



NOVEMBER ISSUE 2012



# NEWSLETTER

Official Newsletter of the International 420 Class Association



## 420 TO THE MAX!



### Featuring:

420 Worlds  
420 Junior  
Europeans  
Development  
Update  
420 Pathway

[www.420sailing.org](http://www.420sailing.org)



# 2012 420 WORLD AND LADIES WORLD CHAMPIONSHIPS

27 July – 5 August 2012  
Lake Neusiedl, Austria

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Twenty eight nations and 179 teams competed at the 2012 420 World Championships. "Challenging" was the sailors' consensus on the shifty and unpredictable sailing waters of Lake Neusiedl in Austria, which threw everything from 5-22 knots at teams. Outside of the leading pack of boats in each fleet, it was a real snakes and ladders scoreboard with teams trading positions as they posted vastly differing scores from one race to the next.

The 2012 420 Junior World Championship titles were awarded to Kimberly Lim/Savannah Siew (SIN) in the 420 Ladies fleet and Alex Kavas/George Kavas in the 420 Open fleet, as the highest placed teams with both the helm and crew aged 18 or under.

## 420 Open

In a performance which can only be described as exceptional, brothers Alex and George Kavas from Greece outclassed the fleet to claim Gold, achieving their third successive podium finish at a 420 Championships.

During the first five races of the qualification series, the leaderboard was close as David and Alex Charles (ESP) and the Greek brothers matched each other's overall points in their respective fleets. But when the two sets of brothers came head to head in the final series, the situation unfolded differently. Speed was the name of the game for the Greeks, and they had the edge whatever the conditions. Described by their coach as

"sailing like computers" after two race wins on the first day of the Championship, the pair continued with the same approach, scoring a total of 7 wins from the ten race series.

"It was our last regatta in the 420 and we are really pleased," said older brother George. The brothers also secured the 420 Junior World Championship title.

Alex and George won the 2011 420 European Championships and claimed bronze at the 2011 420 Junior European Championships, so it is fitting they retired from the 420 Class with the ultimate gold medal honour.

The turning point for the Charles brothers' assault on the World Championship title came after equipment failure forced them out of race 9, and added unwanted points to their scoreline. Astonishing that last year the brothers didn't even qualify for the previous 420 Worlds and this year won gold at the ISAF Youth Worlds and bronze at the 420 Worlds.

A steady scoreline for France's Guillaume Piroelle/Valentin Sipan delivered them the silver medal, to match the silver they secured at the 2012 ISAF Youth Worlds, and silver at the 2011 420 Junior European Championship.

Piroelle was relatively relaxed going into the final day of racing, commenting, "It depended whether there were three races or one, but with just one race, we were confident as we didn't have a bad race, so could have a discard."

## 420 Ladies

An overwhelming delivery from Singapore's 420 Ladies team, with three of the nation's four teams competing at the Worlds finishing in the top four, and Rachel Lee/Cecilia Low stepping up to collect the ultimate prize of World Championship gold.

In the final race 10, Lim/Low knew they had to finish ahead of Chile's Nadja Horwitz/Sofia Middleton and with two boats between them to secure the gold medal. A great start saw Lee/Low lead to the first mark first, with the Chileans in third. After the reaching leg, the Chileans started catching up on Lee/Low, and then gybed off away from the fleet. Strategically the Singaporeans chose to cover the Chileans, so followed them and went on to secure victory.

Out on the water the Singapore pair supported each other, as Low explained, "We tried to calm ourselves down by talking to each other. The wind was light at the start, and we were a bit worried as we are on the heavy side, but it turned out OK. It feels really, really great."

Modest about the achievements of the Singapore 420 Ladies team, they seemed surprised to have collectively delivered such an impressive outcome. "We didn't dream this would happen. It was really unexpected. The level here is very, very high and the fleet is very competitive. It has been difficult to stay on top," said Lee.



Rachel Lee/Cecilia Low (SIN) © depaul.at



© depaul.at



© depaul.at

It was a tough final day for Nadja Horwitz/Sofia Middleton, who had been leading the World Championship from the outset, but after the nailbiting final race had to settle for the silver medal. Understandably emotional about the outcome, Horwitz was equally graceful to the Singapore team's skills on the race track, saying, "They raced really, really well. They didn't give us a chance and sailed better than us, so they deserved the gold."

