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## BEIJING 2008 | EXPECTATIONS FROM THE EXPERTS

# 470 eTIMES

ISSUE: JULY 2008



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## 470 eTIMES

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**GIULIA CONTI:**  
*"SOFIA BEKATOROU  
AND EMILIA TSOLFA  
WERE GODDESSES"*

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### CONTI AND MICOL MAKE A FLASH START IN THE 470 CLASS AND ENTER THE OLYMPICS WITH POTENTIAL FOR MEDALS

#### G.I. GIULIA

*"As long as I don't win, I'm not happy"*

The Olympics of Athens 2004 feel like a wasted opportunity to Giulia. After the Games, she receives a call from Giovanna Micol. They team up, join the Navy and put every effort into the dream for Gold at the Beijing Olympics of 2008.

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### 470 ATHLETES

Top players in the international 470 class. Why do they race and what makes them go for more? Maybe you can learn something from them for your own racing!

In this issue an interview with Graham Biehl and Natalia Dufresne

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### Beijing 2008

#### EXPECTATIONS FROM THE EXPERTS

Winners and creators of Olympic Medals talk about their experiences, and their expectations for the coming Olympic Sailing Regatta.

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#### INTERVIEW WITH THE 470 CLASS PRESIDENT

"fostering the growth and stabilization of the Class in at least 55 and for the men's and 45 countries for the women's"

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## GIULIA CONTI (ITA)

**"As long as I don't win, I'm not happy."**

### G.I. GIULIA

BY RICK VAN WIJNGAARDEN

"I never saw a wild thing feeling sorry for itself. A bird will fall frozen dead from a bough without ever having felt sorry for itself."  
D.H. Lawrence - from the movie : G.I. Jane

Giulia Conti and Giovanna Micol from Italy make a flash start in the Women's 470 and call high expectations over them for the Olympic Sailing Regatta taking place next month.

Conti is a successful match race and Yngling sailor, and competed in the Yngling Class at the Athens 2004 Olympics. She sees her Athens 2004 campaign as a wasted opportunity because of the confusion that caught her not being prepared for the high pressure at the Grand Final of an Olympic Quadrennium. After the Games of 2004, she gets a call from Giovanna. They team up, hire a sports psychologist, join the Navy and put every effort into their campaign for Beijing 2008.

#### Giulia Conti tells her story:

"Looking back at the Olympic Sailing Regatta of Athens 2004, I had no idea what I was doing, meaning I did not have any clue of what participating in an Olympic Sailing Regatta would do with you. Me, and my team mates had different moods and spirits. I did not feel okay at all. I wasted an opportunity," she said.

**"I did not have any clue of what participating in an Olympic Sailing Regatta would do with you...."**



"In October after the Olympics, Giovanna called me, asking me if I wanted to sail 470's with her. My mind was empty at that time, but I agreed without thinking about it for a second. On the 28<sup>th</sup> of December, we got onto Lake Garda for our first try-out in a cold winter 25 knots breeze. We capsized, ripped our jib, lost the spinnaker pole and had all odds against us. It seemed we had fun though because when we came from the freezing water, we both were enthusiastic and confident to set up a campaign onto Beijing 2008."

#### THE START OF THE CAMPAIGN

"The Princess Sofia Trophy in 2005 was the first event we participated in. Our results were far from hopeful, which did not many good for people believing in us. When you start, you know that you have to pick a ticket and step back in line. We believed in ourselves and continued.

To achieve your goals, and to even start thinking about having a chance for Olympic Gold, you need support. That's financially, mentally, technically and training.

In the first place I didn't want the situation on the way to Athens 2004 to repeat itself. We got a sports psychologist to support us, especially how to handle the pressure at major events. Still the financial, training and knowledge of 470 sailing remained as major issues. In January 2006 we joined the Italian Navy to have a chance to get into a military sports program allowing us to train in the 470 beside our military duties, and have the basic costs of living provided for.

#### SAILING FOR ONE WEEK, NAVY TRAINING THE OTHER WEEK

It was a very hard and exhausting period. We had to travel to Taranto in the south of Italy for army duties; marching, training and camping in the field for a week, and then get to Genoa to train in the 470 during the other week. This process repeated week after week and for months. You always are away from home and there if no time to rest. At the times we trained in Genoa, every support for training we hoped for was not here. We were totally on our own. We were not recognized as a team with potential for medals. It made me angry and I decided to do whatever it would take to show we were worth it."

**"It made me angry and I decided to do whatever it would take to show we were worth it."**

#### THE ROMAN MARCH

In the summer of 2006, Giulia and Giovanna make progress, experience the results of hard work, and make it to the medal race at the 470 Worlds in Rizhao, to end the Championship in 7<sup>th</sup> place.

In December 2006, they win the Imperia Regatta in Italy, move on to win the Christmas Race in Palamos, Olympic Garda in early 2007, and hit their first win in a Grade 1 event at the Semaine Olympique in Hyères. At the Europeans that follow in Thessaloniki they put the pressure on reigning European Champions Stefanie ROTHWEILER and Vivian KUSSATZ to finally win their first medal in an International 470 Class Championship with a second place.

In the heavy conditions at the ISAF Sailing World Championships in Cascais they cannot keep up with the 470 Class leaders and end the Championship in 6<sup>th</sup> place. After the Worlds in 2007 there is a period of rest in the serie of Olympic sailing events, and Giulia travels to St. Petersburg in the USA to compete in the Rolex Osprey Cup, a famous women's match race event, to take home another medal just as she is used to every year.

