

# International 420 Class Newsletter - June 2011

Welcome to the first of what will be a monthly newsletter update from the International 420 Class Association, or more frequently as the need arises.

Halfway through the year and there has been lots of 420 action around the world. For many nations, their focus is currently on the final preparations for the ISAF Youth Sailing World Championships in Zadar, Croatia where racing gets underway on Saturday 9 July 2011. The majority of nations have already selected the sailors who will represent them at this pinnacle youth event, whilst for others selection is not finalized yet. Catch our update below.

The response to the launch of our "420 to the Max" online training video has been huge - with fans from more than 70 nations either viewing online or downloading. Sailors are always looking for ways to improve their sailing techniques, improve manoeuvres and get the most out of the time spent on the water and this online resource is set to provide a significant step towards this objective

We are counting down the days to the 420 Class Open Europeans to be held in Tavira, Portugal from 20-29 July, which is then followed by the 420 Junior Europeans in Nieuwpoort, Belgium from 7-15 August 2011 which will bring together the world's best young 420 sailors.

As the world's sailors make their appearances at these events, it is equally exciting to see some past 420 protégés making their mark on the Olympic scene, such as 2007 420 Ladies World Champion Jo Aleh (NZL) who has secured wins in the 470 Women at each of the ISAF Sailing World Cup events she has contested this year. Read more below.

Later in the year, the focus will be on Mozambique and the All Africa Games being hosted in Maputo from 3-11 September 2011.

Catch up on the 420 action and I hope you enjoy the read. All feedback welcome to [420office@gmail.com](mailto:420office@gmail.com)

**Nino Shmueli**  
**International 420 Class President**

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## 420 TO THE MAX - ONLINE TRAINING VIDEO



Launched in April 2011, our free online Training Video provides coaching and training tips for both the beginner and experienced 420 sailors.

Animated graphic overlays demonstrate specific points to consider in completing manoeuvres, accompanied by an excellent voice over. Designed to help sailors improve their skills and sail their boats better, the video provides a free and excellent resource for 420 sailors around the world. Coaches can also benefit from the video and look at new approaches to training and coaching. The training video is broken down into easily digestible sections, which you can view as separate video clips. The video focuses on:

Preparation and General Skills, Light Winds, Medium Winds, Strong Winds. [More ....](#)

## WEBSITE FOCUS

The International 420 Class Association is inviting tenders to develop a new website for the 420 Class. This is an exciting project, to develop a new website and communications platform and partner with the world's leading youth training boat.

We are looking for effective and imaginative ways of showcasing the 420 class and supporting the 420 community around the world as well as exploiting our web presence to attract future generations of sailors to the class. Interested parties can read the [Website Functionality Specification](#). Website Tenders must be received by the deadline of 2300 hours on Monday 11 July 2011, by email to [420office@gmail.com](mailto:420office@gmail.com)

## 2011 420 OPEN AND LADIES EUROPEAN CHAMPIONSHIPS



So far 9 nations have entered teams to the 420 Open Europeans and Ladies Europeans taking place in Tavira, Portugal from 20-29 July 2011. So far, Australia and the US Virgin Islands will also be competing alongside the European nations.

Israel dominated the leaderboard in 2010, but there are plenty of other nations who have strong teams with the podium on their wish list for this Championship.

Nations are allowed to enter up to 7 teams, with 14 teams for the host country in each of the Open and Ladies 420 Europeans. [Enter Online](#) and the entry deadline is 20 June 2011. 420s and ribs are available for charter – with full information on the event website. A pre-Europeans training camp is also being held from 17-20 July led by world class coaches Nick Drougas (GRE) and Pedro Pinto (POR).

[Event website](#)

[Notice of Race](#)

[Notice of Training Camp](#)

## 2011 420 JUNIOR EUROPEAN CHAMPIONSHIPS

Held together with the 470 Junior Europeans Championships, to support the transition between the two classes, the 2011 420 Junior European Championships is being held at the Koninklijke Yacht Club Nieuwpoort in Nieuwpoort, Belgium from 7-15 August 2011.

Last year's 420 Junior Europeans attracted 120 teams from 23 nations and we are looking forwards to a similar turnout this year. Teams must be under 19 years of age at the time of the Championships. The format of racing is all teams race together against each other, whether girls, boys or mixed teams, in a qualifying and final series, with racing getting underway on 9 August 2011.

The renowned coach Jim Saltonstall (GBR) will be on hand to coach and support the young teams, with a focus on developing boat handling, boat tuning, race strategy, starting techniques, tactics and RRS skills of the sailors.



[Enter online](#) and an earlybird entry fee of EUR200 is on offer for all entries made before 7 July 2011. 420s and ribs are available for charter – with full information on the [event website](#).