With the exception of wins by a Chilean team at past Lightning World Championships, the silver medal by Nadja Horwitz/Sofia Middleton is the best ever result for Chilean sailors at a World Championship in any class, and will certainly act as a motivator. Worth taking note that only last year, the team of Benjamin Grez/Diego Gonzalez finished third at the 420 World Championships in Argentina, and this year qualified to the Olympics in the 470 men event.

A win in race 10 provided the bronze medal to Griselda King/Shu Xian Lee (SIN), "I am really happy with the results. We did better than expected as we are a new partnership," said King. "We understand each other and have both sailed with lots of different partners so have experience of what works well and have similar ideas and thoughts," added Lee.

The 420 Junior World Championship titles were awarded to the top placed teams where both helm and crew are aged 18 or under. Kimberly Lim/Savannah Siew (SIN) won the 420 Ladies Junior World Championship title and Alex Kavas/George Kavas (GRE) won the 420 Open Junior World Championship title.

The Huck Scott Memorial Trophy was awarded to Eduard Fiala/Jan Fiala (CZE) as the youngest team competing in the Championship.

The William Sanchez Trophies were awarded to Wade Waddell/Henry Fernberger (USA) in the 420 Open and Kimberly Lim/Savannah Siew (SIN) in the 420 Ladies as the highest placed team, with both crew members aged 16 or under.

Spain won the Francis Mouvet Trophy as top nation, narrowly clinching the accolade ahead of Singapore.

## 28 NATIONS AND 179 TEAMS COMPETED AT THE 2012 420 WORLD CHAMPIONSHIPS

### 2012 420 World Championship – Top 5 Overall

Men Pos	Nation	Team	Points
1	GRE	Alex KAVAS/George KAVAS	18
2	FRA	Guillaume PIROUELLE/Valentin SIPAN	29
3	ESP	David CHARLES/Alex CHARLES	36
4	ESP	Santi MAS/David MAS	50
5	AUS	Josh FRANKLIN/Alexander GOUGH	67

Ladies Pos	Nation	Team	Points
1	SIN	Rachel LEE/Cecilia LOW	28
2	CHI	Nadja HORWITZ/Sofia MIDDLETON	29
3	SIN	Griselda KING/Shu XIAN LEE	54
4	SIN	Kimberly LIM/Savannah SIEW	55
5	ITA	Ilaria PETERNOSTER/Bernadetta DI SALLE	57

Supporting the natural transition from the 420 to the 470 Class, and wanting to encourage the best sailors to compete in the 470, the International 470 Class Association provides free entry fees to the top three girls and boys teams at the 2012 420 World Championships in Austria for them to compete at either the 2013 470 Junior World Championships or the 2013 470 Junior European Championships. Congratulations

Go to the 2012 420 Worlds Website





# 420 JUNIOR EUROPEAN CHAMPIONSHIPS 2012



9 – 17 August 2012  
Lake Garda, Italy

**Guillaume Pirouelle/Valentin Sipan (FRA) claimed gold at the Junior Europeans, straight on the back of a silver medal at the Four Star Pizza ISAF Youth Worlds and a silver medal at the 2012 420 World Championships. A fleet of one hundred and thirteen teams from twenty-nine nations descended on the renowned Fraglia Vela Riva, Lake Garda, Italy for some stunning racing, in a beautiful location and challenging conditions. Supporting the transition between the 420 and 470, the two classes hold their Junior European Championships together at the same time and venue.**

The 2012 420 Junior Europeans got underway only a few days after the close of the 2012 420 World Championships in Austria, and it was interesting to see the variance in performance by teams across the two events. Both Championships were held on lakes, but with very little similarity in the type of conditions. The 2012 420 World Champions, Alex and George Kavas, had jumped to the 470 Class, so opened up a gap for other teams, but it was the Spanish and French who continued to dominate in Italy as they had in Austria. In the 420 Ladies fleet, the Singapore teams who claimed the Gold and Silver in Austria did not compete at the Junior Europeans and Chile's silver medalists Nadja Horwitz/Sofia Middleton had moved to race in the 470 fleet, so the door was wide open.

