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FINNFARE

DECEMBER 2015



- *Giles Scott wins Finn Gold Cup in Takapuna*
- *LEFT: Aquece Rio 2015 test event*
- *Multi-national FINNTEAM launched*
- *Finn class survey - younger, taller, stronger*
- *Vasilij Zbogar interview*
- *Hiking physiology by Ross Hamilton*



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Opening shot: Pieter-Jan Postma led all through the opening series at the Aquece Rio 2015 test event, but went home with the bronze

President's Letter

**Dear Finn Sailors,
Dear Friends of the International
Finn Community**

Over the last few years the IFA Executive Committee's main focus was on class development with the aim on the one hand to bring in as many young sailors to the class as possible and on the other hand to globalise Finn sailing with growing local fleets in new countries as well as seeing those new countries joining the international Finn circuit.

With significant success achieved in the above fields of our activities the focus has this year turned to class development in a technical sense. Class rule amendments have been implemented and an equipment development review as well as an exploration of future direction in equipment evolution have been carried out in order to make sure that the inevitable technical development in sailing filters in the Finn in a forward thinking but controlled manner.

The Finn is nowadays one of only two non-manufacturer Olympic classes, meaning that not only licensed or monopolistic builders are allowed to build hulls, mast or sails but the possibility to become a Finn manufacturer is open to anybody if the end product is within the Finn class rules.

Over the last few years the above concept, established actually by our 'founding Finn fathers', and the large number of new top level as well as national level sailors joining the

class generated widespread interest in equipment manufacturers to further develop the Finn in a technical sense. As a result of this the Finn is today one of the best quality and most durable Olympic equipment available on the market.

To further reinforce the positives of our technical policy the Executive is in the process of studying recent developments with an objective to maintain the spirit of the class rules, the one-design nature of the class and the design ethos that has supported the Finn throughout its history.

The key areas of the current thinking are as follows:

- Price stability
- Time controlled development
- Equipment availability to all sailors
- Intellectual property

The Executive is in contact with Finn sailors as well as equipment manufacturers and an exchange of views has been started in order to hear as many voices as possible before the final conclusion will be drawn.

I will keep you posted on future developments and in the meantime wish all of you fare winds and good sailing.



Dr. Balazs Hajdu
HUN-1
IFA President

In this issue

President's Letter • 3

News • 2

Sailing World Cup • 6

**Finn class survey reveals
younger, taller, stronger
sailors • 8**

**Huge win for Giles Scott
at Finn Gold Cup
in Takapuna • 10**

**Giles Scott snatches
victory in Rio • 12**

**Last Olympic Games for
Vasilij Žbogor? • 14**

**The Stages of Life – the 2015
European Masters • 18**

**Hiking Physiology
by Ross Hamilton • 20**

**Finn races around the world
France, Germany, Italy, Japan,
Poland, Russia, Sweden,
Switzerland, Ukraine • 26**

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Major Finn regattas 2016-2018

2016

23-30 January, Miami, USA
ISAF Sailing World Cup Miami

25 March -2 April, Palma, Spain
Trofeo SAR Princess Sofia

25 March-1 May, Hyères, France
ISAF Sailing World Cup Hyeres

31/4-1/5, Lake Garda, Italy
Italian Masters Championship

4-8/5, Bourgas, Bulgaria
Regatta Port Bourgas

24-28/5, Medemblik, Netherlands
Delta Lloyd Regatta

6-12/6 • Weymouth & Portland, UK
ISAF SWC Weymouth & Portland

4-12/3, Barcelona, Spain
EUROPEAN CHAMPIONSHIP
(2016.finneuropeans.org)

5-13/5
FINN GOLD CUP

Gaeta, Italy
(2016.finngoldcup.org)

13-20/5, Torbole, Italy
FINN WORLD MASTERS
(www.finnworldmasters.com)

22-26/6, Thunersee, Switzerland
Swiss Championship

3-9/7, Århus, Denmark
FINN SILVER CUP
(2016.finnsilvercup.org)

5-21/8, Rio de Janeiro, Brazil
2016 OLYMPIC GAMES

5-11/12, Melbourne, Australia
ISAF Sailing World Cup Melbourne

2017

June (tbc) • Barbados
FINN WORLD MASTERS

Sept. (tbc) • Balatonföldvár, Hungary
FINN GOLD CUP

tbc • Marseilles, France
EUROPEAN CHAMPIONSHIP

July (tbc) • Balatonfüred, Hungary
FINN SILVER CUP

2018

tbc • Århus, Denmark
ISAF Sailing World Championships



News

Spanish reunion – everyone's a winner

On Oct 16 and 17, all the 35 Spanish Finn sailors, from the youngest to the oldest, Perico Jimenez, 80 years old, met in Aiguablava for a romantic/ nostalgic reunion. 50 people in total were guests at Jose Maria Pujadas and his wife's home. Even Marco Montalbetti came from Chile, as he has sailed with us for many years.



Two Gold medalists, Jose Luis Doreste and José Maria van der Ploeg and several European and Gold Cup champions were with us. We had two Finns ready for a Match Race eliminations on Saturday morning, fortunately with light winds and little complications (upwind 300 m followed by a downwind leg), which proved to be a very exciting and challenging format. We will repeat this event in the future.

In good old Coubertin style, all were declared well deserved winners at an exciting prize giving ceremony. Most important it was agreed:

- To send a Masters team to next years Masters championship in Lake Garda and
- To bid for the 2018 Masters in El Balis, a very well equipped harbour 30 km north of Barcelona.

We feel that we are reviving the Masters Finn Class in Spain, many Finn sailors have moved in the past to the Laser, winning impressive regattas. We want them back to the glory of our class.

Luca Devoti has invited us to Valencia to get our confidence back on downwind legs and the body back in shape!

Gerardo Seeliger



2016 Finn World Masters

In December the pre-entry for the 2016 Finn World Masters in Torbole has already passed 150 boats. This is an amazing response and expectations are that the 2016 edition will be the biggest event ever. It is never about making up the numbers, but it shows the ever increasing popularity of the Finn among the older generation.

2016 Italian Masters

In view of the Finn World Masters in Torbole, the 2016 edition of Italian Masters Championship will take place at Yacht Club Acquafresca on Lake Garda from April 31 to May 1.

The week before, on April 23-24, the traditional Sudtiroil Regatta, a Coppa Italia and Alpen Cup event, is scheduled on Caldaro Lake. The Italian Finn class invites all the Masters who will participate in Torbole to this Spring 'Grand Tour' in Northern Italy.

