



Welcome!

Thank you for taking an interest in the Sail for Gold Regatta 2014.

Included in this media pack is hopefully everything you could hope to learn about the event, the sport and the Weymouth and Portland competition venue as well as some useful multimedia resources.

However, we appreciate you will also at times have further questions or require more detailed information and there are a number of resources available for you to turn to for assistance.

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**OTHER MEDIA RESOURCES**

**Website:**

Sail for Gold Regatta website – [www.sailforgold.co.uk](http://www.sailforgold.co.uk)

Your first port of call for all the latest news and reaction Sail for Gold Regatta at the Weymouth and Portland National Sailing Academy.

**Twitter:**

@sailforgold – live news straight from the venue as it happens  
@Britishsailingteam – official news from the home of the British Sailing Team





### **Facebook:**

Visit the Sail for Gold Regatta [Facebook page](#) for the latest news and reaction from Weymouth and Portland.

### **Photographs:**

Sail for Gold Regatta 2014 images – acclaimed sailing photographer Paul Wyeth will be supplying the RYA Events Media Team with a selection of rights-free images for *editorial use only* throughout the Regatta.

- Low res images will be available to view on the [event website](#)
- High res images for editorial media use will be available to download from <http://media.britishsailingteam.com> – users must self-register and log in to access high res images.

### **Video footage:**

Vodcasts featuring a selection of sailors from the event is available to download for *editorial use only* via an FTP server.

For VNR/Broadcast ready footage please contact the RYA events media team. The footage will be available from:

Host: [ftp.rya.org.uk](ftp://ftp.rya.org.uk)

Username: bellftpl

Password: VidStor3

Enjoy the Sail for Gold Regatta 2014!

The RYA Events Media Team.





## THE ESSENTIALS

**Where:** The Weymouth and Portland National Sailing Academy, Dorset.

**When:**

- Racing starts from Monday 2 June to Friday 6 June 2014.

**Who:**

- 106 sailors in eight Olympic classes
- 28 sailors in two Paralympic classes
- 134 sailors in total

**Olympic classes:**

- Finn - Single-handed heavyweight dinghy for men
- 470 Men - Men's Two Person Dinghy
- 470 Women - Women's Two Person Dinghy
- 49er - Double handed high performance twin trapeze dinghy for men or women
- 49er FX - Double handed high performance twin trapeze dinghy for women
- RS:X Men – Windsurfer sailed by men using a 9.5m<sup>2</sup> sail and a smaller 8.5m<sup>2</sup>
- RS:X Women - Windsurfer sailed by women using 8.5m<sup>2</sup> sails
- Nacra 17 – Mixed multihull high performance catamaran

**Paralympic classes:**

- 2.4 Metre – Paralympic one-person keelboat
- Sonar – Paralympic three person keelboat

**Click below links for Sail for Gold Regatta NOR & SI**

[Sail for Gold Regatta 2014 Notice of Race](#)

[Sail for Gold Regatta 2014 Sailing Instructions](#)





### **Sail for Gold Regatta Format**

For all Olympic and Paralympic classes the sailors compete in *fleet racing*, where all boats in the same class race at the same time.

At the end of that series the top 10 boats go through to the medal race when points are worth double and the medals are decided, except for the Paralympic classes.

For Olympic events the regatta will consist of a Fleet Racing Series and a Final Race or Races.

There will be ONE Race on the Final Day in ALL events except for Men's Skiff and Women's Skiff for which there will be THREE Final races.

For Paralympic events, the regatta will consist of a single series.





### **About the Sail for Gold Regatta**

The Sail for Gold Regatta is the UK's only international multi class event in the Olympic and Paralympic Sailing Classes, and is open to sailors from all Olympic and Paralympic disciplines.

The event, which has been held annually since 2006, this year is the third of four stages in the [EUROSAF Champions Sailing Cup](#), and is organised as a joint venture between the Royal Yachting Association (RYA), the national governing body for the sport of sailing, and the Weymouth and Portland National Sailing Academy (WPNSA) which was the host venue for the 2012 Olympic and Paralympic Sailing Competitions.

### **About the RYA**

The RYA is the national body for all forms of recreational, competitive and professional boating. It represents dinghy and yacht racing, motor and sail cruising, RIBs and sportsboats, powerboat racing, windsurfing, inland cruising and personal watercraft.