The 420 teams sail in one overall Championship, with teams re-seeded after each day of racing in the qualification series, before going into gold, silver and bronze fleets for the final series. So girls against boys with a few mixed teams in the fleet as well.

In a light and shifty breeze of around 7-9 knots, the Championship leaders going into the final day, Guillaume Pirouelle/Valentin Sipan (FRA), did what they needed to secure the Championship, taking a non-risky approach to post a 2.17 scoreline and take the title ahead of Italy's Giacomo Ferrari/Giulio Calabrò by 3 points.

"We finished second in the Open Junior Europeans last year and top European team, so this year we really wanted to win first overall," said Sipan.

## 420 On Tour

At Lake Garda Optimist Meeting

Once again the International 420 Class showcased a 420 dinghy during the classic XXX Lake Garda Optimist Meeting in Italy. Sailors from Bulgaria to Latvia, Denmark to the USA and representing around 40 nations gathered at Fraglia Vela Riva for this unique event, which attracted Optimist sailors and fans across around Europe and beyond, from 5-8 April 2012.

The event provides a great opportunity to showcase the 420 to the next generation of young sailors. Numerous sailors have been

attracted to the 420 from the Optimist and our onsite showcase gives a great opportunity for many young sailors to experience 420 sailing first hand. With over 1,000 young Optimist sailors entered, the numbers speak for themselves. Sailing, Sport and friendship are the ingredients for the Lake Garda Optimist Meeting – a theme synonymous with the 420 too.

Thanks to Nautivela and Olimpic Sails who supplied the fully rigged 420.



© Tom Mapplebeck

Pirouelle/Sipan have had an amazing run of form this Summer, including standing on the podium at each of the three major Championships they have contested – gold at the 420 Junior Europeans, silver at the 420 Worlds, and silver at the Four Star Pizza ISAF Youth Worlds.

A late rush from David Charles/Alex Charles of Spain enabled them to slash the points deficit and leap up to take the bronze medal. Similar to the French, the bronze medal marks the Spanish brothers' third consecutive podium finish – adding to their bronze medal at the 420 Worlds, and gold at the Four Star Pizza ISAF Youth Worlds. All of the top three teams are well known to each other, with

the Italians Ferrari/Calabrò finishing 15th at the 420 Worlds and 9th at the ISAF Youth Worlds.

An outstanding series for Annabel Vose/Kirstie Urwin, who were aiming to see off the final day competition from the boy's teams and creep up through to the final top 10 on the overall leaderboard. It seemed like too big an ask, but the pair achieved their goal in impressive style with final day race finishes of 7.2, rewarding them with a tenth place finish overall and the 2012 420 Ladies Junior European Championship title.

Urwin was thrilled with her gold medal, "It is amazing. I have never raced a 420 Junior Europeans and before the ISAF's I had never done a Worlds, so it is a completely new experience. I have loved sailing here."

**"We finished second in the Open Junior Europeans last year and top European team, so this year we really wanted to win first overall," said Sipan.**

Having taken a break after their bronze medal at the Four Star Pizza ISAF Youth Worlds, Vose explained their approach to the Championship, "The Open fleet was always going to be hard and I think we just had to race as well as we could and then approaching the end of the regatta we weren't looking at the open results any more. The main thing

**"It is amazing. I have never raced a 420 Junior Europeans and before the ISAF's I had never done a Worlds, so it is a completely new experience. I have loved sailing here."**

was to get a medal and we were really focused on the ladies fleet in that sense. We are really happy with a top 10 overall result. It is good to race with the boys occasionally to show them we are not as bad as they think we are!"

Taking the 2012 420 Ladies Junior European Championship silver medal were Lena Stück/Franziska Mäege (GER), and Israel's Noya Bar-Am/Rimon Shoshan (ISR) claimed the bronze medal.