Event websites for 2016

The event websites for the 2016 major championships are under construction. As well as 2016.finngoldcup.org and 2016.finnEuropeans.org, we now have 2016.finnSilvercup.org. We will announce when they are ready to go live.

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- **Ivan Kljaković Gašpić:** leader of the ISAF world rankings
- **André Budzien:** 3 times world masters champion
- **Michael Maier:** 6 times world masters champion
- **Nenad Bugarin:** silver cup-2015 Finn Junior Championship

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Left: Prof Jan Bourgois with Dr Jacques Rogge

'Sport Science Laboratory - Jacques Rogge', Ghent University, Belgium

At the Department of Movement and Sports Sciences of the Ghent University, a new Sport Science Laboratory opened on October 16, 2015. The laboratory is named after Dr. Jacques Rogge, former Olympic Finn sailor, former President of the International Olympic Committee (IOC), former IFA President and Ghent University alumnus.

The Sport Science Laboratory – Jacques Rogge is a new building where outstanding innovative scientific research is delivered in the field of movement and

sports sciences, with specific translations into actual societal applications. The building consists of two research units and houses a consortium of researchers from different disciplines like biomechanics, motor learning, exercise physiology and sports nutrition.

Dr. Jacques Rogge supports the mission of the new Sport Science Laboratory: "Sports science benefits sport and physical activity participation of everyone in our community, from the youngest to the oldest and from recreational to elite. It is an established scientific field with rigorous research methods covering expertise from a broad range of disciplines in a multi-disciplinary setting. Let it be beneficial for all."

The focus of the laboratory is on scientific research in the various domains of movement and sports sciences. The research projects focus on both the fundamental aspects as on specific technological innovations. One of these

projects investigates the biomechanical and physiological profile of dinghy and Olympic sailing (see references). The first study which investigated sailors' muscle activity during hiking was done by Dr. J. Rogge in 1972 at the Ghent University. This study quantified by means of (invasive) needle electromyography (EMG) the activity of different lower body muscles during three different static hiking positions on a Finn deck. Present research at the 'Sport Science Laboratory – Jacques Rogge' attempts to move the sport of sailing forward by pursuing three aims, that is: (1) investigating the determinants of Olympic dinghy sailing, (2) exploring the physiological mechanisms of fatigue during sailing races and (3) designing a practical scientific framework for dry-land physical training in Olympic sailors. - *Jan Bourgois*



Finn Project Thailand

Peter Hubregtsen (NED 22/THA 1) and Joos Bos (NED 54/THA 2) are two Finn sailors from Holland. Joos (60) is already retired and has lived in Thailand for two years. Peter (51) is still working in Holland, but his employer gave him the chance to take a nine month break.

Peter and Joos then decided to bring their Finns to Thailand. Very soon we found out that to transport the Finns from Holland to Thailand is not too bad. Bringing them back to Holland is up to three to four times more expensive.

Time for plan 'B. We decided not to bring our own Finns to Thailand, but buy two older Finns for permanent stay.

We bought a 1992 Vanguard and a 1996 Lemieux. We also needed a road trailer and we found one in Belgium for €500 including a Finn (probably an elvstrom 19xx).

In the beginning of August we shipped them out and in september they arrived at the sailing club in Hua-Hin. At the sailing club we soon met a former (1980s) Swedish Finn sailor, Per-Erik Wall (51). He is now sailing the third boat (THA 3).



The whole meaning of bringing the Finns to Thailand is the fact that we want to cross the Gulf of Thailand (64 miles) from Hua-Hin to Sattahip (Royal Thai Navy home base). The plan is to do this in April 2016 when the winds and current are favourable to us. In April 2016 it will also be exactly 50 years since the King of Thailand crossed the Gulf of Thailand in



an OK Dinghy 'Vega', built by himself. The project is therefore called "sailing follow the King".

In the beginning of December we will be on Thai television (Thai-PBS from Bangkok) for the scoop. We are still looking for some sponsorship, because we want a rescue boat to guide us.

- *Peter Hubregtsen*



Sailing World Cup



After Melbourne and Miami, Hyères and Weymouth, the final regional event was in Qingdao where the Finns took part for the first time. The 2015 World Cup rounded off at the final in Abu Dhabi in October.

5. ISAF Sailing World Cup Qingdao

THE SWC QINGDAO was the Asian qualifier for Rio 2016 with nine Chinese sailors and one Iranian. The Chinese controlled the fleet from day 1 with 2012 Olympian Lei Gong and Luwen Shen fighting it out for overall honours. The Chinese had done enough by the end of day 4 to secure the Rio place, while Gong showed his experience in the medal race to overcome a DNE and a five point deficit to take the title by just one point.

1	CHN 1226	Lei Gong	1	2	1	(ocs)dne	1	1	2	2	21
2	CHN 1224	Luwen Shen	2	3	(6)	1	1	3	3	1	8
3	CHN 30	Xin Li	(4)	4	3	2	3	2	4	3	6
4	CHN 1225	He Chen	3	1	2	(ocs)2	dsq2	5	4	5	30
5	CHN 122	Yinsheng Cui	5	(6)	4	3	4	4	5	4	10
6	CHN 162	Fusen Jiang	6	(7)	5	5	5	5	7	7	18
7	CHN 2031	Zheng Ye Jia	8	5	10	4	6	6	6	(dsq)	16
8	IRI 69	Ahmad Ahmadi	7	8	(9)	7	7	7	9	6	12
9	CHN 12	Wenlong Han	9	(10)	7	8	9	9	8	9	14
10	CHN 20	Hong Pu	(dnf)	9	8	6	8	8	10	8	20



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6. ISAF Sailing World Cup Final Abu Dhabi

THE ISAF SAILING World Cup Final in Abu Dhabi suffered this year due to its proximity to the Finn Gold Cup in Auckland.

Nevertheless six sailors made it to race a tight series off Lulu Island. European Champion Ivan Kljakovic Gaspic made the best of

the six race opening series with Ed Wright holding second place most of the week. However a great medal race win from Pablo Guitian Sarria handed him the bronze with Alican Kaynar taking home the silver.