[Follow the Championship on Facebook](#)

[Event website](#)

[Notice of Race](#)

## 420 NATIONAL CHAMPIONSHIPS UPDATE

There has been a flurry of 420 National Championships taking place around the world – from South Africa to New Zealand, Portugal to Holland. Alongside aiming for top results at their respective National Championships, for many teams these events were also the national selection event to determine who will represent their nations at the ISAF Youth Sailing World Championships, and 420 European and 420 Junior European Championships.

**420 Dutch Nationals** – attracted an all time record of entries for this event - with 43 teams participating. Floris and Laurens van de Werken won the Championships, and have been selected along with Fieke van Dijk/Josca Hummel as the boys' and girls' teams to represent The Netherlands at the 2011 ISAF Youth Sailing World Championships.

[More ...](#)



**Floris and Laurens van de Werken (NED) © Dutch Youth Regatta**

**420 Portuguese Nationals** – Three days of racing and 9 races delivered the 32 teams contesting the 2011 Portuguese 420 National Championships a range of weather conditions to test all skills. The all girls team of Patricia Costa/Inés Lucas from Barreiro Sailing Club put in a stunning performance to secure the gold medal and Championships title with a 17 point margin. [More ...](#)

**420 South African Nationals** - Zeekoe Vlei Yacht Club in Cape Town hosted the 2011 420 Class Nationals from 30 April-2 May 2011, with 20 boats competing in the 10 race series. Twins Eben and Johan Vivier took the accolade of South African 420 National Champions 2011, finishing with a 4 point margin over the second placed team. [More ...](#)



**420 Spanish Nationals** - five days of racing and 10 races delivered a closely fought 2011 Spanish 420 National Championships in Las Palmas, Gran Canaria from 19-23 April. Jorge Martinez/Tomas Ugalde (ESP) were impressive, but not quite on fire, on the opening day's four races, but it was their follow through of consistent and top 5 results that delivered them a clear win with a 10 point margin over the rest of the fleet. In the 420 women, Barbara Cornudella/Sara Lopez put their stamp on the fleet after the first racing day and they retained their form to secure themselves the Women's Championship and finish ninth overall. [More ...](#)

**RYA Youth Nationals** - Craig Dibb/Charlie Cox were clinical in claiming the 420 boys' title, picking up five race wins at the RYA Youth National Championships from 9-15 April. Jess Lavery/Georgie Mothersele had a fantastic week leading the way to take the Girls' Championship title and finish third overall. [More ...](#)

**420 New Zealand Nationals** - Alex Munro/Brad Moss won the New Zealand 2011 420 Nationals, 10-13 March 2011, and claimed their place to compete at the ISAF Youth Sailing World Championships in Croatia, with Verity Judge/Emma Jones being the top female team and finishing second overall to also head to Croatia. [More ...](#)

Submit your event news to [420office@gmail.com](mailto:420office@gmail.com)

## 2011 ALL AFRICA GAMES

Young sailors from Africa will have their first chance to compete in the 420 at the All Africa Games taking place in Maputo, Mozambique from 3-11 September 2011, with the 11 race series starting on 5 September. The 420 Class has been working hard in the African continent to support and develop 420 sailing and we are delighted that this has translated to inclusion in the All African Games. So far teams from 6 nations have confirmed entries, with more expected.

All the equipment will be supplied, with competitors bringing their own sails. The entry deadline is 15 July 2011 and each nation may send two entries per event. [More ...](#)

In the lead up to the All Africa Games, in partnership with IOC Olympic Solidarity the Federacao Mocambicana de la Vela e Canoagem (Mozambique Sailing Federation) will host a Level 3 Technical Course for Coaches from 25 -31 July 2011. If you are a coach affiliated to an Africa ISAF Member National Authority who wishes to know more about how to get on this course then please get in touch with the ISAF Training and Development Department on [training@isaf.co.uk](mailto:training@isaf.co.uk). There will be a limited number of travel grants available for coaches which will pay up to \$250 towards travel to Maputo from within Africa. [More ...](#)

## 420 CLASS – THE PATH TO SUCCESS AT SKANDIA SAIL FOR GOLD



**Jo Aleh and Olivia Powrie (NZL)**  
© Thom Touw

Congratulations to past 420 sailors, Jo Aleh and Olivia Powrie (NZL) who have just won the 470 women's event at 2011 Skandia Sail for Gold Regatta. Aleh and Powrie took victory at the 2007 420 Ladies World Championships on their home turf in Auckland, New Zealand.

Hannah Mills (GBR), who was 2006 420 Ladies World Champion amongst other European Championship titles, took the silver medal in the 470 women at Sail for Gold, with crew Saskia Clark.

The silver medal in the 470 men went to Mat Belcher and Malcolm Page of Australia. Both sailors have trodden the 420 path to their 470 successes. In 2004, Malcolm crewed Nathan Wilmot to claim the 420 World Championship. Whilst Mat Belcher won the 2000 420 World Championships, then crewed by his brother Daniel.