For events website, reports, images, video and more, scan here



### 2012 420 Junior Europeans Championship – Top 10 Overall

Pos	Nation	Team	Points
1	FRA	Guillaume Pirouelle/Valentin Sipan	52
2	ITA	Giacomo Ferrari/Giulio Calabrò	55
3	ESP	David Charles/Alex Charles	68
4	GRE	Fratzskos Mpakatsias/ Evangelos Christopoulos	75
5	NED	Pieter Goedhart/Lars Van Stakelenborg	81
6	USA	Wade Waddell/Henry Fernberger	95
7	SUI	Sebastiano Baranzini/Matteo Colombo	95
8	GRE	Michal Karagiannis Zenetbidak/ Vasileios Kontakis	96
9	GBR	Callum Arie/Joseph Butterworth	99
10	GBR	Annabel Vose/Kirstie Urwin	107



© fotofore.com



Annabel Vose/Kirstie Urwin (GBR) © fotofore.com



# 420 PATHWAY

## 2000 420 World Champion Secures Olympic Gold Medal And World Sailor Nomination

Former 420 sailor Mat Belcher, won the 2000 420 World Championships with his brother Dan, before moving across to the 470 Class - and as the saying goes the rest is history - with 470 World Championship titles, World Cup titles and an Olympic Gold Medal amongst Mat's credit.

Soon after their 2012 Olympic Gold medal success in the 470 Class, the Australian "470 Dream Team" of Mat Belcher and Malcolm Page were announced as nominees for the ISAF Rolex World Sailor of the Year Awards. The Awards recognize

achievement during the qualifying period of 1 September 2011 and 31 August 2012, and Belcher/Page have had plenty of that, enjoying a phenomenal 12 months unsurpassed in the history of the 470 Class.

Belcher/Page won the 2011/2012 ISAF Sailing World Cup, in addition to winning the 2009/2010 and 2010/2011 ISAF Sailing World Cups.

More at:



Lara Vadlau/Eva Maria Schimak (AUT) © Thom Toun



Mat Belcher/Malcolm Page (AUS) © orEdition 2012



Aleh/Powrie (NZL) © orEdition 2012

## Jo Aleh And Olivia Powrie (NZL) Win Olympic Gold

Another Olympic medal pair has their roots in the 420 Class. New Zealand's Jo Aleh and Olivia Powrie won Gold in the 470 Women's event at the 2012 Olympic Games, but it was not that many years ago, back in 2007, when they won their only World Championship gold medal at the 420 Ladies World Championships in Auckland, New Zealand.

The only other time a New Zealand team claimed an Olympic medal in the 470 women's event was in 1992, when Leslie Egnot/Janet Shearer (NZL) secured the silver medal in Barcelona, Spain.

Powrie has also staked her claim at the ISAF Youth Worlds, as a helm in the 420 girls' fleet, finishing 9th at the 2003 Championship and 12th in 2004. *Continued on page 9.*

## Catching Up With Lara Vadlau (AUT)

Austria's Lara Vadlau has enjoyed a meteoric rise so far in her sailing career. Internationally she first made an impact back at the 2007 Optimist World Championship, when she achieved the best ever result of an Austrian sailor, finishing tenth overall and the second best placed girl helm. From there it was onto the 420 Class, with the target of the ISAF Youth Sailing World Championship.

Lara's first ISAF Youth Worlds appearance was in July 2010 in Istanbul, Turkey, where she secured a bronze medal with crew Hannah Hanke. A month later and Lara turned back to one-person sailing and the inaugural IOC Youth Olympic Games in August 2010 in Singapore, scorching the 32 boat strong competition to win gold, with a 14 point margin.

At the 2011 ISAF Youth Sailing World Championships in Zadar, Croatia, Lara secured the gold medal in the 420 girls' fleet with crew Tanja Frank, after a string of top finishes, including two race wins.

Less than six months later, Lara had teamed up with Eva-Maria Schimak and her focus was on the 470 Olympics. A selection attempt at the Perth 2011 ISAF Sailing World Championships in December in Australia, left the pair way off the park, so next stop was the 2012 470 World Championships in Barcelona, Spain, 10-19 May 2012 and their final opportunity to secure their Olympic berth.

After three days of racing, and just a two point margin, Lara Vadlau/Eva-Maria Schimak were the last of the six teams representing unqualified nations to make it through to the gold fleet and still in with a

chance of Olympic qualification. The pair continued to sail a very solid final series and, with two of the remaining Olympic slots already determined ahead of the concluding race at the 470 Worlds, went into the last race as one of four nations gunning for the final three Olympic qualification places. Lara and Eva-Maria played it cool and safely sailed their way to Olympic Qualification success. An impressive outcome for Lara, who was the youngest helm competing at the 470 Worlds, at just 18 years old.