The RYA is recognised by all government offices as being the negotiating body for the activities it represents. It continually fights for the rights and freedoms of its 102,000 personal members, the majority of whom choose to go afloat for purely recreational non-competitive pleasure on coastal and inland waters. It represents a further estimated 500,000 boat owners nationally through its 1600 affiliated clubs and boat owner associations.

Olympic and Youth sailing is a beneficiary of the Lottery funded World Class Programmes (WCP) and administered by the Sports Councils. The Programmes focus on performance sport with the aim of achieving sporting excellence on the world stage.

Further information can be found on the UK Sport website at [www.uk sport.gov.uk](http://www.uk sport.gov.uk) and Sport England's website at [www.sportengland.org](http://www.sportengland.org).

Further information can be found at [www.rya.org.uk](http://www.rya.org.uk)





## **About the Weymouth and Portland National Sailing Academy**

The Weymouth and Portland National Sailing Academy (WPNSA) is a world class sailing venue and effectively promotes the sport of sailing to all levels of competence and ability, through courses, training and events, whilst supporting and working closely with the local community.

The WPNSA was the venue for the sailing competitions at the London 2012 Olympic Games and Paralympic Games, Weymouth and Portland has been recognised as having some of the best boating waters on the planet.

The Academy currently runs a number of high profile regattas throughout the year and boasts fantastic conference and event facilities.

The WPNSA is committed to conserving the local environment winning the 2008 Sport Industry Award for Environmental Concern in Sport and is shortlisted for a 2010 Sport Industry Award for 'Sport Venue of the Year'.

Further information can be found at [www.wpnsa.org.uk](http://www.wpnsa.org.uk)





### **About EUROSAF Champions Sailing Cup.**

The Eurosaf Champions Sailing Cup is based on top European events for Olympic and Paralympic Classes.

The aim of the EUROSAF Champions Sailing Cup is to provide the best possible competition for Olympic and Paralympic Classes. The series is based on established regattas within Europe, in order to guarantee the highest level of event and race management.

The dates for all five EUROSAF Champions Sailing Cup events for 2014 have been confirmed and are as follows:

#### **2014**

##### **Event 1**

Fraglia Vela Riva  
7th – 11th May  
Riva del Garda - Italy

##### **Event 2**

Delta Lloyd Regatta  
20th – 24th May  
Medemblik – The  
Netherlands

##### **Event 3**

Sail for Gold  
2nd– 6th June  
Weymouth & Portland  
United Kingdom

##### **Event 4**

Kieler Woche  
21st – 25th June  
Kiel - Germany







## Finn

### Single Handed Heavyweight Dinghy

Originating in Finland, the Finn is a one-person, single sail dinghy that has been part of the Olympic Games since 1952. The Finn is an intensely tactical boat in which the top ten places are often seconds apart after several hours racing and the fact that the boat is powerful means that it requires a true athlete to get the most out of it. In strong winds the boat rewards those who are fit and able to discipline themselves to perform the exhausting task of driving the boat full out while managing the tactical and psychological aspects of the race. Overall the Finn requires an athlete to be exceptionally fit and strong, outstanding in tactics and familiar with the techniques of sail and rig tuning.

#### **SPECIFICATIONS:**

Length:	4.5m (14ft 7in)
Crew:	1
Breadth:	1.6m (5ft 2in)
Designer:	Richard Sarby
Weight:	140kg (308lb)
Year:	1952
Type:	Dinghy



### Who to watch out for

#### **Giles Scott (GBR)**

Winner – Finn European Championships  
Winner - ISAF Sailing World Cup Mallorca 2014  
Winner - ISAF Sailing World Cup Miami 2014  
Winner - Semaine Olympique Francaise 2013  
Winner – Perth World Championships 2011

#### **Mark Andrews (GBR)**

11<sup>th</sup> – Finn European Championships  
Winner - Kieler Woche 2014  
Winner - Sail for Gold Regatta 2014  
Winner - Delta Lloyd Regatta 2014

#### **Andrew Mills (GBR)**

6<sup>th</sup> – Finn European Championships 2014  
2<sup>nd</sup> - Sail for Gold Regatta 2014  
Winner – SWC Hyeres 2013  
3<sup>rd</sup> – Open Europeans 2011







## 470

### Double Handed Dinghy – Men and Women

Created in France in the 1960s by Andre Cornu, the 470 is a small, fast boat, its name deriving from its length. It is a highly technical class, with the ability to 'plane' (skim the waves like a powerboat) in a high wind. It is sailed by two people and has three sails (mainsail, jib and spinnaker) as well as a trapeze, which allows the crew to lean out of the craft. The 470, first recognised as an Olympic class in 1976, was also the first women's class, accepted into the Olympic Games in 1988 in Seoul.

