



# MR & MRS WINDSURFING

# Have your say...

**S**haring kit, caddying duties and relishing time on the water together is one of the joys of being married to a fellow windsurfer – and you won't find a better example of the perfect windsurfing couple than Mark and Jackie Lambert. Everyone who meets them always comments on how genuinely content and grateful they are for each other, and how windsurfing has become a large part of their lives and successful marriage. If it's not Mark's striking 6'6" stature that you notice, it's the fact that Mr and Mrs Lambert are rarely more than ten board lengths apart, either on or off the water. Their bursting enthusiasm and exuberance for life, windsurfing and their sailing buddies is the most genuine example of a windsurfing scene that exists in the UK. With the guidance I've tried to give them they've achieved a great deal in a relatively short period of time, and I hope I get the chance to help them venture further into the waves.

So, let's hear from Mark and Jackie.

- Names:** Mark and Jackie Lambert
- Ages:** **Mark:** 49. **Jackie:** younger than her husband!
- Professions:** **Jackie:** Fridge Magnate (Senior Sales Rep for Medical and Scientific Refrigeration Co.) **Mark:** Distribution Manager
- Local Sailing Spot:** Calshot and Weymouth.

**How long have you both been windsurfing?**  
8 years.

**Windsurfing quiver?**  
Think contents of H2O Watersports! RRD Wave Cult 80L and FSW 102L, JP Xcite Ride110 and 120L, Starboard Carve 145L (well he does weigh 100kg!), Tushingham 4.5, 7.0, 8.5 & 9.4m, Ezzy Wave Panther 5.2, 5.7 & 6.3m.

**Current level and ambitions?**  
Typical intermediate – perfecting those planing carve gybes, duck gybes and feasible light wind freestyle.

**What do you love most about windsurfing?**  
The excitement, that raw adrenaline rush, and how it takes us to beautiful places in the UK and around the world. The great friends we've made, the camaraderie on the beach and the massive sense of achievement when you genuinely achieve something in this 'bloody sport'!

**What's been the most influential aspect in developing your windsurfing?**  
Learning everything properly from the outset and having that Mr Bornhoft chap help us avoid bad habits cannot be overemphasised.



### What three coaching points have made the biggest difference?

Vision, vision, vision! So important, so simple, and so much a part of windsurfing. Analyse why you fell off and what you can change next time. Get out in light winds! High winds are amazing fun, but skills training develops that 'feel', which is absolutely invaluable. Our sailing has improved immeasurably with the right coaching and since we stopped being 'Force 4 or above' snobs.

### What tips would you give others of your age / experience?

Think of what you *can* do, not what you can't do. We meet people who say they'd give windsurfing a go but find an excuse. We started in our 40s and have windsurfed with some very inspiring people. We met a wonderful chap in Christchurch who had taken up windsurfing on his 80th birthday. Rock on!

Windsurfing is physical, so it pays to keep fit, especially if you're not getting out as much as you'd like.

### What tips would you give others about kit?

Never leave any of it at home – WindGuru isn't always right! Also, take spares with you, as that UJ will only ever break on that one fabulous day (especially when Mark 'Trasher' Lambert's around!)

### What would you like to see more of in BOARDS Mag?

More for mere mortals like ourselves, middle-aged or otherwise. The pros and the 'scene' is okay, but very macho, showing off about 'sick' moves, it does become monotonous. We aspire to be that good – but, in reality, as late 40-somethings it's not going to happen! Also, apart from summertime, there's little for those thinking of taking it up. The sport needs new blood! It's been good to see more features with the girls sailing well and also more relevant travel articles and adventures like Dave White's article on Dahab and the achievable family Western Australia feature.

### What's been the hardest part of the sport for you?

**Mark:** Staying on the damned thing!

**Jackie:** The learning plateaus! The rate of progress can be rapid at first, but there occasions when... *arrggghhh!* It's a sport that requires bloody-minded doggedness at times.

### What has most surprised you about windsurfing?

**Jackie:** I never believed that I would ever be competent enough to go out in waves!

**Mark:** The level of addictiveness. It's the best drug in the world!

### What do you think of the World Cup windsurfing and media?

We don't really follow it, although after having our photo taken with Ben Proffitt, hot off the podium at the Kerry Wave Classic last year, we keep an eye out to see what he's doing. We aren't interested in competing ourselves, but I can see how it would improve your sailing.

Most people's perception of windsurfing is "I tried it on holiday and couldn't turn round", or they see Bryony and Nick pumping in no wind in the Olympics. It would be nice to see more national media coverage of freestyle and waves. Recently, if I tell people that I windsurf, their first reaction is "Have you tried kitesurfing!"

### What are the advantages of being married to another windsurfer?

Due to our rather different physical attributes (Mark is 6' 6" and 100kg), we're never on the same kit. That certainly saves on quiver sharing, and we're not possessive over kit. There's no pre-nup over dings, repairs or the Tushy T-Bird!

There's no debate about what to do on a windy Saturday, where to spend our holidays or disposable income. We aspire to achieve and have the same passion for the sport. It's great to support each other if one of us has had a 'mare. Plus we're lucky that we're not competitive and we're pleased and inspired if one of us reaches a goal!

### What would you most like to achieve in the sport?

**Mark:** Forward Loop. (Best up that insurance!)

**Jackie:** Down-the-line frontside waveriding!

### What's been your best windsurfing day ever?

We tried launching in waves for the first time at Branksome Dene Chine. We didn't think we'd make it out, or that we were about to discover a completely new sport – wavesailing! We'd managed to get out only to discover that we were way, *way, way* out of our comfort zone. Jackie was knocked off and rinsed several times. The swell was huge and we were both getting unwanted air, the outside gybe became a waterstart, but wow! Riding the wave in felt like the shore was rushing towards you, yet you had this potentially flattening surge behind you. Four runs that day – shattered... Googly grins all the way home!

### If windsurfing were a car, what would it be?

Yellow split-screen VW Camper with a pimped V6 engine. Oh – forgot to mention that it can fly too!

### What piece of music reminds you of windsurfing?

Rage Against the Machine, 'Settle for Nothing'. ("Settle for nothing now and you'll settle for nothing later.")

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### FINALLY MARK & JACKIE, HAVE YOUR SAY...

Do you believe in love at first sight? We saw each other across a crowded room and were engaged 37 days later. After 37 weeks we were married! We both tried windsurfing in Vassiliki and that was love at first blast... Our soon to be redundant sports equipment cupboard was brimming with souvenirs from relationships past. But with windsurfing, like a good marriage you know when you have met 'The One'. The sports car went, we bought a van, and both now twitch when leaves rustle on the windy tree. Plus we both have the same tolerance for that tang of damp neoprene.

Finally, marriage, like windsurfing, requires commitment. It may not always be easy, but nothing worthwhile ever is. Put in the effort and it will reward you for years. Plus, it's not about the destination, it's the glory of the ride!

*So there you have it, the ultimate windsurfing couple... I'm amazed they haven't bought a tandem! ☺*