In the women's match racing is another 420 star - Lucy MacGregor (GBR). Lucy won the silver medal at Skandia Sail for Gold with her crew Kate MacGregor and Annie Lush. Count back 7 years and Lucy secured the silver medal at the 2004 420 World Championships. Kate MacGregor and Annie Lush are also former 420 sailors. In the Paralympic SKUD18, Nikki Birrell (GBR) who won the silver medal with helm Alexandra Rickham, is another 420 sailor.

We will showcase many other former 420 sailors who are now competing internationally in future newsletters.

## ISAF YOUTH SAILING WORLD CHAMPIONSHIPS

There are over 250 teams entered to the 2011 ISAF Youth Sailing World Championships - the world's best young sailors from around the world. 136 of those sailors will be competing in the boy's and girl's two person dinghy events in the 420.

This year, 40 nations will be contesting the 420 events - representing every continent of the world, a stunning demonstration of popularity. Whilst some nations are still to announce their teams, the latest entry data is on the ISAF website:

[420 Boys Entries](#) | [420 Girls Entries](#)

Across all the events at the ISAF Youth Worlds, there are 59 nations represented, with 420 teams from 41 of those nations. With just under a month to go to the ISAF Youth Sailing World Championships, 7-16 July in Zadar, Croatia these young sailors will be getting into final preparations, with excitement and no doubt a bit of nervousness.

Competing for the first time is Madagascar, who will have Andrianirina Beacker Badrouline and Mouhidine Sambaso Eisel flying the flag in the 420 boys, with Esmeralda Valerene Raherilandy and Thatcher Bricia Noro El-Alawivet Rafahavelo in the girls. We wish a great Championships to this team.

In the 420 boys, ten of the teams are making a repeat performance, including the 2010 Gold medal winning helm Jordi Xammar (ESP), although he has partnered up with a new crew in the form of Alex Claville. In the girls' fleet, there are seven nations who will be sending the same teams or one of the crew will be the same, including the 2010 Silver medallists from France Maelenn Lemaitre/Aloise Retornaz. Having experience from last year will certainly help, but there are many fantastic sailors competing across the fleets, so expect anything. [More ...](#)

### 420 SAILOR PROFILE - LARA VADLAU (AUT)

Lara Vadlau of Austria won the inaugural Youth Olympic Games in 2010 sailing in the girls one-person dinghy. Her skills are diverse as just a few weeks before the Youth Olympics, Lara won the bronze medal in the 420 class at the 2010 ISAF Youth Sailing World Championships in Istanbul, Turkey with crew Hannah Hanke.

Lara has now made the transition to the 470 and with crew Eva Mara Schimak has had a busy season so far, racing at the Skandia Sail for Gold Regatta where they finished #40, Semaine Olympique Francaise where they finished #23 and at Trofeo SAR Princesa Sofia – Mapfre where they finished #33 to deliver an ISAF World Ranking of #77. In between these events, there was a brief step back into the 420 with crew Tanja Frank to win the 2011 Alpe Adria Challenge with a clean sweep of race wins to secure victory. [More ...](#)

### 420 EUROPEAN COACHES SEMINAR

The 420 development programme opened for 2011 with the 420 European Coaches Seminar led by coach Jim Saltonstall (GBR). The Coaches Seminar is part of a series of initiatives to strengthen



**Jordi Xammar and Joan Herp (ESP) wing gold in 2010 © ISAF**



**Lara and Tanja on their way to victory at Alpe Adria Challenge © Martin Steinthaler**

coaching capacity and to encourage and sustain youth sailing, with a focus on improving coaching skills and technique. 9 coaches from 5 nations (Austria, Ireland, Turkey, Denmark and Czech Republic) participated.

The International 420 Class has several years' experience of promoting coaching skill development and practice through holding Clinics in Spain, Brazil, Singapore, Turkey, USA, Denmark and Japan. As in Austria, typically these combine sessions on and off the water, with participants planning, briefing and delivering sessions and working with a dozen or so sailors (who get the benefit of many varieties of coaching style!), with video and de-briefing sessions to facilitate reflective practice. [More ...](#)

## SUPPORTING JAPANESE SAILING AFTER TSUNAMI



On 11 March 2011 the north east of Japan was hit by an Earthquake and Tsunami. The Japanese sailing community was left devastated with marinas and harbours destroyed along with all yachts, dinghies and coaching boats lost or beyond repair.