#### SPECIFICATIONS:

##### SPECIFICATIONS

Length: 4.7m (15ft 5in)  
Crew: 2  
Breadth: 1.68m (5ft 6in)  
Designer: Andre Cornu  
Weight: 120kg (265lb)  
Year: 1963



### Who to watch out for

#### Men

##### **Luke Patience/Elliot Willis (GBR)**

- 2<sup>nd</sup> - Delta Lloyd Regatta 2014
- 6<sup>th</sup> – SWC Hyeres 2014
- 7<sup>th</sup> – SWC Palma 2014

*Luke Patience*

- Silver – 2012 Olympic Games

#### Women

##### **Sophie Weguelin/Eilidh McIntyre (GBR)**

- 2<sup>nd</sup> – SWC Hyeres 2014
- Winner – SWC Miami 2014
- 3<sup>rd</sup> - 2013 Santander ISAF Test Event
- 5<sup>th</sup> – 2013 470 World Championships



## NeilPryde RS:X Windsurfer - Men and Women

Replacing the Mistral, the NeilPryde RS:X was the new windsurfing equipment used at the 2008 Beijing Olympics. A strict one-design class sailed by both men and women, the RS:X is the only boat that will bring the sailor into direct contact with the air and sea. The RS:X sail performs exceptionally well in both planing and non-planing conditions and has been designed for easy handling.

### SPECIFICATIONS:

Length:	2.86m (9ft 4ins)
Breadth:	0.93m (3ft)
Designer:	Neil Pryde Ltd
Sail (men):	9.5msq
Year:	1990
Sail (women):	8.5msq
Type:	Sailboard



### Who to watch out for

#### Men

##### **Nick Dempsey (GBR)**

- 10<sup>th</sup> – SWC Hyeres 2014
- 6<sup>th</sup> – SWC Palma 2014
- 3<sup>rd</sup> - Santander ISAF Test Event 2013
- Winner – Sail for Gold Regatta 2013
- Winner – World Championships 2013
- 2<sup>nd</sup> - London 2012 Olympics
- 2<sup>nd</sup> – World Championships 2012
- Winner – World Championships 2009
- 3<sup>rd</sup> - Athens 2004 Olympics (Mistral)

##### **Tom Squires(GBR)**

- 11<sup>th</sup> – SWC Hyeres 2014
- 24<sup>th</sup> – SWC Palma 2014
- 3<sup>rd</sup> – Sail for Gold Regatta 2013
- 6<sup>th</sup> - Garda Trentino Olympic Week 2013
- 9<sup>th</sup> - SWC Palma 2013

##### **Kieran Martin(GBR)**

- Winner – ISAF Youth Worlds 2013

#### Women

##### **Bryony Shaw (GBR)**

- 4<sup>th</sup> – SWC Palma 2014
- Winner – SWC Miami 2014
- Winner – SWC Hyeres 2013
- 2<sup>nd</sup> – SWC Palma 2013
- 2<sup>nd</sup> – World Championships 2013
- 7<sup>th</sup> – 2012 Olympic Games
- 3<sup>rd</sup> – 2008 Olympic Games

##### **Izzy Hamilton (GBR)**

- 22<sup>nd</sup> – SWC Palma 2014
- 7<sup>th</sup> – SWC Miami 2014
- 11<sup>th</sup> – RS:X Europeans 2013
- 2<sup>nd</sup> – Sail for Gold regatta 2013
- 2<sup>nd</sup> – ISAF Youth Worlds 2010
- 2<sup>nd</sup> – ISAF Youth Worlds 2009



## 49er

### Double handed high performance dinghy

The 49er is one of the most exhilarating of all of the Olympic Classes, providing exciting racing over short courses. With a huge sail area (consisting of mainsail, jib and asymmetric spinnaker), twin trapezes and an ultra-light hull it can reach up to 30 knots in speed.