1	CRO 524	Ivan Kljakovic Gaspic (4)	1	1	1	2	2	8	15	
2	TUR 21	Alican Kaynar	3	(5)	2	2	3	1	6	17
3	ESP 8	Pablo Guitian Sarria	(5)	2	4	5	5	3	2	21
4	GBR 11	Edward Wright	1	3	3	3	1	(4)	10	21
5	ITA 123	Filippo Baldassari	2	4	(5)	4	4	5	4	23
6	TUN 1	Karim Esseghir	6	6	6	(ocs)	6	6	12	42



Photos: Jesus Renado/Pedro Martinez/Sailing Energy/ISAF

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Finn class survey reveals younger, taller, stronger sailors

Five years ago the Finn class carried out an extensive survey of its top sailors to accumulate data regarding the weight, height and the age they started sailing the Finn, to try and build a picture of the fleet and to examine how these factors changed over the years.

This year the class has carried out a similar survey to see how trends have changed, as well as looking at the longer term trend of those entering the class.

The results build into an interesting picture of the class and show the current athletes as increasingly younger, taller and heavier than their contemporaries from past Olympic cycles. Part of this can be attributed to the growing size of the world's population, but also it

highlights the increasingly athletic nature of Finn sailing, with bigger sailors entering elite competition at a younger age.

The Finn requires enormous physical capabilities. Finn sailors are strong and have an excellent endurance capacity. One of the reasons is that the hiking position (more than 50% of time in the boat is spent hiking), combined with the free pumping rule above 10 knots of wind, in combination with the rig, requires huge physiological demands on the sailor. It is the hardest athletic experience in dinghy sailing. This is also shown by heart rate records during sailing with mean heart rate reaching 80% of the maximal heart rate over the whole race and peaking to 200 beats/min in certain parts of the race. Especially downwind, the Finn sailor pumps the mainsail one to one and controls the boat with dynamic actions of the whole body. In this whole context, Finn sailing is the

most athletic dinghy and the sailors must be physically very fit.

It is this athletic and very physical nature of the boat that lends itself perfectly to the physique of elite athletes for which it caters. At Olympic level elite athletes in most disciplines are generally taller, heavier and more muscular than the general population. The Finn remains the only class that allows these athletes to compete at the Olympics.

Survey

The 2015 Finn Class survey took data from a smaller target group than in 2009. The average age of the group was 24, though it included about 50 per cent of the top 20 ranked sailors in the world.

The range of data included:

- Age range from 22 to 40 = 18 years
- Height range from 175-198 cm = 23 cm
- Weight range from 89-102 kg = 13 kg

For comparison purposes the data from the two surveys has been normalised to show the trends. The data from both surveys are shown in the graphs:

The major changes between the two surveys are:

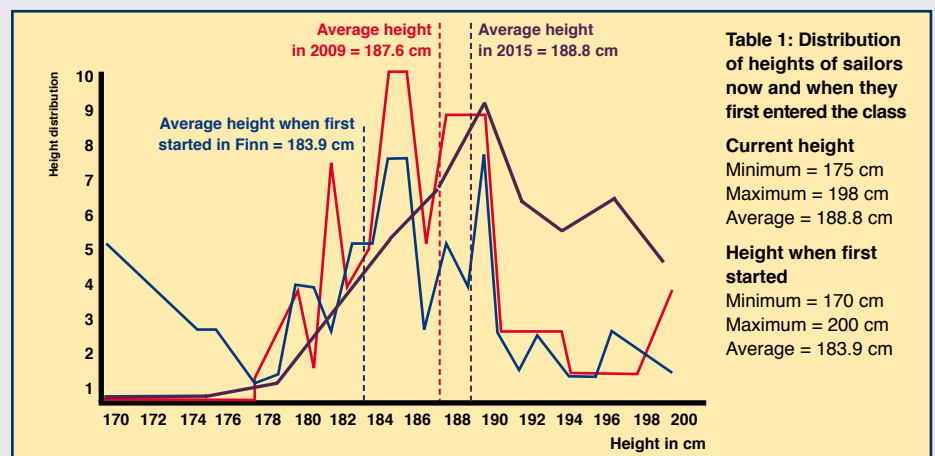
- Average weight has increased by 2 kg
- Average height has increased by 1.1 cm
- The average starting age for the group has dropped by 6 months.

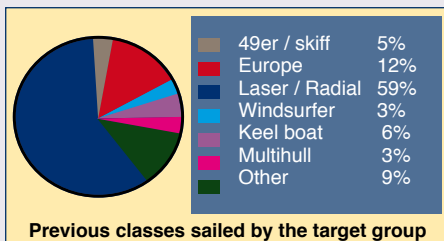
Opinion

According to leading sports science researcher Prof. Jan Bourgois, Professor of Exercise Physiology at Ghent University, "Your surveys in 2010 and 2015 on height, weight and age are really important."

"The general population is becoming taller and heavier. If you look at the boat classes selected for the Olympics in Rio, then you can see that people weighing more than 83 - 85 kg have practically no chance to compete at the Olympics, which means you exclude a lot of sailors."

"Furthermore, athletes participating at





the Olympics are generally taller, heavier and more muscular than the general population, except of course for some sports or disciplines such as gymnastics. Finn sailing could be compared, through height and weight characteristics, with swimming, rowing, athletics and basketball where performance is partly explained by anthropometrics: they are all tall, lean and muscular.”

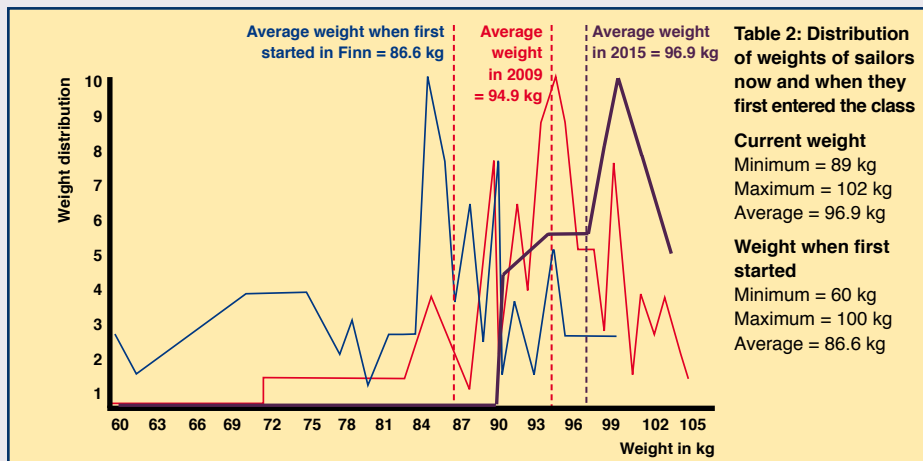
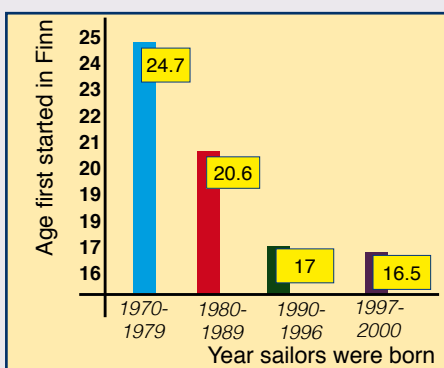
“For example, previous research on the anthropometric profile has shown that elite rowers generally have a height of 1.89 to 1.95 metres and a body mass of 90 to 93 kg.” (Bourgois et al. Physiological and Anthropometric Progression in an International Oarsman. International Journal of Sports Physiology and Performance. Volume 9, 4: 723 – 726, 2014)