*"It was something I've never experienced," said Kay Matsuoka, Japanese Sailing Federation National Team Manager. "A lot of people's lives changed that day and for Japan as a whole it was way too massive for anyone to comprehend for a week or two.*

*"Throughout Japan and at JSAF we have huge resilience and sense of unity and everyone is positive and prepared for the future."*

JSAF has recently launched the 'Charity Flag and Sticker Campaign' which is building momentum

And the Japanese sailing community has room for optimism thanks to some excellent work by JSAF with the operation to rebuild Japanese sailing well underway. [More ...](#)

## OBITUARY – PAOLILLO LUCA (ITA)

It is with deep regret that we announce the passing away of Paolillo Luca, a young 420 sailor from Italy who tragically passed away on 18 May after a road accident. Paolillo was a very accomplished sailor, number one on the Italian 420 Class Ranking and had developed his skills in the Optimist prior to moving to the 420. [More ...](#)

## 420 ADMINISTRATION UPDATES

**2011 420 General Assembly** - the Extraordinary General Meeting and the General Assembly will be held on 26 July 2011, starting from 1700 hours. This is the lay day of the 2011 420 European Championships and the venue will be the Hotel Vila Galé Tavira, Portugal. [More ...](#)

**Sail Buttons** - the fax number for ordering plaques and sail buttons from the Treasurer has changed to +44 871 528 3982 .

**420 Championship Guidelines** – have been revised and are available online at: [www.420sailing.org/files/uploaded/Guidelines\\_final\\_CD2.jw.pdf](http://www.420sailing.org/files/uploaded/Guidelines_final_CD2.jw.pdf)

## 420 NATIONAL CLASS ASSOCIATION UPDATES

New websites have been launched for both the Bulgarian and Spanish National 420 Class Associations:  
Bulgaria - [www.bul420-470.org](http://www.bul420-470.org)  
Spain - [www.420esp.com](http://www.420esp.com)

Submit your 420 news here [420office@gmail.com](mailto:420office@gmail.com)

## 420 EVENT CALENDAR

### RECENT 420 EVENTS

11-13 June 2011	<a href="#">Young Europeans Sailing, 11-13 June 2011</a>	Kiel, Germany
31 May-4 June 2011	<a href="#">Singapore National 420 Championships</a>	Singapore
28-29 May 2011	<a href="#">Lilac Regatta Festival</a>	Hamilton, Canada
21-22 May 2011	<a href="#">Alpe Adria Challenge</a>	Klagenfurt, Austria
14-15 May 2011	<a href="#">Mediterranean Sailing Meeting</a>	Barcelona, Spain
13-15 May 2011	<a href="#">Italian Regatta Nazionale 3</a>	Trieste, Italy
22-25 April 2011	<a href="#">Izola Spring Cup</a>	Izola, Slovenia
20-23 April 2011	<a href="#">Portuguese Youth Championships</a>	Tavira, Spain
19-24 April 2011	<a href="#">Coupe Internationale de l'Amitié (CIMA)</a>	Martigues, France

### NEXT 420 EVENTS

23-26 June 2011	<a href="#">Kieler Woche 2011</a>	Kiel, Germany
2-9 July 2011	<a href="#">Flanders Regatta</a>	Nieuwpoort, Belgium
2-5 July 2011	<a href="#">Queensland Youth Week</a>	Manly, Australia
2-10 July 2011	<a href="#">Warnemunder Woche</a>	Warnemunder, Germany
7-16 July 2011	<a href="#">ISAF Youth Sailing World Championships</a>	Zadar, Croatia
11-15 July 2011	<a href="#">French Coupe Nationale / French Nationals</a>	Cherbourg, France
17-20 July 2011	<a href="#">420 Europeans Training Camp</a>	Tavira, Portugal
20-29 July 2011	<a href="#">420 European Championships</a>	Tavira, Portugal
22-31 July 2011	<a href="#">Travemunder Woche</a>	Travemunder, Germany
30 July-5 August 2011	<a href="#">German 420 Youth Championship</a>	Großenheidorn, Germany

[Click here for full 420 events calendar](#)

Is your event listed? Submit your event to: [420office@gmail.com](mailto:420office@gmail.com)

## 420 NEWSLETTER - DELIVERED TO YOU IN PARTNERSHIP WITH THE 420 ADVERTISERS

Zaoli Sails, BlueBlue, Nautivela, Far East Boats, North Sails, A-Blade, CurraDinghy

### ABOUT THE INTERNATIONAL 420 CLASS

The International 420 Class dinghy is an ISAF International Class and two-person dinghy for young sailors. The 420 is an established worldwide performance two-person trapeze and spinnaker racing dinghy and the world's top youth training boat, which is used as the selected equipment at the ISAF Youth Sailing World Championships - offering the perfect pathway from youth to Olympic sailing.

There are over 56,000 420 dinghies worldwide, sailed at school, club, open, national and international levels. There are many second hand boats available, active clubs and excellent tuition for all levels. The boat is truly international, and can be sailed by a wide range of people and in a wide range of weather conditions.

**The International 420 Class Association is responsible for managing and promoting 420 sailing around the world in partnership with the 420 National Class Associations.**

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