In 2008, Giulia and Giovanna show high consistency taking top spots at Olympic sailing events. In January they start with a third place at Grade 1 event Sail Melbourne, and finalize the 470 Worlds held at the same venue with a silver medal.

Their names show high on top at every event that follows, and they win the Grade 1 Delta Lloyd Regatta before they head for China to set up their training camp at the Olympic venue.







## GIULIA CONTI (ITA)

CONTINUED FROM PREVIOUS PAGE <<

**"If you want to reach success in sports, you have to go deep and suffer. "**

### Giulia Conti:

**"Sofia Bekatorou and Emilia Tsoulfa were Goddesses"**

#### REACHING PODIUM PLACES IN SHORT TIME

Not many sailors had such a flash start in the 470's, putting pressure on experienced top players in the 470 class and reaching podium places after such a short period. Best examples of such who managed to do so, are Sofia BEKATOROU and Emilia TSOLFUA from Greece. They needed only about two years before they started ruling the Women's 470.

*"Ohh, but no. We cannot be compared with them" says Giulia. "Sofia and Emilia were Goddesses. They claimed almost every major event to their names, and finally Olympic Gold in 2004. Not to speak of receiving the ISAF World Sailor of the Year Award for two times. We are far from that!"*

*"I cannot really give a feasible reason what our strength is. We work hard, but everyone does that. Giovanna and I are on the same level of what we want to achieve. She is a very good sailor, accurate, and with a lot of passion. We try to optimize out mental well being. We live separate lives and do our own thing when we are not sailing, so at times we are in the boat, we really can set out our minds to racing.*

*We are different types, I want to be the leader in our team and sometimes I get a little over-enthusiastic. That's me. As long as I don't win, I'm not happy! We both know that and Giovanna can handle it. She also knows that I admire her for who she is and what we started together. We get along very well."* she said



#### THE ADVANTAGE OF HAVING TOP TEAMS IN BOTH THE 470 MEN AND WOMEN IN A COUNTRY

Sofia and Emilia once mentioned their advantage having an experienced 470 men's top team in Greece at the time they started. They were able to train together and learn fast. Also Italy has a men's 470 team that belongs to best two person dinghy sailors on the globe: Gabrio ZANDONA and Andrea TRANI, World Champions of 2003. Giulia recognizes such advantages:

*"At the time we started sailing 470's, we were not really working together much, but when we started to produce good results, the relation improved. Especially here in Qingdao we have been able to work with each other and we should have started that earlier. Because the 470 fulfills the two person dinghy event for both Men and Women, there is no stress of who is the best while training because you will never compete in the same race. It means that you can focus on making each other better and increase the chance of winning a gold medal for yourself, and for your country" she said.*



#### PASSIONATE!

While talking to Giulia, it's obvious that she is a woman who has set her mind to finish what she has started, driven by winning and using her experiences efficiently. She admires others who do the same. Passionate! Her way of talking is charming. She says what's on her mind, positive or negative, and always ends with a laugh.

Although the Women's 470 fleet is large and strongly represented by sailors from many nations, let's ask Giulia about her vision why fewer women than men participate, in any way at an International Championship.

The numbers of entries speak for themselves.

*"I really wouldn't know why relatively fewer women than men actively take part in the sailing sport. I love sports and especially tennis. It's the same there, but the lesser volume does not affect the quality. Women perform on high levels in sports, and watching a women's game can be just as attractive as watching a men's. My sports idols are Novak Djokovic (tennis) and Maja Poljak (Volleyball)!"*

*If you want to reach success in sports, you have to go deep and suffer. You have to make a lot of efforts and choose to let go of many joyful things in life. Maybe men are more "die-hards" by nature.*

*The International Sailing Federation and the International 470 Class Association are doing a lot to stimulate women to actively take part in the sailing sport and its events. That's a very good thing". Giulia added.*

#### AN ATHLETE AS AN INVESTMENT IN NATIONAL PRIDE

The sailing sport is professionalizing. Sponsors and money become more involved if you want to reach success. Medals in sports become an important asset for the national pride of a nation, and so the athlete becomes an investment in national pride.

*"Sailing is an expensive sport. We have no sponsors and we couldn't have gotten this far without the support of our Sailing Federation who pay our expenses.*

*If you win a gold medal for Italy at the Olympics, the athlete gets rewarded with an amount of 340.000 euros in cash each. This is before taxes, which cuts off about half.*

*Of course we would be very happy with such a reward, because you get something back of what you have put into it. Besides health, I cannot think of something that has more value as winning a gold medal at the Olympics.*

*The only thing on my mind is the Olympic Sailing Regatta. The future after is nothing more than a black hole in my mind. The only thing I am aware of after the Olympics is that I will be at my Sister's wedding in September in Sydney, Australia. One might think, Giulia's sister, an Italian girl in Australia, it must have something to do with sailing. But no, she is a real business women and she just bumped onto an Aussie while traveling around the world". she added laughing.*

*My whole family has no sailing background at all. I have three sisters. My father used to be an airline pilot, my mother a flight attendant. What a coincidence, huh? And now the best part: I am afraid of flying!"*