Fitness

The survey also looked at fitness indicators

- bV02 Max varied from 5.1 to 5.68 l/min
- 2 km rowing times varied from 6.17 to 6.40 minutes
- Body fat index varied from 8 to 17% (average 12%)

Prof. Bourgois, who works at the same university where Dr Jacques Rogge carried out the first EMG studies on hiking in the Finn in a laboratory situation, continued, “Strength and endurance (VO2max absolute and relative values) capacity of Finn sailors are comparable with athletes from other sports disciplines such as rowing and basketball, which show the athletic demands of Finn sailing. Absolute VO2max of over 5.0 l/min means that Finn sailors, besides a needing a lot of strength, also need very good aerobic power (endurance).”



As a rower for the Belgian National Team, Prof. Bourgois failed to be selected for Olympics, but later prepared Belgian rowers for six Olympics from 1988 to 2008, and was a FISA (the international rowing federation) member for some years.

“The Finn is a real athletic boat, further accentuated by the pumping rule. Knowing the sport of rowing very well, in my opinion Finn sailors have to train physically like oarsmen (endurance and weights). If I look at the 2 km rowing times, Finn sailors are really good athletes.”

Numbers

Data is everything and the surveys show the evolution of the physique of young people taking up the Finn. The average age is getting younger, the weight and height are increasing, and interestingly, this survey shows the range is getting smaller, though it is still the widest range for any Olympic class. Sailing ability remains the key factor and the best sailor normally wins.

The trend for people becoming taller with increasing bodyweight continues. The survey also shows that Finns are sailed from an increasingly earlier age at international level and that

there is an inevitable need for providing a suitable single-handed dinghy for young men, being naturally much bigger than their parents were.

Drawing a parallel with a survey carried out on a group of elite young rowers (British Journal of Sports Medicine) elite male junior rowers are 7% taller and 27% heavier than a reference group of the same chronological age. Within the group there were significant differences between finalists and non-finalists in body dimensions and body mass.

The final question we asked of the sailors was “what would you sail if the Finn were no longer an option as an Olympic class?” More than 80% said they would either carry on sailing the Finn as a non-Olympic class or would not sail an Olympic class at all. Without the Finn or another heavyweight dinghy, only 10% said they would try another Olympic class, and all those were under the average body weight of this survey. Those at or over average body weight felt they had no other options to remain in an Olympic class without the Finn.





Huge win for Giles Scott at Finn Gold Cup in Takapuna

The first Finn Gold Cup in New Zealand for 35 years was as sensational as the last time it was sailed there 35 years ago, but for very different reasons. In 1980 there was a huge battle between Cam Lewis and John Bertrand to decide the world title. In 2015, Giles Scott did not just dominate the event, but won his third world title by a huge 45 point margin and with two races and one day to spare. It is the biggest victory in Finn Gold Cup history since Paul Elvstrøm's win in 1959 and just when you think the level can't improve, he steps it up a gear to demoralise his opposition completely.

Day 1

Andrew Murdoch kept the home crowd happy on the opening day after winning the first race and holding the overnight lead. Murdoch led almost all the way, sailing conservatively, while those who

1	GBR 41	Giles Scott	5	3	1	8	4	4	(15)	2	3	2	16	48
2	FRA 112	Jonathan Lobert	(45)	5	19	5	19	14	18	3	1	1	8	93
3	SLO 573	Vasilij Zbogar	19	6	7	(36)	17	6	9	15	7	14	12	112
4	NZL 16	Andrew Murdoch	1	7	17	(43)	37	9	6	9	5	3	18	112
5	SWE 33	Max Salminen	22	(24)	13	15	18	1	4	7	15	4	14	113
6	NED 842	Pieter-Jan Postma	27	29	5	23	(34)	13	1	6	6	7	2	119
7	BRA 109	Jorge Zarif	24	20	8	(48)	13	17	11	8	4	10	10	125
8	GBR 11	Edward Wright	4	13	10	10	(54)	26	14	21	9	24	4	135
9	GRE 77	Ioannis Mitakis	3	27	2	33	(ret)	5	20	1	37	6	6	140
10	FIN 218	Tapio Nirrko	11	11	(30)	6	3	16	17	26	18	20	20	148

took a more risky course in the medium winds on the edges came unstuck. He rounded the top mark from Michele Paoletti and Ed Wright. Alejandro Foglia had moved up to second from the gate and briefly took the lead on the second upwind. However, Murdoch got the final approach right to round first and lead down to the finish. New IFA Vice President, Foglia, kept his nerve down the lighter final run to cross second with Ioannis Mitakis third.

The second race followed a similar pattern in slightly more breeze with Björn Allansson breaking away from the pack after rounding the top mark in first to build a substantial lead downwind and on the next upwind to take a comfortable win. Jake Lilley occupied second place throughout the race as did Anders Pedersen in third.

Day 2

Defending world champion Giles Scott took the lead after winning the only race sailed after light winds disrupted proceedings. It was a mixed day with several weather changes during the day including some light rain, but the wind remained light under both black clouds and blue skies.

