The first race of the 2022-23 season for Frostbites commenced on Sunday, with a reduced number of boats due to end of season races at other clubs.

The clubs new electric safety boat had its first outing, with a few of the members taking the helm to try it out.

The start was delayed slightly, either rusty helms or rigging problems, when the 4 Norfolk's got away it was Danny Tyrrell crewed by Bruce Thompson in B53 "Twinkle" who got the best start. By the top mark, after a testing beat, David Mackley crewed by Alex Savage in B6 "Lucifer Beyond Repair" got ahead, however Tyrrell overtook on the run/reach back to the line. Sue Grief crewed by husband David in B47 "Bramling" and Stephen Ellingham crewed by Elija Russel in B30 "Willa" had a good tussle for third place.

At the end of the first round Tyrrell had pulled out a lead from Mackley with Elllingham in third, the race was shortened with no change to positions over the water or on handicap.

At the start of the second race, 30 seconds before the start all boats were the wrong side of the line as the wind dropped, Ellingham followed by Tyrrell got away with the other two needing to come back to start. Mackley quickly pulled into the lead with Ellingham and Tyrrell fighting for second. Passing the clubhouse on the return Mackley pulled away and Tyrrell led Ellingham. After 3 rounds the positions remained the same on the water and on handicap.