## INTERVIEW WITH ALBERTO PREDIERI

## 470 INTERNATIONALE

### PREDIERI AND THE GROWTH OF THE 470 CLASS

BY LYNN FITZPATRICK

#### "REPETITION MAKES REPUTATION AND REPUTATION MAKES CUSTOMERS."

*I never thought that I would quote the cosmetic queen, Elizabeth Arden, but, "repetition makes reputation and reputation makes customers." If there is any Olympic Class fast at work building its reputation and growing its customer base, it's the 470 Class. As he approaches the Olympics and the end of his term as President of the International 470 Class, Alberto Predieri, is proud of the programs that the Management Committee has put in place and the improvements in class participation and media relations that have materialized.*

#### IMPROVING MEDIA RELATIONS

The conscientious effort to improve media relations continues. With a class press officer and a photographer, the class website, eTimes and coverage of championships are improving and reaching broader audiences. Every time an eTimes is distributed, more people become aware of the programs that are helping the class to grow: the Olympic Pathway Solidarity Grant, the Andre Cornu Grant to the winners of the girls' and boys' double-handed crews at the Volvo Youth Sailing ISAF World Championship, the Solidarity Programme and the Juniors Support Program. Enthusiasm for the Olympic Pathway Solidarity Grant Program enabled half a dozen new countries to participate in the 2007 ISAF World Sailing Championships in Cascais last year. Predieri, as leader of the Class, proudly boasts, *"the 470 was second only to the Laser in the number of countries represented at the 2007 World Championships with 48 and 36 countries represented in the men's and women's divisions, respectively."*

#### INTERNATIONAL 470 CLASS ASSOCIATION SAILORS SUPPORT PROGRAMMES

The upcoming Olympics is further testament that the programs for growth are working. Predieri points to the "outstanding performance of New Zealand's Carl Evans and Peter Burling over the past two years" as proof of the success of the youth development programs. Graduating from the 420's, the young Kiwis finished 11<sup>th</sup> in the 2008 Worlds and qualified for the Olympics. *"They are in a great situation. They are young. Sometimes the dominant sailors don't perform as expected at the Olympics. They may be able to capitalize on the unpredictability of the event,"* commented Predieri. *"Qingdao is a challenging venue that will showcase the strengths and abilities of the best sailors,"* said the Class President.

#### GROWTH AND STABILIZATION OF THE 470 CLASS

Predieri's tenure as President ends in November. He would be honored to continue in his role and further the programs that are *"fostering the growth and stabilization of the Class in at least 55 countries for the men's and 45 countries for the women's"* disciplines. Training centers and training clinics before junior events are among the initiatives being considered to support sailors and class growth.

#### THE VALUE OF ISAF SAILING WORLD CUP

With regard to the introduction of sailing's World Cup format, Predieri says, *"ISAF is still defining the details. It might take time to get the sport to the level of other sports, but I am open to any solution that, at the right time, may increase the importance of the World Cup. It's my personal view that if the Class World Championship dilutes the value of the World Cup then we should consider changing the World Championship. It is important to give up some rights especially if evidence shows growth and improvement."*

As the finale of the Olympic quadrennium draws near, Predieri and the 470 Class continue to grow the reputation of the Class by supporting programs that are working and being open-minded to considering new and exciting changes to enhance the future of the sport and the Class.



#### ALBERTO PREDIERI

*"fostering the growth and stabilization of the Class in at least 55 countries for the men's and 45 countries for the women's"*

#### 470 INTERNATIONALE

### THE MANAGEMENT COMMITTEE

#### EXECUTIVE COMMITTEE

- ALBERTO PREDIERI  
President
- MARTA WEÖRES  
First Vice President
- ALAIN CORCUFF  
Secretary General
- MARTIN STEIGER  
Treasurer

#### MANAGEMENT COMMITTEE MEMBERS

- VIKTOR KOVALENKO  
Vice President
- ERICO HOFFMANN
- ARTHUR THÜRINGER
- DIMITRIS DIMOU  
Technical Committee Chairman



## **470 INTERNATIONALE SAILORS SUPPORT PROGRAMMES**

### **470 INTERNATIONALE SUPPORTS WORLD WIDE EQUAL COMPETITION.**

470 Internationale recognizes the fact that every sailor with extraordinary talent by nature, in whatever country a sailor lives, he or she must be able to join the competition on the highest level of sailing.

Sports development is not a logical issue in all countries around the world. However, this does not mean that these countries have sportsmen that have the same enthusiasm, talent and especially: the Olympic dream.

It is therefore, that 470 Internationale started to develop Sailors Support Programmes since 2005, aiming at athletes from such countries, to support them to join the International racing scene.

Since 2005, four Sailors Support Programmes were established, with the latest, launched at the end of 2006, the 2008 Olympic Pathway Solidarity Grant (2008 OPSG).

The current Sailors Support Programmes, with the exception of the latest 2008 OPSG, have long term objectives and return annually.

### **ANDRE CORNU AND JUNIOR SUPPORT PROGRAMME GRANTS TO BE AWARDED DURING THE JUNIOR 470 WORLDS**

During the Opening Ceremony of the Junior 470 World Championships, The Andre Cornu Grant will be awarded to the winners of the 2007 ISAF Youth Sailing World Championships in the two person dinghy, and participate in the 470 Junior World Championship.

As the Andre Cornu Grant was not awarded last year, it will also be awarded during this ceremony to the winners of the ISAF Youth Worlds of 2006.