In his first Finn Gold Cup, André Hojen Christiansen led round the top mark from the left, with Mitakis, Alican Kaynar and Philip Kasüske close behind. Mitakis took the lead on the first downwind to lead through the gate and extend up the



11	EST	2	Deniss Karpak	14	-42	4	1	12	21	27	25	23	11	138
12	USA	6	Caleb Paine	8	21	9	20	14	22	23	14	-36	12	143
13	GBR	91	Ben Cornish	7	23	24	11	5	(bfd)	21	10	14	35	150
14	NZL	24	Josh Junior	29	9	14	-54	40	2	12	4	21	22	153
15	CRO	69	Milan Vujasinovic	6	15	15	38	7	-39	7	33	16	23	160
16	FRA	17	Fabian Pic	13	36	25	2	1	8	40	-41	31	16	172
17	URU	301	Alejandro Jose Foglia	2	38	21	-56	44	11	2	19	8	27	172
18	DEN	2	Jonas Høgh-Christensen	23	30	20	9	30	28	3	16	19	(dnf)	178
19	AUS	41	Jake Lilley	-56	2	45	18	36	37	16	5	17	8	184
20	CRO	524	Ivan Kljakovic Gaspic	10	10	16	(ret)	24	25	8	bfd	11	5	186
21	NOR	1	Anders Pedersen	21	4	(bfd)	13	39	3	24	23	29	34	190
22	AUS	261	Oliver Tweddell	17	12	39	14	8	7	-42	18	38	39	192
23	HUN	40	Zsombor Berecz	15	40	3	-45	29	24	41	11	13	21	197
24	ITA	117	Giorgio Poggi	35	25	32	-39	15	12	13	20	24	26	202
25	CRO	52	Nenad Bugarin	20	-41	23	24	2	35	38	22	20	19	203
26	SWE	6	Bjorn Allansson	43	1	12	-58	23	46	22	13	22	25	207
27	RUS	2	Aleksey Borisov	25	26	35	7	6	41	10	35	25	-49	210
28	ESP	17	Pablo Guitian Sarria	-50	37	38	3	11	23	36	30	10	28	216
29	ITA	146	Michele Paoletti	12	34	(bfd)	22	20	33	28	29	26	13	217
30	USA	4	Zach Railey	26	18	34	25	-43	10	43	17	12	33	218
31	CRO	1	Josip Olujic	18	-45	31	41	16	36	5	12	43	17	219
32	RUS	57	Egor Terpigorev	36	16	29	21	33	32	30	28	-46	9	234
33	CZE	5	Ondrej Tepy	28	14	27	31	9	27	-46	27	40	32	235
34	TUR	21	Alican Kaynar	-59	31	6	49	38	15	34	32	2	31	238
35	CAN	110	Martin Robitaille	30	44	22	29	31	18	-47	38	34	15	261
36	ESP	2	Alex Muscat	40	17	18	42	-52	19	29	40	41	18	264
37	EST	11	Lauri Väinsalu	33	-59	28	16	10	38	31	36	33	42	267
38	POL	17	Piotr Kula	38	19	(bfd)	17	22	29	32	34	32	45	268
39	ITA	66	Enrico Voltolini	-48	8	36	46	27	34	33	31	27	30	272
40	RUS	6	Arkadiy Kistanov	9	43	33	35	25	(bfd)	25	39	30	36	275
41	GER	259	Phillip Kasueske	34	28	11	40	35	30	35	37	47	-52	297
42	ITA	123	Filippo Baldassari	41	39	26	26	42	-48	19	24	45	40	302
43	RUS	7	Vladimir Krutskikh	16	32	43	12	46	-55	44	45	51	50	339
44	ITA	147	Simone Ferrarese	37	51	40	-57	21	42	37	42	44	29	343
45	POR	5	Frederico Melo	32	35	41	52	64	20	39	(bfd)	28	38	349
46	GBR	18	James Hadden	42	33	54	4	49	51	57	44	-60	46	380
47	CHN	1225	He Chen	39	53	37	32	47	31	-54	47	48	51	385
48	CZE	1	Michael Maier	52	55	44	30	-56	40	49	48	50	37	405
49	NZL	8	Matt Coutts	31	47	(bfd)	27	28	49	45	dnf	55	47	406
50	DEN	24	Andre Hojen Christiansen	47	52	42	19	-68	52	61	53	56	48	430
51	CAN	2	Kyle Martin	58	49	53	47	48	45	52	(bfd)	39	41	432
52	CHN	1226	Lei Gong	60	22	(bfd)	67	60	43	26	bfd	35	44	434
53	ARG	1	Santiago Falasca	44	48	52	-66	58	44	56	43	42	57	444
54	ESP	717	Victor Gorostegui	53	46	55	-69	26	50	51	54	57	54	446
55	AUS	22	Joseph McMillan	54	56	56	28	(ret)	47	50	51	52	56	450
56	NZL	111	Karl Purdie	49	54	-59	34	55	59	58	46	58	43	456
57	NZL	21	Nik Burfoot	46	50	46	53	51	54	53	52	-61	53	458
58	AUS	26	Ian Mckillop	-64	60	47	51	32	56	62	49	59	58	474
59	FIN	225	Mikael Hyrylainen	51	57	50	64	(ret)	53	55	50	49	60	489
60	USA	11	Philip Toth	62	61	51	55	50	57	48	55	54	-64	493
61	AUS	10	John Condie	-68	64	60	37	41	58	60	58	65	61	504
62	FIN	99	Jesse Kylanpaa	55	-67	48	50	59	63	63	56	62	55	511
63	FRA	42	Brendan McCarty	66	-70	49	59	45	60	66	61	68	63	537
64	NZL	7	Bradley Douglas	57	63	63	65	66	61	59	57	53	(dnf)	544
65	NZL	9	Rob Coutts	70	58	(bfd)	61	53	64	65	59	63	59	552
66	NZL	20	Chris Wells	61	62	57	68	61	62	65	60	-71	65	561
67	NZL	10	David Hoogenboom	67	(dns)	61	44	63	68	68	62	67	62	562
68	NZL	22	Dirch Andersen	69	69	65	62	57	65	-72	65	64	68	584
69	RUS	212	Lanfranko Cirillo	63	68	62	60	65	67	67	63	69	(dnf)	584
70	NZL	19	Denis Mowbray	65	66	58	-70	67	66	69	64	66	69	590
71	NZL	265	Mike Pearson	71	71	64	63	62	71	-74	67	73	66	608
72	NZL	88	Gerard Lelieveld	-72	65	66	72	69	69	70	68	70	70	619
73	NZL	23	Alan Dawson	74	72	67	73	70	72	71	66	-75	67	632
74	NZL	3	Ben Winters	73	73	68	71	71	70	73	69	72	(dnf)	640
75	NZL	193	Gerrit Bearda	(dnf)	74	69	74	72	73	75	70	74	71	652



Top to bottom: Jonathan Lobert, Pieter-Jan Postma, Alejandro Foglia, Josh Junior
Left: Vasilij Zbogor





Zbogor, Pieter-Jan Postma and Mitakis. It was a tough day in Takapuna, but after a few days of light winds the sailors enjoyed stretching their legs. The generally clear blue skies and strengthening wind played to the assets of the Finn and the Finn sailors and though the 75 sailors came ashore exhausted, but also satisfied after a great day's racing.