Watch the video of Lara discussing qualification for the 2012 Olympic Games and her sailing pathway from Optimist to 420 to Olympics.

At the 2012 Olympic Sailing Competition, the pair raced a great series achieving a best race result of 10th and finished 20th overall.



Peter Burling (NZL) © C Gulan Gresser/Oracle Team USA



Burling/Gresser (NZL) © orEdition 2012

## Olympic Silver Medal For Former 420 World Champion Peter Burling (NZL)

At the tender age of 15 years old, New Zealand's Peter Burling won the 2006 420 World Championship with helm Carl Evans, and in the same year won the 420 Junior European Championship. A year later in 2007, they successfully defended their 420 World Championship title on home waters in Auckland, New Zealand.

On the fast path to success, Burling and Evans represented New Zealand in the 470 class at the 2008 Beijing Olympics. They placed 11th in a hastily prepared campaign, but it was a great learning experience for Burling who switched to the 49er Class after the 2008 Games. Now as helm, he won the silver medal at the 2012 Olympic Games, a medal he had wrapped up before the medal race finale.

Six years later, with two Olympic Games and an Olympic Silver medal to his credit, Burling is signed up for the America's Cup as skipper of Team Korea's White Tiger Challenge. Aged 21 years, Peter Burling becomes the

youngest skipper in the America's Cup by a considerable margin, a position he is familiar with, having been the youngest ever sailor to represent New Zealand at the Olympic Games, when he sailed in the 470 class in 2008 in China.

*"All the yachting I do, I'm always the youngest, it doesn't bother me anymore," said Burling. "It's always been that way, I just go with it."*

*"You obviously learn a lot from every event you do, but the Olympics are certainly special. They only happen every four years and they are what everyone's trying to aim at, so it was nice to have been there before (in 2008) and seen how it all works," said Burling after his 49er success.*

Source: America's Cup website and Team Korea website.

**"All the yachting I do, I'm always the youngest, it doesn't bother me anymore," said Burling. "It's always been that way, I just go with it."**



# FOUR STAR PIZZA ISAF YOUTH SAILING WORLD CHAMPIONSHIP

Dublin Bay, Ireland  
12 – 21 July 2012



© David Brannigan/ISAF



© David Brannigan/ISAF

## France And Italy Claim Gold

Cool heads and steely nerves were among the vital attributes required to achieve ultimate success at the 2012 Four Star Pizza ISAF Youth World Sailing Championships on Dublin Bay in Ireland.

Across the seven different classes the finale was marked by light, conflicting breezes with at least as many little upsets unfolding through the day as there were expected winning scenarios playing out on cue. The 12-race series was contested by thirty nations in the 420 Boys' fleet, with 26 in the 420 Girls, for a total of 30 different nations competing across the two fleets.

In the evenly balanced 420 Boys fleet, a hard earned final race victory by Barcelona's twin brothers David and Alex Charles won them the title, which marked the first of a hat trick of Championship medals they were to secure over the Summer.

The Charles brothers went into the last race in third, considering themselves outsiders for the gold medal, but capitalised on their great start whilst their nearest rivals, Guillaume Prouelle/Valentin Sipan (FRA) who had led for most of the Championship, tussled in the depths of the fleet to claim silver. The Netherlands' Pieter Goedhart/Lars Van Stekelenborg took the bronze.

*"We have been consistent in very difficult conditions and that has made the difference,"* concluded Alex Charles.

The 420 girl's fleet was tightly poised going into the penultimate day of racing, but Ilaria Paternoster/Benedetta Di Salle of Italy made the break to sail a cool, composed 1,4 scoreline and draw just one point ahead of the Australians Carrie Smith and Ella Clark. All the Italians then needed to do was beat the Australians on the final day to win the Championship crown, which they did in style.

*"We cannot believe we are world champions, maybe this evening or tomorrow it will sink in. We never even expected to get in the top five, far less win. But we have worked hard for it. We could look back and see where the Australians were and knew we could do it,"* said Paternoster.

470 Support - the International 470 Class will award a grant of EUR1,000 to the winners of the boys' and girls' 420 event at the 2012 ISAF Youth Sailing World Championship to take part in either the 2013 470 Class Junior World Championship or the 2013 470 Class World Championship next year in La Rochelle, France.