The teams will receive an amount of 1000 Euros in cash

### **WINNERS OF THE ISAF YOUTH WORLDS IN THE TWO PERSON DINGHY**

(and participating in the 470 Junior Worlds)

#### **2007 - BOYS**

**HENRIK RASK SOGAARD & SOREN WIEGAND KRISTENSEN**  
Denmark (DEN)

#### **2006 - BOYS**

**SEBASTIAN PERI BRUSA & SANTIAGO MASERONI**  
Argentina (ARG)

### **JUNIOR SUPPORT PROGRAMME**

Also the Grants of 900 euros in cash will be handed over to the two youngest Girls' crews and youngest men's crew by means of the Junior Support Programme.

The lucky crews will be decided on after registration has been completed.

The Junior 470 World Championships will take place from 21-29 July

### **THE ANDRÉ CORNU GRANT**

**TO STIMULATE TALENTED AND SUCCESSFUL TWO PERSON DINGHY  
YOUTH SAILORS TO CONTINUE THEIR SAILING CAREER TOWARDS  
OLYMPIC LEVELS IN THE INTERNATIONAL 470 CLASS.**

Each boys and girls crew that won the Gold Medal at the Volvo Youth Sailing ISAF World Championships in the two person dinghy discipline, receive an amount of 1000 euros in cash, if they participate in either the 470 Class Junior World Championship, or the 470 Class World Championship.

### **JUNIOR SUPPORT PROGRAMME**

**TO STIMULATE THE YOUNGEST 470 SAILORS, BOYS AND GIRLS, TO  
FOLLOW THEIR OLYMPIC DREAM ON AN EARLY AGE, AND PARTICIPATE  
IN THE INTERNATIONAL 470 JUNIOR CHAMPIONSHIPS.**

The Programme was originally established to stimulate the Sailing Sport for Women.

At every Junior Worlds, the two youngest Girls' crews and the youngest Boys crew (the sum of age of helm and crew) will receive an amount of 900 euros in cash each.



**MORE INFORMATION AND CONDITIONS FOR APPLICATION CAN BE  
FOUND OF THE 470 CLASS WEB SITE:  
[HTTP://WWW.470.ORG](http://www.470.org) | PROGRAMMES**

***470 Internationale calls sponsors to come onboard to  
support the Sailors Support Programmes***

For more information about sponsorship advantages and/or information about the Sailors Support Programmes, please contact Marta Weöres: [marta@470.org](mailto:marta@470.org)





## OLYMPIC EXPECTATIONS FROM THE EXPERTS

When I look down the list of Olympic sailors I can't help but be impressed with the talent and the experience that will be in Qingdao, China this August. While Andreas Kosmatopoulos, from Greece, will be making his fifth bid for an Olympic medal in the 470, the 17-year old Kiwi, Peter Burling, will be helping his 470 skipper, Carl Evans celebrate his 18<sup>th</sup> birthday during their Olympic debut. What is to be expected on the water and off the water in Qingdao?

**Veteran 470 coach Skip Whyte**, who has produced three Silver medals, one Bronze and a Gold over five Olympics, said *"I've seen without exception, some of the major players take themselves out of the competition very early in the Games by doing things they normally wouldn't do. Suddenly there are too many voices telling them what to do and they lose sight of who they are as a competitor and what works for them."* His sage advice, *"stay true to who you are and don't play a different game than what you've played in the past."*

Hal Haenel who is decorated with Olympic Silver and Gold medals for his performance in the Star during the 1988 and 1992 Games, is a member of the ISAF Events Committee and teamed up with Mark Reynolds to qualify the US for the 2008 Olympics, advises, *"It sounds cliché, but focus on the race and the task at hand. For instance, don't change how you do your morning setup. Be thorough and do as you have always done. With light air, there will be some upside down races. Every point counts. You can't melt down if you have a 20<sup>th</sup>."* Haenel concluded by saying, *"There are small fleets at the Olympics and everyone is good. In the end, the consistency demonstrated by a well prepared team will prevail."*

**Kevin Burnham**, who sailed the 470 from 1975 through 2004 with a desire to cop an Olympic Gold medal for every day of those 29 years, was ready for the podium in Athens (and probably had practiced his back flip off the boat too). Kevin sailed with US National Champion, Pete Melvin, and 1984 Silver medalist, Steve Benjamin, before teaming up with Morgan Reeser to win the Olympic Silver medal in 1992.

**Burnham: "Paul Foerster is the best sailor in America and most likely the world"**

He paired with Paul Foerster for the Games in Athens. Foerster, with his Silver Medal in the FD in 1992 and Silver in the 470 in 2000, is *"the best sailor in America and most likely the world. He can drive a boat, and has so much feel for it,"* said Burnham.

To say that Foerster, with his aeronautical engineering degree, was detail oriented and thorough is an understatement. Foerster and Burnham were confident in their North sails, Mackay boat and Simon Cook centerboard and went into the Athens Games on a winning streak. The decorated veterans were comfortable but also they *"both thank God and the British team for letting us get them before the start,"* said Burnham who never gives up.

