On Sunday the easterly wind provided good racing at Frostbites

The 8 crews turning out were greeted unusually for the season so far with an easterly 10 – 15mph wind providing a good downstream beat. Race Officer Danny Tyrrell assisted by Bruce Thompson set a downstream course from "A" start line to the lower starboard mark followed by a reach/run to the top mark and top middle both left to starboard. There were 7 Norfolk Dinghies and 1 Enterprise competing.

In the first race Sam Woodcock sailing B20 "Kelpie" and crewed by Sam Archer made the best start and progressed rounding the lower mark in the lead followed by David Yapp sailing B15 "Wee Simby" crewed by Wendy Bush. Stephen Ellingham in B30 "Willa" crewed by Jet was close behind. On the run up past the clubhouse Woodcock maintained and improved his lead and was someway ahead. Yapp followed in second and the rest of the fleet fell back apart from Mike and Jess Readhead in their Enterprise E22222 who seemed to revel in the conditions apart from running aground on occasions. The 4 lap course was shortened to 3 and in the Class Race Woodcock finished first after 41 minutes. 2 minutes later came Yapp followed after another 4 minutes by Geoff Evans sailing B71 "Wild Duck" and crewed by Geoff Coulthard. Adjusting the results on handicap for the Allcomers Race the positions were first Yapp (31mins 7secs), second Commodore Philip Board sailing B49 "Pixie" crewed by Jean Board (32mins 6secs) and Woodcock was third (32mins 15secs) just beating Ellingham (32mins 16secs).

In the second race Sam Archer took the helm of Kelpie and was crewed by Sam Woodcock combining to make the best start. Yapp followed this time crewed by Julia Deary. The remainder of the fleet fought for positions around the course with the Readheads breaking free and overtaking Yapp for a time before Yapp got back into second position but had to work hard to keep the Enterprise off his tail. The course was again shortened to 3 rounds and Archer finished first after 32 minutes followed by Yapp 2 minutes later. Third in the Class Race was Bernie Woodcock sailing B78 "Jimmy" crewed by Pat Woodcock finishing in 37 minutes. The Readheads finished in 35mins 20 secs but the Enterprise handicap meant that on adjusted time they finished sixth. The other handicap results were that Archer held his time and was first, Yapp was second and third was Ellingham.