The boat requires the crew to have a high level of agility and athleticism as they must make rapid, and often acrobatic, movements. Designed by Australian architect Julian Bethwaite in 1995, the class made its debut at the 2000 Sydney Games.

#### **SPECIFICATIONS:**

Length: 4.995m (16ft)  
Type: Skiff  
Breadth: 2.9m (9ft)  
Crew: 2  
Weight: 70kg (155lb)  
Designer: Frank Bethwaite  
Year: 1995



### Who to watch out for

#### **Dylan Fletcher & Alain Sign (GBR)**

- Winner – Delta Lloyd Regatta 2014
- 7<sup>th</sup> - SWC Hyeres 2014
- 3<sup>rd</sup> - SWC Palma 2014
- 4<sup>th</sup> – 49er World Championships 2013
- 2<sup>nd</sup> – 49er Europeans 2013
- 2<sup>nd</sup> – Sail for Gold 2013
- Winner - SWC Hyeres 2013

#### **John Pink & Stuart Bithell (GBR)**

- 2<sup>nd</sup> – Delta Lloyd Regatta 2014
- 5<sup>th</sup> - SWC Hyeres 2014
- 7<sup>th</sup> - SWC Palma 2014
- 5<sup>th</sup> – SWC Miami 2014

#### **David Evans & Edward Powys (GBR)**

- 8<sup>th</sup> - SWC Hyeres 2014
- 5<sup>th</sup> - SWC Palma 2014
- 5<sup>th</sup> – Sail for Gold Regatta 2013
- 2<sup>nd</sup> – Delta Lloyd Regatta 2013
- 3<sup>rd</sup> - 49er World Championships 2006





## 49er FX

### Women's double handed high performance dinghy

The 49er is one of the most exhilarating of all of the Olympic Classes, providing exciting racing over short courses. With a huge sail area (consisting of mainsail, jib and asymmetric spinnaker), twin trapezes and an ultra-light hull it can reach up to 30 knots in speed.

Mackay Boats developed the new FX rig for the 49er. After nine months of testing, the boat was taken to Santander (ESP) and trialled against five other boats by the ISAF evaluation committee.

The boat was then selected at the ISAF mid-year conference in early May 2012 and will be making its Olympic debut as the Women's Skiff event at the 2016 Olympic Games in Brazil.

#### SPECIFICATIONS:

Length: 4.995m (16ft)  
Type: Skiff  
Breadth: 2.9m (9ft)  
Crew: 2  
Weight: 130kg  
Designer: Bethwaite/MacKay  
Year: 201



### Who to watch out for

#### Frances Peters & Nicole Groves (GBR)

- 12<sup>th</sup> - SWC Hyeres 2014
- 14<sup>th</sup> - SWC Palma 2014
- 3<sup>rd</sup> - SWC Miami 2014
- 8<sup>th</sup> - 49erFX World Championships 2013
- 5<sup>th</sup> - 49erFX Europeans 2013
- 4<sup>th</sup> - Sail for Gold Regatta 2013

#### Charlotte Dobson & Sophie Ainsworth (GBR)

- 4<sup>th</sup> - SWC Hyeres 2014
- 3<sup>rd</sup> - SWC Palma 2014
- 6<sup>th</sup> - SWC Miami 2014
- 31<sup>st</sup> - 49erFX World Championships 2013
- 8<sup>th</sup> - 49erFX Europeans 2013







## Nacra 17

### Double handed high performance twin trapeze Multihull

The Rio 2016 Olympic Games will see the return of the mixed multihull to the Olympic program in the form of the Nacra 17.

The Nacra 17 is a performance catamaran and was first designed in 2011 and went in production in 2012.

Featuring curved dagger boards providing vertical lift, the Nacra 17 carries a wider range of crew weight and offers the sailors in the Mixed Multihull event the exciting challenge of mastering the potential lift of the curved dagger boards..