Burnham, who has been coaching throughout the quadrennium and had just returned from Qingdao, commented, *"Sailing there is tricky to say the least. The current plays a major factor on the race course and the winds can be fickle. It will be very interesting to see the outcome. I truly believe that this Olympics will be a very hard one for the favorites and that a lot of different teams will be there in the mix. It really is going to be interesting to see the outcome in these Games!"*

BY LYNN FITZPATRICK

**Skip Whyte: "stay true to who you are and don't play a different game than what you've played in the past."**



**Kevin Burnham: "I truly believe that this Olympics will be a very hard one for the favorites and that a lot of different teams will be there in the mix"**



**Victor Kovalenko: "China has very different and special conditions with light wind and unexplainable factors"**

**The "Medal Maker," Victor Kovalenko**, who goes into the 2008 Olympics with his Australian 470 Women's team ranked 8<sup>th</sup> in the world and Nathan Wilmot and Malcolm Page atop the ISAF 470 Mens' ranking chart with wins at the Delta Lloyd and the light air European Championships under their belts, offered the following insight:

*"If you let seaweed get on your foils, you are out of luck"*  
*"China has very different and special conditions with light wind and unexplainable factors. There is a lot of seaweed. If you let seaweed get on your foils, you are out of luck. Today (referring to July 10<sup>th</sup>) there was a lot of fog and we only had 25 meters of visibility."*





## OLYMPIC EXPECTATIONS FROM THE EXPERTS

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"These are extreme conditions." Kovalenko notes that the Dutch, Italians, French and Israelis have proven themselves successful "at playing the extreme game. They have enough guts to play the extremes." Kovalenko also used "amazing sailor" in the same sentence as Nic Asher.

As for the 470 Women, Kovalenko acknowledges that "the Japanese boat is the best boat in the world." He sees six or seven teams fighting for the Gold and does not rule out a black horse joining the fray.

### Malcolm Page recalls the 2004 Games

With Kovalenko as a coach since 1997, Australia's Malcolm Page, recalls the 2004 Games, "We slowly let it slip by. We had a DSQ the first day and took more risks than we should have, because we were not handling the pressure well. Going into the last race, we had a shot at a medal and so did six or seven other teams. We OCS'ed the last race and went from 4<sup>th</sup> or 5<sup>th</sup> to 12<sup>th</sup>. We sailed as if it was all about winning a medal. We never said a word to one another about the possibility of being over until we got to the top mark, and saw our number." Wilmot and Page have talent and as they head for retirement following the Games, they are not apt to let the pressure get to them. They have been more thorough in preparing this time and they have spent many a morning practicing off the headlands of Sydney Harbor in light air. They have also been sparring with the Croatian and Turkish teams and the "amazingly talented" Aussie Women's team. "If we can hang on to them we're going alright," said Page.



### Less than a month

Less than a month from the Games, reports from coaches and athletes are that Qingdao has come a long way in the past year. High end cars and white tablecloth restaurants are much more abundant than they were. Food handling seems to be better, with a lot of waiters wearing white gloves. Even the algae bloom seemingly is under control. It won't be long before competitors will be able to practice on full length courses without running into patches of green. Says Kovalenko, "The algae bloom could have happened anywhere, but only the Chinese could have handled it this well."



Photo: Victor Kovalenko (middle) with Elise Rechichi (left) and Tessa Parkinson (right)

### Kovalenko:

**"The algae bloom could have happened anywhere, but only the Chinese could have handled it this well"**

### WHOLE CHINA IS GETTING CRAZIER ABOUT THE GAMES Report from a sailor on sight

Qingdao city is transforming into a big international 'east-meets-west' city. Sailors are always lucky being able to sport and stay at beautiful well organized cities and beaches around the world.

Definitely the Olympic village for all the sailors creates some curiosity. Rumours go around that after the Games it will be a 5 star hotel. The lucky Olympic sailors may expect big rooms and a great pool at first level.

Everyday more containers arrive at the training site in Qingdao. The slipway is getting fuller as well. Still meteorologists expect light winds during the games. Also in the months before, wind doesn't exceed 12 knots. So far one day of 18 knots has been recorded.

Extra asset is the enormous amount of seaweed floating on all the appointed race areas. Over 500 Chinese fisher vessels have been asked to stop fishing but clean up the seaweeds for the Olympic sailors.

Whole China is getting crazier about the Games and also these fishermen. With big smiles they do their work. Amazing!

It looks like Qingdao is ready for the sailing games.

By: eTimes editor





## CALENDAR

## PREVIEW

### INTERNATIONAL 470 CLASS CHAMPIONSHIPS

#### 470 JUNIOR WORLD CHAMPIONSHIPS 2008

- 21-29 JULY 2008 / GDYNIA, POLAND
- [WWW.470.ORG](http://www.470.org)

#### 470 JUNIOR EUROPEAN CHAMPIONSHIPS 2008 (combined with the 420 JEC)

- 6-15 AUGUST 2008 / ZADAR, CROATIA
- [WWW.470.ORG](http://www.470.org)

#### 470 MASTERS CUP 2008

- 1-6 AUGUST VARNA, BULGARIA
- [WWW.470.ORG](http://www.470.org)

#### FUTURE WORLD CHAMPIONSHIPS 470 WORLD CHAMPIONSHIPS 2009

- 20-29 AUGUST 2009 / COPENHAGEN, DENMARK
- [WWW.470.ORG](http://www.470.org)

#### 470 WORLD CHAMPIONSHIPS 2010

- THE NETHERLANDS
- [WWW.470.ORG](http://www.470.org)

### OLYMPIC GAMES, BEIJING 2008 OLYMPIC SAILING REGATTA

- 9-21 AUGUST 2008 / QINGDAO, CHINA
- [HTTP://WWW.SAILING.ORG/OLYMPICS](http://WWW.SAILING.ORG/OLYMPICS)  
(ISAF OLYMPIC MICROSITE)

Full Calendar of International Events is available on the 470 Class web site: [www.470.org](http://www.470.org) | Regattas



### ANNUAL GENERAL ASSEMBLY MEETING 2008

**16 NOVEMBER 2008—MADRID, SPAIN**

Affiliated NCA's and individual members will receive an invitation and agenda.