Starting with the black flag up, after several attempts, race 6 got away with two boats black flagged. Mitakis led at the top mark from Arkadiy Kistanov and Lobert but Salminen had taken the lead and by the gate extended away to win from Josh Junior and Pedersen. Scott had moved up to second at the gate but lost out on the second beat to drop to fourth. There were numerous changes on the second beat with boats moving from the 40s to the top five and vice versa. The Oscar flag for free pumping went up at the first top mark and stayed up all day as the wind built through the day to reach 14-16 knots by the end of racing.

Race 7 was started very quickly in a slightly increased wind, but still onshore with a very tricky chop to steer through. Pieter-Jan Postma finally put together a good first beat to dominate and lead round the top mark from the right. He extended downwind to build a big lead at the gate. Foglia rounded fourth and moved up to second by the gate, a position he maintained all the way to the finish. Jonas Høgh-Christensen crossed in third after rounding the top mark in fifth. For a change, Scott had rounded the top mark in the 40s, but managed to recover to 15th by the finish, a race he would eventually discard.

More cloud arrived for the third race of the day with the wind now at 12-15 knots. It was perfect conditions for Finn sailing with nice waves and great sailing, and this suited Mitakis perfectly as he led round the top mark again. This time he kept hold of the lead to win the race while Scott moved through the fleet to cross in second. Lobert ended a good day with a third.

Day 5

Giles Scott secured his third Finn Gold Cup victory with two races to spare after the final fleet racing day on Saturday. Going into the day with a 52 point margin, he picked up a third in the first race to put the world title beyond doubt before making extra sure with a second place in the next race. Both races, in the windiest conditions of the week, were won by the London 2012 bronze medalist Lobert who moved up to second overall. Murdoch posted a fifth and third to move up to third overall, with just the medal race to sail.

For the first time this week the sailors had a new wind direction to play with. An offshore, shifty 12-16 knots made the day very interesting, but most of the same faces were up the front. Lobert excelled all day, leading race 9 from the downwind gate and race 10 from the top mark and was never really threatened in either race for two fantastic victories.

Kaynar led round the top in race 9 from Vasilij Zbogor and Murdoch. Once passed by Lobert, Kaynar managed to extend on the fleet for a great second place finish, while Scott moved through the fleet to cross in third. Scott then rounded the top mark in race 10 just behind Lobert, but couldn't find a way past the fast Frenchman. Salminen was initially in third, but got passed by Murdoch on the final downwind.

It was a day of many upheavals as several sailors were fighting hard for every point towards Olympic selection. Four places on the starting line in Rio were available after race 10, three of them were now decided: Netherlands, Greece and Estonia. The fourth place had to be decided on Sunday in the final race.

second beat, rounding ahead of Kaynar and a fast approaching Scott. As the wind got lighter on the final downwind, Scott closed up to the left of Mitakis and gained the inside overlap at the final gate to take the lead on the short leg to the finish to win the race. Mitakis crossed in second with Zsombor Berecz passing Kaynar for third.

Day 3

The picture for the week was now set, with Scott extending his points lead each day. He extended his lead to 18 points after two more races on Thursday. The performance of the day went to Fabian Pic, who followed up a second place in the first race with a race win in the second.

In race 4 it was a French 1, 2 at the top mark as Pic led Jonathan Lobert around the top mark from the right with Pablo Guitian Sarria and Deniss Karpak not far behind. Karpak moved into second at the gate and took the lead on the second upwind to lead down the final run to win the race from Pic. Sarria followed across in third while James Hadden sailed a spectacular race to cross in fourth. Scott moved up from around 12th at the top to eighth at the finish

The breeze was coming and going, but the fantastic fifth race was sailed in a solid 7-9 knots and beautiful clear skies. This time it was Tapio Nirkko in the lead at the top, with Pic in second. Scott rounded third but that was as high as he got. Ben Cornish passed him downwind, while on the second beat Scott passed Cornish but also got passed by Croatian youngster Nenad Bugarin. The only change on the final downwind was Bugarin moving up to second, while Pic took an emphatic victory that clearly shows potential for his future.

It was a long day on the water in Takapuna. The fleet didn't come ashore until past 18.00.

Day 4

Three races were sailed Friday with three different winners: Max Salminen, who moved up to third behind Scott and Vasilij



Day 6

On the final day the forecast was the worst of any day all week, and at the morning briefing the PRO Ian Clouston emphasised the race committee's policy of "a fair race or no race". The fleet was sent out on time, only to be sent back in an hour later and then back out later for a 14.00 start. However in spite of an 8-10 knot wind in place by then, it was still looking patchy so after a short postponement, the decision was taken to send in the fleet and send out the top 10 for the medal race.

This meant that the fourth place for Rio 216 went to Uruguay and Alejandro Foglia. Foglia is a recipient of Finn Class development programme funding and also a member of the newly established FINNTEAM.

The wind stabilised for the medal race and was an incredibly close fight, with the fleet crossing the finishing line in an overlapped group that was hard to separate. Nirkko led at the top, but Zbogor took the lead downwind and led up the second beat. At that point everything changed with the Oscar flag raised for free pumping. Wright went more to the right, and when he crossed back was ahead of the fleet, but it still wasn't over with Postma taking the lead in the final moments to cross ahead of Wright and Mitakis.

With Scott already the runaway winner, Lobert and Zbogor had secured their first ever Finn Gold Cup medals and were very excited and relieved.

Summing up the week Zbogor said, "We had a really nice regatta. Of course there were many ups and downs for many of the sailors, apart from Giles who is definitely ahead of the game. It will be hard to catch him in any regatta, especially at the Olympics. But we try to move forward. He has another level of sailing in the Finn so everyone is now trying to push hard to try and catch him. For sure 10-15 sailors are trying to beat him. He's unbeatable, but anything can happen at the Olympics. Everybody will be really ready for it and we'll see what happens."

