The talk will also be recorded and available for a month afterwards on the website)



John Apps, who has sailed every ocean except the Indian Ocean, will talk about why some people will put up with discomfort, poor food, interrupted sleep, extreme weather, inexplicable breakages and loneliness to sail the oceans of the world by themselves in small boats.

Single-handed ocean sailing has been described as 99% boredom with occasional terror, panic and moments of splendour. John will give us examples of all of them!

It's like the Zen Dog – it's the glory of the ride!