NCA's and individual members may address submissions and/or questions to Mr. Alain Corcuff, Secretary General: Email: [alain@470.org](mailto:alain@470.org)

Please check the International 470 Class Web site for more information:  
<http://www.470.org>

### CALL FOR BIDS

According to our Constitution and By-Laws, our General Assembly, in its annual meeting to be held in Madrid on 16th November 2008, will have to allocate the organisation and decide the venue of the following Championships:

- JUNIOR EUROPEAN CHAMPIONSHIPS FOR 2010,
- MASTER'S CUP FOR 2010.

At the same time, the General Assembly will have to select the potential venues for the following Championships:

- WORLD CHAMPIONSHIPS FOR 2012,
- EUROPEAN CHAMPIONSHIPS FOR 2012,
- JUNIOR WORLD CHAMPIONSHIPS FOR 2011 AND 2012,
- JUNIOR EUROPEAN CHAMPIONSHIPS FOR 2011 AND 2012,
- MASTER'S CUPS FOR 2011 AND 2012.

The final choice of the venues for these 2011 and 2012 Championships will be made by the 2009 General Assembly meeting after the Management Committee organises site inspections and meetings with the selected bidders.

A chart of allocated International 470 Class Championships is available on the official 470 class web site [www.470.org](http://www.470.org)

More information: Mr. Alain Corcuff, Secretary General: [alain@470.org](mailto:alain@470.org)

### ISAF SAILING WORLD CUP SET TO LAUNCH FOR 2008-2009

The first ISAF Sailing World Cup is set to launch at the end of 2008 bringing a new annual series of sailing to the international sports calendar. The World Cup will be open to the sailing events chosen for the 2012 Olympic and Paralympic Sailing Competitions.

Incorporating existing major events, the series will kick off with Sail Melbourne, Australia in December 2008, followed by the Rolex Miami OCR, USA; the Trofeo SAR Princesa Sofia MAPFRE, Palma, Spain; Semaine Olympique Française, Hyeres, France; the Delta Lloyd Regatta, Medemblik, the Netherlands; Kiel Week, Germany; and Skandia Sail for Gold Regatta, Weymouth, Great Britain. Additional events may join the series in future years. The Notice of Series for the ISAF Sailing World Cup, including details of the scoring system, will be posted on 21 July 2008.

ISAF President, Göran PETERSSON said, "The ISAF Sailing World Cup will bring a new focus to Olympic sailing, demonstrating the excitement, skill and passion of the sport. It will give Olympic sailors a clear annual competition structure, the media a definitive series to feature and sponsors exposure across a host of top quality events that will be at the forefront of the sailing calendar."

Source: ISAF web site | [www.sailing.org](http://www.sailing.org)





## C1 OPEN 470 CLASS EUROPEAN CHAMPIONSHIPS 2008

4-14 June 2008—Lake Garda, Italy

Australia's Nathan WILMOT and Malcolm PAGE and Sylvia VOGL and Carolina FLATSCHER of Austria won out after thrilling finale at the ISAF Grade C1 470 Europeans on Lake Garda. After a week-long series across a very diverse range of conditions, the final Medal Races at this year's Europeans brought big breeze to Lake Garda, with 30 knots winds testing the top ten crews in both men's and women's events.

Amongst the men, the world #1 crew of Nathan WILMOT and Malcolm PAGE (AUS) secured overall victory to add to their recent win at the ISAF Grade 1 Delta Lloyd Regatta. The Aussies were closely followed by World Champions Nic ASHER and Elliot WILLIS (GBR), who as the best-placed European team are crowned 2008 470 European Champions. Dutch brothers Sven COSTER and Kalle COSTER completed the podium.

Israel's Gideon KLIGER and Udi GAL and the Argentinean crew of Javier CONTE and Juan DE LA FUENTE rounded out the top five. Nick ROGERS and Joe GLANFIELD (GBR), who beat off the challenge of ASHER and WILLIS for selection to the 2008 British Olympic team, finished sixth overall.

In the women's fleet, the consistent scoring of Sylvia VOGL and Carolina FLATSCHER (AUT) proved to be decisive. Their third-place finish in the Medal Race was enough to secure them the 2008 European title by ten points. The Swiss team of Emmanuelle ROL and Anne-Sophie THILO put in a career-best performance to take second place overall, just ahead of the Australians Elise RECHICHI and Tessa PARKINSON.

Source: ISAF editor / [www.sailing.org](http://www.sailing.org)

### 470 CLASS EUROPEAN CHAMPIONSHIP MEDALLISTS

#### MEN & MIXED CREWS

GOLD	GBR	ASHER, Nic / WILLIS, ELLIOT
SILVER	NED	COSTER, SVEN / COSTER, KALLE
BRONZE	ISR	KLIGER, GIDEON / GAL, UDI

#### WOMEN

GOLD	AUT	VOGL, SYLVIA / FLATSCHER, CAROLINA
SILVER	SUI	ROL, EMANUELLE / THILO, ANNE-SOPHIE
BRONZE	SLO	VESNA DEKLEVA, PAOILI / VESNA, MAUCEC, KLARA