#### **SPECIFICATIONS:**

Length: 4.995m (16ft)  
Type: Skiff  
Breadth: 2.9m (9ft)  
Crew: 2  
Weight: 70kg (155lb)  
Designer: Frank Bethwaite  
Year: 1995



### Who to watch out for

#### **Ben Saxton & Hannah Diamond (GBR)**

- 4<sup>th</sup> – Delta Lloyd Regatta 2014
- 6<sup>th</sup> - SWC Hyeres 2014
- 6<sup>th</sup> - SWC Palma 2014
- 3<sup>rd</sup> - SWC Miami 2014
- 2<sup>nd</sup> - Santander ISAF Test Event 2013
- 2<sup>nd</sup> – Nacra 17 World Championships

#### **Pippa Wilson & John Gimson (GBR)**

- 10<sup>th</sup> - SWC Hyeres 2014
- 12<sup>th</sup> - SWC Palma 2014
- 9<sup>th</sup> - SWC Miami 2014
- 5<sup>th</sup> - Santander ISAF Test Event 2013

#### **Lucy Macgregor & Andrew Walsh (GBR)**

- 9<sup>th</sup> - SWC Hyeres 2014
- 7<sup>th</sup> - SWC Palma 2014
- 16<sup>th</sup> - SWC Miami 2014
- 4<sup>th</sup> - Santander ISAF Test Event 2014





## International 2.4mR One Person Keelboat – Open

The 2.4 Metre, which originated in Stockholm in 1983, is an ideal craft for disabled sailors. In the 2.4mR, the helmsperson sits down into the boat facing forward with all the trim controls within arms' reach. Because the crew weight is always close to its centre of gravity, the 2.4mR is insensitive to differences in the size of the helmsperson. Instead, 2.4mR racing focuses on sophisticated sail trim, tactics and strategy.

### SPECIFICATIONS:

Length:	4.10m (13ft 5ins)
Crew:	1
Breadth:	0.8m (2ft 7 1/2ins)
Designer:	Scandinavian designers
Weight:	260kg (573lb 3.23oz)
Year:	1983
Type:	Keelboat



### Who to watch out for

#### **Helena Lucas (GBR)**

- 4<sup>th</sup> - Delta Lloyd Regatta 2014
- 5<sup>th</sup> - SWC Hyeres 2014
- Winner - SWC Palma 2014
- 2<sup>nd</sup> - SWC Miami 2014
- 2<sup>nd</sup> - SWC Hyeres 2013
- 2<sup>nd</sup> – 2.4mR World Championships 2013
- Gold – London 2012 Paralympic Games

#### **Megan Pascoe (GBR)**

- Winner – Delta Lloyd Regatta 2014
- 3<sup>rd</sup> - SWC Hyeres 2014
- 2<sup>nd</sup> - SWC Palma 2014
- Winner - SWC Miami 2014
- 3<sup>rd</sup> – 2.4mR World Championships 2013





## Sonar

### Three Person Keelboat – Open

The keelboat's crew-friendly configuration allows disabled sailors to sail efficiently and safely and enjoy a high level of performance and excitement. The racer has a well contoured sit-in cockpit and when the wind gets up and sailors are sitting on the side deck, there is no tendency to fall forward into the boat unless she takes a real knock-down, which is a rare event in a Sonar. There's no turning backwards and dangling your legs over the side; sailors face into the boat and whether up on the deck or sitting down on the seats, the sailor's backside is always higher than their feet. In competition, the Sonar is sailed by three people with a fourth crew member available in case one sailor is unable to take part in the race. The Sonar has been sailed in the Paralympics since sailing was included as a Paralympic sport in 2000.

#### **SPECIFICATIONS:**

Length:	7m (22ft 11ins)
Crew:	Min. 3
Breadth:	2.4m (7ft 10 1/2 ins)
Designer:	Bruce Kirby
Weight:	950kg (2094lb 6.26oz)
Year:	1980
Type:	Keelboat



### Who to watch out for

**John Robertson, Hannah Stodel & Stephen Thomas (GBR)**

- 2<sup>nd</sup> - Delta Lloyd Regatta 2014
- Winner - SWC Hyeres 2014
- 2<sup>nd</sup> - SWC Miami 2014
- 5<sup>th</sup> – IFDS World Championships 2013
- 5<sup>th</sup> - London 2012 Paralympic Games
- 3<sup>rd</sup> - IFDS World Championships 2012