The 2014 ISAF Youth Sailing World Championship will take place in Limassol, Cyprus from 11-20 July 2012.

### 420 Boys – Top 5 Overall

Pos	Nation	Team	Points
1	ESP	David Charles/Alex Charles	61
2	FRA	Guillaume Prouelle/Valentin Sipan	65
3	NED	Pieter Goedhart/Lars Van Stekelenborg	66
4	BRA	Ricardo Paranhos/Patrick Essle	87
5	JPN	Keiju Okada/Makoto Iijima	95

### 420 Girls – Top 5 Overall

Pos	Nation	Team	Points
1	ITA	Ilaria Paternoster/Benedetta Di Salle	44
2	AUS	Carrie Smith/Ella Clark	51
3	GBR	Annabel Vose/Kirstie Urwin	57
4	CHI	Nadja Horwitz/Francisca Fuentes	58
5	NZL	Erica Dawson/Elle Copeland	73



## Callum Airlie (GBR) Lights Olympic Cauldron

### Then returns to compete at 420 Worlds

Watched by a worldwide audience of over a billion, 420 sailor Callum Airlie performed an honour previously reserved for the most elite sportsmen and women in the world. At 0028 hours on Saturday 28 July 2012, and only minutes after turning 17 years old, the sailor was one of seven athletes carrying torches to light the Olympic Cauldron signalling the start of the 2012 London Olympic Games. The remainder of his 17th birthday went past in a blur!

The seven athletes were chosen for their achievements in their individual sports and took the starring roles at the Olympic Opening Ceremony extravaganza. Airlie was nominated for the task by gold medal-winning sailor Shirley Robertson (GBR) and was sworn to secrecy. None of the British 420 team, nor 420 crew mate Joseph Butterworth, had any idea why Callum had returned to London from the 420 World Championships in Austria. Callum's mother was in on the secret, but even his father and brother had no idea, until Callum appeared on the television in front of them.

After receiving the torch, from legendary rower Sir Steve Redgrave just after midnight, the group of aspiring athletes ran a circuit of the

track then headed to the centre of the arena, where they each lit one of the 204 copper petals, inscribed with the name of one of the competing nations, to ignite the spectacular beacon.

Commenting on how he felt, Callum gave the broadest grin, saying *"It was just truly phenomenal really. I just couldn't stop shaking my legs. I was tensing them, I couldn't do anything, my nerves were incredible. But then, as soon as we started, as soon as Steve handed the torch over, it was absolutely fine, it felt so normal and so right. It was tremendous."*

From London, Callum flew straight back to Austria for the 2012 420 World Championships, where he finished 31st in the silver fleet with crew Joseph Butterworth. The pair then competed at the 2012 420 Junior European Championships, finishing 9th overall.

**Read on at:**



## 2011 420 Worlds Bronze Medallist Represent Chile In 470 Men Olympic Event

For first time in 28 years, Chile was represented in the 470 Men event at the 2012 Olympic Sailing Competition. And impressively the team of Benjamin Grez/Diego Gonzalez were the bronze medallists at the 2011 420 World Championships.

Grez/Gonzalez sailed the series of their lives at the 2012 470 World Championships, which was their last opportunity to secure Olympic qualification, going into race day 3 in 42nd overall and 10 places off the gold fleet out. However, some superb racing rewarded them with two top five finishes and Olympic qualification – a good day in the office for this pair, which secured Chile's first Olympic appearance in the 470 Men since 1984.

For Diego Gonzalez, their Olympic qualification had even more significance, as the last time Chile qualified and competed in the 470 back in the 1984 Olympics, his father Alberto Gonzalez helmed the Chilean team to 18th overall. According to Grez, the senior Olympian's advice was to "sail quiet and the easiest way they could!"



© Thom Toun





# 420 DEVELOPMENT

## Angola On Target For The 2013 420 World Championships

Following on from the 420 clinic held in Angola in October 2010, the Clube Naval de Luanda has taken the next step in supporting and training its 420 teams towards their first international competition next year, the 2013 420 World Championships. In September 2012, two crews from the Clube Naval de Luanda were in Cascais, Portugal for a training clinic, where they joined five Portuguese teams.