### OPEN EUROPEAN CHAMPIONSHIPS— TOP 10

#### 470 MEN

1	AUS	WILMOT, NATHAN / PAGE, MALCOLM
2	GBR	ASHER, Nic / WILLIS, ELLIOT
3	NED	COSTER, SVEN / COSTER, KALLE
4	ISR	KLIGER, GIDEON / GAL, UDI
5	ARG	CONTE, JAVIER / DE LA FUENTE, JUAN
6	GBR	ROGERS, NICK / GLANFIELD, JOE
7	FRA	LEBOUCHER, PIERRE / GAROS, VINCENT
8	ISR	LEVINE, EYAL / YAM, AMIR
9	CRO	FANTELA, SIME / MARENIC, IGOR
10	KOR	TOON, CHEUL / KIM, HYEONGTAE

#### 470 WOMEN

1	AUT	VOGL, SYLVIA / FLATSCHER, CAROLINA
2	SUI	ROL, EMANUELLE / THILO, ANNE-SOPHIE
3	AUS	RECHICHI, ELISE / PARKINSON, TESSA
4	SLO	DEKLEVA, PAOILI / VESNA, MAUCEC, KLARA
5	USA	CLARK, AMANDA / MERGENTHALER, SARAH
6	JPN	KONDO, AI / KAMATA, NAKO
7	FRA	PETITJEAN, INGRID / LEMAITRE, GWENDOLYN







## REVIEW

### DELTA LLOYD REGATTA

#### WOMEN'S 470— ITALIANS DECIDE THE BATTLE

Italian world #1 crew Giulia CONTI and Giovanna MICOL withstood the big winds and extended their lead on their Brazilian sparring partners Fernanda OLIVEIRA and Isabel SWAN to win in the Women's 470 fleet. The Italians were under pressure earlier on, but as CONTI explained, recovered strongly through the race. "We had a bad start and were third last at the top mark. We gained a lot on the downwind and climbed to a fourth position and stayed there. The conditions were tough and the downwind was scary. We tried hard to control the boat. If it is windy in China, it is similar to here, so it was again a good training. We are very happy," she said.

Marcelien DE KONING and Lobke BERKHOUT (NED) gave the home fans something to cheer about by taking the bullet in the Medal Race and therefore the bronze medal.

#### AUSSIES CONTROL 470 MEN MEDAL RACE

Going into the Men's 470 Medal Race, three-time Australian World Champions (2004, 2005 and 2007) WILMOT and PAGE had a three-point lead on the Italians Gabrio ZANDONA and Andrea TRANI. After the starting gun, only three boats went directly to the right corner. The Aussies sailed on starboard tack and were first to change course to the right. The Argentinean duo CONTE and DE LA FUENTE led at the top mark, followed by the Italians and the Australians. The Frenchmen Nicolas CHARBONNIER and Olivier BAUSSET, who entered the Medal Race in third position, were fifth to hoist the spinnaker. Only the Argentinians, Italians, French and the Dutch COSTER brothers chose the left side of the downwind and lost their lead on the Aussies, who were flying. They extended their lead and won the Delta Lloyd Regatta 2008. Italy finished third and France seventh, so the podium positions remained unchanged.

WILMOT commented, "The first lap dictated who would be where in which position. We had a better downwind and from there we played a controlling game."

While walking to the prizegiving area, people cheered for the Australians. The leaders of the ISAF World Sailing Rankings were pleased: "Following the Olympics, we will retire after 11 years of 470 sailing. We won all Grade 1 events and this one was still missing. And the Olympic gold medal."

Source: Delta Lloyd Regatta / ISAF web site



### KIEL WEEK

The consistent scoring of Japanese Ai KONDO and Naoko KAMATA in the 470 women fleet proved successful, their victory in the Medal Race secured them their first Kiel Week gold medal. Therese TORGERSSON and Vendela SANTEN (SWE), bronze medallists at Athens 2004, missed out on the last three races and finished the series in 11th.

In the 470 men's fleet victory went to Tobias ETTER and Felix STEIGER (SUI), with Anton DAHLBERG and Sebastian ÖSTLING (SWE) in second place.

Source: Kieler Woche / ISAF web site

#### TOP 5 - FINAL RESULTS

##### 470 MEN

- 1 AUS NATHAN WILMOT / MALCOLM PAGE
- 2 ITA GABRIO ZANDONA / ANDREA TRANI
- 3 FRA NICOLAS CHARBONNIER / OLIVIER BAUSSET
- 4 ARG JAVIER CONTE / JUAN DE LA FUENTE
- 5 NED SVEN COSTER / KALLE COSTER

##### 470 WOMEN

- 1 ITA GIULIA CONTI / GIOVANNA MICOL
- 2 BRA FERNANDA OLIVEIRA / ISABEL SWAN
- 3 NED MARCELIEN DE KONING / LOBKE BERKHOUT
- 4 GBR CHRISTINA BASSADONE / SASKIA CLARK
- 5 JPN AI KONDO / NAOKO KAMATA

#### TOP 5 - FINAL RESULTS

##### 470 MEN

- 1 SUI TOBIAS ETTER / FELIX STEIGER
- 2 SWE ANTON DAHLBERG / SEBASTIAN ÖSTLING
- 3 GER ALEXANDER GOLTZ / MATHIAS GRÜNING
- 4 SIN ROY JUNHAO TAY / PEIMING CHUNG SIN
- 5 NZL GEOFFREY WOOLLEY / MARK OVERINGTON

##### 470 WOMEN

- 1 JPN AI KONDO / NAOKO KAMATA
- 2 DEN HENRIETTE KOCH / LENE SOMMER
- 3 EST MARJALIISA UMB / ELISE UMB
- 4 CHN YIMEI WEN / CHUNYAN YU
- 5 AUS STACEY OMAV / CHELSEA HALL





## 470 ATHLETES

EVERY E-TIMES WE TALK WITH ONE OF THE TOP PLAYERS IN THE INTERNATIONAL 470 CLASS. WHY DO THEY RACE AND WHAT MAKES THEM GO FOR MORE? MAYBE YOU CAN LEARN SOMETHING FROM THEM FOR YOUR OWN RACING!