Lobert said, "The medal race is always lot of tension. I had to take care with Murdoch, because I knew he would be good in light winds, and also that Vasilij or Max didn't pass me. My strategy was quite clear. I tried to play the wind and the shifts because I couldn't control all of them. It went quite well because I was on top of the fleet at the first mark and I managed to have a good downwind and then I was just trying to secure the position. In the end I finished second to Giles and I am very pleased with that because I have been three times on the podium before the medal race and I lost it, so this time I'm very happy to secure the silver."

Scott was equally happy with his performance, "I am very happy with the way this week has gone. I think it's been one of the



Top 10 gear at the Finn Gold Cup

Sail No.	Hull	Sail 1	Sail 2	Mast 1	Mast 2
GBR 41	D-Fantastica	North	North	Wilke	Wilke
FRA 112	D-Fantastica	WB	WB	Wilke	Wilke
SLO 73	D-Fantastica	North	North	Wilke	Concept
NZL 16	D-Fantastica	WB	North	Wilke	Wilke
SWE 33	D-Fantastica	WB	WB	Wilke	Wilke
NED 842	D-Fantastica	North	North	Hit	Hit
BRA 109	D-Fantastica	WB	Doyle	Wilke	Wilke
GBR 11	D-Fantastica	North	North	Wilke	Concept
GRE 77	D-Fantastica	WB	North	Wilke	Wilke
FIN 218	Devoti Classic	WB	WB	Wilke	-

better regattas I have sailed this year. I've managed to stay very consistent which has been hugely important here, and to be able to wrap up the championship with two races to spare, no one could ask for a better way to win a championship like that."

On sailing in Takapuna. "Takapuna has been great. I think we've been incredibly fortunate with the weather. We've had a brilliant mix of conditions. Light days, strong days, shifty and steady, it has been a real mix and to be successful here you've had to be able to master all those conditions. I think the class as a whole is certainly pleased with what Takapuna has had to offer."

Top left: Top 3: Vasilij Zbogor, Giles Scott, Jonathan Lobert • Left: Andrew Murdoch
Below: Juniors: Ondra Tepy, Fabian Pic, Jake Lilley • Bottom: Giles Scott celebrates



Giles Scott

"As a class we are incredibly lucky to have such a historic world championship with so many great names on the trophy, so to win it three times is such a huge honour."



away from the open sea. The right side proved favourable most of the day. Anders Pedersen led at the top mark in race 1 from the right side from Jonathan Lobert with Pieter-Jan Postma close behind. Lobert took the lead on the run and continued to lead round the second top mark but let both Pedersen and Postma slip though on the final downwind in more pressure.

The second race followed a similar pattern, but with a dying breeze that eventually shifted further right at the end of the race. This time Postma controlled the right and led all the way round from Jonas Høgh-Christensen and Max Salminen.

Postma took the early lead from Salminen and Tapio Nirrko.

Day two

Only one race was possible on the second day with the win going to Nirrko. The fleet spent several hours bobbing around on the open sea before being sent back to the Bridge course again for one late race. Nirrko rounded the first mark behind Caleb Paine, with Postma not far behind. There was a bit of confusion though as many of the

leaders mistakenly thought that Oscar flag had been flying at the start and the jury penalised three boats. Soon after Giles Scott picked up another flag and had to retire from the race. This gave Nirrko some clear air and he sailed clear of the fleet. Postma moved up to second with Josh Junior briefly in third, until Jonathan Lobert came through on the second upwind.

Day three

Day three was the day they forgot to order the wind. By the time the fleet had been released to race, what breeze there was had already started to shift and drop and racing was soon abandoned for the day.

Day four

For the third day running the Finns were scheduled to race on an outside course, and this time they got away with it with two races held as the sun was setting over Corcovado and Sugar Loaf, making for a spectacular golden ending to another long day in Rio.

Zsombor Berecz was first round the top mark in race 4 from Frederico Melo and Scott. Junior moved into the lead downwind from Scott and Melo, but Scott made the best of the second upwind to lead down to the finish from Junior and Lobert, who had rounded the top mark in ninth.

Egor Terpigorev got off to a flying start in race 5 and was never headed, leading the fleet at every mark, though the chasing pack closed up on the final

The countdown to the Rio 2016 Olympic Games began in earnest for the 20 Finn sailors that took part in the Aquece Rio 2015 Test Event. The test event consisted of seven days of racing from 16 to 22 August. Wednesday 19 was scheduled as a reserve day but ended up being used after races were lost. Over the course of the week the fleet would sail on five of the six course areas, three inside Guanabara Bay and two outside on the open sea.

Day 1

The Finn class opened its regatta with two complex races close to the Rio-Niterói Bridge, the furthest course area

1	GBR	Giles Scott	6	7	(dnf)	1	3	8	1	4	5	1	8	44
2	FIN	Tapio Nirrko	5	6	1	6	4	4	7	3	(9)	7	4	47
3	NED	Pieter-Jan Postma	2	1	2	(16)	6	1	4	8	1	10	16	51
4	FRA	Jonathan Lobert	3	12	3	3	2	9	(13)	6	4	3	10	55
5	NZL	Josh Junior	7	10	4	2	(17)	3	8	9	2	13	2	60
6	SWE	Max Salminen	4	3	7	4	(13)	6	11	11	10	4	12	72
7	DEN	Jonas Høgh-Christensen	(16)	2	14	14	8	2	5	10	14	11	6	86
8	AUS	Jake Lilley	9	(15)	10	10	12	5	15	5	3	6	18	93
9	BRA	Jorge Zarif	11	14	5	(15)	14	11	14	2	7	5	14	97
10	NOR	Anders Pedersen	1	11	6	8	7	16	12	12	(18)	15	20	108
11	HUN	Zsombor Berecz	10	5	18	5	11	18	9	7	(dnf)	8		91
12	CRO	Ivan Kljakovic Gaspic	18	9	17	11	5	10	(dnf)	1	13	9		93
13	SLO	Vasilij Zbogar	14	4	9	9	9	12	10	14	16	(19)		97
14	RUS	Egor Terpigorev	8	13	11	12	1	15	(19)	16	12	17		105
15	USA	Caleb Paine	12	16	8	17	10	14	2	(18)	11	16		106
16	GRE	Ioannis Mitakis	13	18	12	(ufd)	18	13	3	17	17	2		113
17	CHN	Lei Gong	17	8	15	(19)	19	7	18	13	8	14		119
18	TUR	Alican Kaynar	15	(19)	13	18	16	17	6	15	15	18		133
19	POR	Frederico Melo	(ufd)	20	16	7	15	19	17	19	19	12		144
20	CZE	Ondrej Tepy	19	17	19	13	20	20	16	(ufd)	6	20		150



Giles Scott snatches victory in Rio

downwind. Ivan Kljakovic Gaspic was in second placed round the first lap but allowed Lobert to pass. Scott rounded in third and stayed there throughout the race to cross just behind Lobert.