The first 420 Clinic in Angola in 2010, focused on both training the trainers – so improving the level of the national coaches, and coaching the sailors. Organized within the International 420 Class Association Development Programme, the clinic brought together 6 coaches and more than 40 sailors. The follow up experience of training alongside some of Portugal's up and coming young 420 sailors in Cascais has again proved invaluable.

The next clinic will be held in January 2013 in Angola hosted by the Clube Naval de Luanda, combining training and racing, and will also mark one of the activities to celebrate the 130 years Anniversary of the Clube Naval de Luanda.

In 2012, Angola purchased twenty brand new 420 dinghies, to support the implementation of their pathway from Optimist sailing through to Olympic Sailing, with the International 420 Class Association providing financial support towards shipping costs. Situated on Angola's coast with the Atlantic Ocean, Luanda is the capital of Angola and its primary seaport. Sailing is well supported with several active clubs.



© Pedro Rodriguez



© Nick Drougas



© RVP

## Saltonstall Continues To Inspire

On water videoing and post-race debriefs were again a highlight at the 2012 420 Junior European Championships in Italy. Jim Saltonstall's legendary post-race debriefs provided a perfect insight on the day's racing, along with top tips as to what will make or break a race, and how best to consolidate your position or recover. Saltonstall attracted a packed terrace full of sailors with his inspirational talks and video highlights.

## Christmas Clinic - Brazil

420 Coaches and Sailors are invited to join the 2012 International 420 Class Christmas Clinic taking place just before the 420 South American Championships, from 26-30 December 2012, at the Clube dos Jangadeiros, Porto Alegre/RS, Brazil. Led by Nikos Drougas (GRE) the clinic will focus

on boat handling, tuning, trimming, starting, strategy and racing, rules and tactics. The entry fee is 50 Brazilian real per person (approximately EUR18). For Registration and more details, please contact Gabriel Tolentino: gabrieltolentino@hotmail.com

After the clinic Drougas will be at the 2013 420 South America Championship, 2-6 January 2013, to follow the races and give a daily debriefing.

## 5th European Coaches Seminar – Russia

The International 420 Class held a successful European seminar for coaches in June 2012 hosted by the Finnish Sailing Club, Togliatti, Russia, in partnership with the Russian Yachting Federation and the Samara Regional Sailing Association. Twenty coaches from all over the country, were joined by 18 local sailors who acted as the "pupils".

The four-day seminar focused on sharing knowledge and information on best practice, through classroom sessions and on water exercises. Led by renowned coach Jim Saltonstall (GBR) and the 420 Class' José Messias (POR), most morning sessions were spent in the classroom on theory, before heading out to the water. Areas covered included boat preparation, boat tuning and racing strategy, starting, tactics and racing rules.

## Coming Next ...

### Online Training Book

The 420 Class is busy producing an online book of exercises, covering a wide range of training exercises in the 420, which will be available to download free of charge.

### Mozambique

In 2013 the International 420 Class is organizing a combined 420 and 470 clinic for sailors in Mozambique, to provide coaching before and during the inaugural 2013 420 and 470 African Championship.

### 4th Asian Coaches Seminar

Planned for 2013 with full information to be published on [www.420sailing.org](http://www.420sailing.org)

### Tools For Rules

Another innovative project from the 420 Class, our "Tools for Rules" is an online educational tool to show and explain the most used rules in 420 racing, to help and support sailors and coaches around the world.

### 6th European Coaches Seminar

Coming up in 2013 will be the next of our European Coaches Seminars, open to coaches from around Europe.

Full information on all our future development projects will be published on [www.420sailing.org](http://www.420sailing.org)



TO THE MAX

The "420 to the Max" online training video has so far attracted over 60,000 views. This free online resource provides coaching and training tips for both the beginner and experienced 420 sailors, and is available in English, French, Spanish and German.

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 these online videos provide a significant resource. Jose Messias, 420 Class Vice-President responsible for the 420 Development Programme commented, "Training and improving techniques can be challenging and this instructional video is a bit like having your own personal video coach to help you get faster and take you through skills and tactics."

This is the first specific training video produced by the International 420 Class Association and introduces a range of specific techniques, and demonstrates

how to master them in different wind and sea conditions and what to consider when undertaking a range of manoeuvres. 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.