THIS TIME WE ARE INTERVIEWING GRAHAM BIEHL (USA) AND NATALIA DUFRESNE (ESP)

### GRAHAM BIEHL



**RACING SINCE** : 1992  
**CAREER IN THE 470 SINCE** : 2002  
**STUDY** : STUDY MARKETING & WEB DESIGN  
**PROFESSION** : PROFESSIONAL SAILOR, HEAD  
**COACH SAN DIEGO YACHT CLUB**



#### 1. IF YOU CAN DESCRIBE YOURSELF IN 5 WORDS, WHAT WOULD THOSE BE?

Friendly, motivated, down-to-earth, organized, laid back

#### 2. WHAT MAKES YOU CHOOSE THE 470?

After sailing in the US Club 420 scene for a summer and doing pretty well, my skipper's parents decided to get us a 470. We were quite small and at that time hadn't even spent time in the Int. 420. We sailed our first Miami OCR, and somehow managed to qualify for the 2002 Test Event in Athens. From there it just kinds took off. Because I was still a junior for quite some time, I mixed in some Int. 420 sailing with another helm for the experience.

#### 3. WHAT WAS YOUR BEST REGATTA EVER AND WHY?

My best regatta ever would have to be the 2007 US Olympic Trials. The amount of preparation we did, and the way we sailed the regatta was absolutely flawless. We sailed 14 races, and skipped the last 2 because we had already won the trials for the Olympics!

#### 4. WHY DO YOU WANT TO BE THE HELM/ CREW?

From an early age I enjoyed crewing. I wanted to be the one who focused a lot on crewing and not care about all the kudos the helms got. After a few summers I had become the top ranked dinghy crew in the US. Any trapeze boat is great to crew on (I don't like hiking) and all of them teach you different things. I rely upon all of my junior skiff and dinghy sailing experiences to get me to where I am today.

#### 5. WHAT'S SAILING 470 LIKE IN YOUR COUNTRY?

Sailing 470s in the US is quite difficult. There is no real organized scene and almost all of the racing is done overseas except for the Miami OCR every January. Because Stu and I live so far apart, we often prefer to fly to Europe early and train onsite. However, for 2012 I think we will try to organize a bit more training stateside.

#### 6. WHAT IS THE HARDEST PART OF AN OLYMPIC CAMPAIGN?

For me the hardest part of doing an Olympic campaign is balancing school. I always want to go back but cant find any time! Apart from that fundraising is also difficult. We are constantly trying to raise money to support our growing habit.

#### 7. WHAT IS YOUR BEST ASSET TO SAILING AND WHY?

I believe my best asset to sailing is the calmness and laid back approach I bring to it all. I like to keep things simple and mellow.







## 470 ATHLETES

### NATALIA DUFRESNE



**NATALIA HAS BEEN SAILING RACES SINCE SHE WAS 13 YEARS OLD. HER CAREER IN THE 470 IS SINCE SHE STOPPED SAILING IN THE FORMER OLYMPIC CLASS EUROPE IN 1997. SHE STUDIED PHYSIOTHERAPY BUT AT THE MOMENT SHE IS A FULL TIME PROFESSIONAL SAILOR.**



#### 1. IF YOU CAN DESCRIBE YOURSELF IN 5 WORDS, WHAT WOULD THOSE BE?

Friendly, emotional, dreamer, intuitive, very serious and demanding inside the boat.

#### 2. WHAT MAKES YOU CHOOSE THE 470?

First I sailed alone and that was a good experience. Sailing with another person was a total new beginning. This two handed dinghy is a special boat because it's so complete. In 4 metres 70 it contains everything a boat needs. In light wind it is so tactical but the racing is so different in planing conditions.

#### 3. WHAT WAS YOUR BEST REGATTA EVER AND WHY?

My best regatta in 470's was the Olympic games last period in Athens in 2004. Together with Sandra Azon I won a silver medal. We had been sailing for quit some time and won some regattas too. But a medal at the games is a very special feeling.

#### 4. WHY DO YOU WANT TO BE THE HELM?

That's easy, because I have always sailed as a helm. Also I like to decide what to do while racing. With the steer in my hands it's a bit easier.

#### 5. WHAT'S SAILING 470 LIKE IN YOUR COUNTRY?

The 470 class is the Olympic class, which has the most tradition in Spain. Sailing in an Olympic class is not so popular in my country. It's also very much about big boats or just cruising' along with some friends. Just when the Olympics arrive sailors from all over Spain gather to make an Olympic campaign. Same as me this time actually. I started sailing with Laia only the end of last year. We saw it was possible to make the games. We obviously both had experience in the 470 so it was easy to team up.

#### 6. WHAT IS THE HARDEST PART OF AN OLYMPIC CAMPAIGN?

The 470 is a great boat but it needs so much work!!! Then you've changed some and something else needs fixing. It is a never-ending story. Also I don't like the trips to and from races around Europe. The big van in front of a big trailer and hours of driving. I so much rather be on the water.

#### 7. WHAT IS YOUR BEST ASSET ON SAILING AND WHY?

To be happy and do what I like most: sailing races.