The training video is broken down into easily digestible sections, which you can view as separate video clips.

- Preparation and General Skills
- Lightwinds
- Medium Winds
- Strong Winds



© Aiko Salto



© Aiko Salto

## Japan Makes Long Term Commitment To 420 Pathway

The Japan Sailing Federation (JSAF) has made a great step to support the youth pathway in Japan, by committing to the International 420 Class as the primary two-person youth class, with the aim of shifting young sailors from the Flying Junior and national SS Class to the 420.

The team led by Vice-President of JSAF, Kazumasa Nishioka, has raised funds to support the project and JSAF is planning to purchase 120 new 420s over the coming three years.

The first thirty new 420s have recently arrived in Japan, fresh from the ISAF Youth Worlds and after being used for only a few days.

The JSAF strategy also includes the change to Laser Radial from the national SR Class. JSAF strongly believes that the level of sailing in Japan will jump up and improve with this consolidated approach and focus on junior sailing classes.

# 2012 420 GENERAL ASSEMBLY MEETING

## Future Championships, Development, Election and more ...

The annual 420 General Assembly meeting was held on 29 July 2012, attended by sailors, coaches, NCA representatives, future Championship venue representatives. Discussions included:

### Future Championships

Travemünde – Germany was selected to host the 2014 420 World Championship and Gdynia, Poland was selected as the venue for the 2014 420 Junior European Championships.

### Development

Jose Massapina gave an update on development activity during the year and plans for coming years, building on the International 420 Class Development Programmes in 2012 – Russia, 2011 – Austria, South Africa, 2010 – Angola, Denmark, Japan, 2009 – Denmark, 2008 –

USA, Singapore, 2007 – Argentina, Brazil. The new fleet of thirty 420s sent to Japan and new fleet established in Bulgaria were highlighted.

### Builder Update

The new builder in Japan, Okumura, has almost completed the license application process and the prototype should be ready by the end of the year. J-Boats, Argentina has received verification of their new mould and will soon commence building.

### Technical

The tests being undertaken on a laminated mainsail were noted and a full discussion including the benefits compared to performance versus cost will take place at the 2013 GAM. A proposal to add battens onto the jib leech to help increase the life of the sail was approved.



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## TECHNICAL UPDATE

### 420 Builders

Sports Sail Center in Poland is almost ready with a new mould, to be inspected before the end of 2012. Okumura Boats in Japan is nearing completion of the licensing process and will soon have their prototype ready for inspection, and once approved will be able to start building. J-boats in Argentina have received prototype measurement verification of their brand new mould, so South America again has a builder. A growth of interest in South Africa has seen new orders received by Performance Sailcraft. And India will have an active builder again when the transfer of the moulds from GR Fiberglass to a new yard is completed and approved by ISAF. Back in December 2011, inspections of major builders in Europe, Zieglmayer and Nautivela, were completed with positive results.

### 420 Class Rules

The objective to help increase the life of the sail and probably lead to a better design and performance, the Class has approved the addition of battens on the jib leech: The ISAF has agreed to an effective date of January 1st 2013. New jibs may have up to 3 battens but also existing sails may be retrofitted as the new rule is not backwards limited.

### 420 International Measurers

There are currently 7 ISAF International Measurers for the 420 Class, across Europe, North and South America and Oceania.



## FUTURE CHAMPIONSHIPS

### 2013

#### 2013 420 World and Ladies World Championships

22 – 31 July 2013, Real Club Nautico Valencia, Valencia, Spain

#### 2013 420 Junior European Championships

14 – 22 August 2013, Pwllheli Sailing Club, Pwllheli, Great Britain

### 2014

#### 2014 420 World and Ladies World Championships

July 2014 – dates to be confirmed, Warnemunder Segel-Club, Warnemunder, Germany

#### 2014 420 Junior European Championships

July 2014 – dates to be confirmed, Gdynia, Poland

### International 420 Class Association



#### President

Nino Shmueli (ISR)

#### Secretary General

Jurgen Clutymans (BEL)

#### Vice-President and Development

Jose Massapina (POR)

#### Technical Committee Chairman

Dimitris Dimou (GRE)

#### Treasurer

Catherine Dodds (GBR)

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