Day five

The fleet got back on schedule with three races completed on the Pai course area, the furthest offshore course that was being tested.

The first race belonged to Postma, leading most of the way to pick up his second race win of the week. Høgh-Christensen began a great day with a second while Junior recovered from a 13th at the first mark to cross in third.

The second race of the day was won and lost on a big shift on the second upwind. Høgh-Christensen was the early

Postma moving through from sixth to first. Postma maintained his lead round the next lap as the second upwind was lengthened with the increasing wind. Junior crossed in second and Lilly in third.

The second race got away cleanly after one general recall in near perfect conditions. With the tide under them the fleet was again evenly split heading out to the mouth of the bay. The wind

Scott in the final decisive showdown under the Sugar Loaf. A fourth place was enough for Scott to take the Gold. Nirkko concluded an outstanding series with a second place in the medal race to take the Silver. Postma went home with the bronze. After a poor first upwind, losing to a shift on the left, he got back into the race on the second upwind, but couldn't match Scott's downwind speed.

A understandably downhearted Postma said, "It was an exciting week. It was good racing and a good fight. Also today on the Medal Race it was a great fight. I think I'm on a good road, but today was a little bit tough for me."

Nirkko described his week as, "Maybe the best regatta of my life so far. I was just very consistent, even on different race areas and conditions, so I am really happy, especially with all races in the top 10 and the medal race today was a great race."

But Scott once again stood at the top of the podium, now unbeaten in more than two years. He made hard work of this week, but pulled it together when it counted.

For some his win seemed inevitable. "I wish I could be so confident. After the first three races I was in a pretty dark place. I didn't feel I sailed that well. It really wasn't the best of starts to the regatta for me. It's quite nice in hindsight to have gone through that and still be able to pull my finger out for the rest of the week and claw back to PJ who had been on top all week."



leader building a significant lead by the end of the first run. However the left paid on the second upwind with Scott leading a bunch of boats left while the Dane stayed with the main group on the right. The left worked and Scott moved into the lead from 11th at the first mark, Paine moved up to second with Ioannis Mitakis third. Postma recovered from 18th at the top mark to cross in fourth.

Race 8 was equally as shifty, but Ivan Kljakovic Gaspic, put his second yellow flag of the previous race behind him and dominated the right side to lead round the top and extend throughout to win from Jorge Zarif and Nirkko.

After having his lead narrowed to almost nothing the previous day, Postma had extended it again to five points.

Day six

On the final fleet racing day Scott closed gap on Postma to just one point after two races were sailed on the Naval course just off the airport.

With the fleet splitting into two Jake Lilley led round the top from Paine and Terpigorev. It all changed downwind though with

was now at 12-14 knots and Oscar was raised at the top mark. Scott led all the way round. On the second lap Postma slipped to tenth with his lead overall narrowed to just one point. He had led this regatta since the first day.

Day seven

In the end it came down to a four-way fight for gold between Postma, Scott, Nirkko and Lobert. But once again the leading sailor was beaten by the medal race. Postma had led all week but couldn't match world champion Giles





Last Olympic Games for Vasilij Žbogar?

Vasilij Zbogar is preparing himself for what he says is his last Olympic Games. It will be his fifth Games and though he already has two medals from the Laser, he wants to add a Finn medal to the collection before hanging up his boots one last time. After winning the Laser bronze and silver medals in 2004 and 2008, he switched to the Finn in 2009 and immediately began carving out a heavyweight career. He placed sixth at the 2012 London Olympics, won the 2013 Finn Europeans and the 2014 World Cup Final in Abu Dhabi. By the time he gets to the start line in Rio he will be 40 years old, most likely the oldest sailor in the fleet.

We interviewed him in Rio during the 2015 test event as he was recovering from a cycling accident that left him out of training and competition for two months. He has since bounced back to win the bronze medal at the 2015 Finn Gold Cup, in Takapuna, his first Finn world championship medal.

“It is definitely very hard when you are my age. Also to recover from racing takes much longer than before. At the moment the physical side is not on target as I fell from my bike and broke two ribs. These past two months we were supposed to train for this event and for the worlds in Takapuna but it’s been quite difficult for me. I was motivated to train and wanted to train but when things happen you are forced to stop and after two months you are basically starting again from the beginning, so I need to get back into shape physical. The good thing is that last winter I was working really well and I got really good boat speed in stronger wind, which I needed, so only time will tell how much I lost in those two months when I was not training.”

What is different for him this time around? “This time is quite different, especially this last year before the Games. For the last Games I was fighting with Gasper Vincec for qualification up until almost the last month before the Olympics and I didn’t have so much time to actually train for the Olympics. I spent a lot of effort and energy just qualifying. This time I am already qualified, so for the next year I can just focus on the Olympics and for sure the programme will be much different from last time.”

Test event

The test event was his first chance to race on the Olympic sailing areas, and he highlighted the importance of spending time more in Rio. “The racing area is different from the usual race areas we have in Europe so for sure we need to spend some more time here and learn how all the systems work. At the moment I am not very positive but we still have one more year and we are planning to have as many days possible here in Rio training. Many sailors have been here for years and you can really see the difference between who has been sailing here before and who has not. We definitely need to spend more time here. We will try to have three more sessions of 15 days here before the Olympics starts.”



After 34 years competitive sailing, he says he finds the need for improvement the main motivating factor to keep going at this level. "For sure changing class was a good motivation for me because I spent many years in the Laser and now if I look at the Finn this is my sixth year, so I am still very motivated because I can still see room to improve. I don't think too much about the results but I feel that I can still improve a lot. Of course I think here for all of us the biggest opponent is Giles Scott, who is one step ahead of everyone, but the rest are quite close so the battle is very open. As Giles is much better, it is pushing everyone to get better and at the Games I think it's going to be very close. Now in the Finn class you have many sailors that can be in front and many sailors will fight for these three places at the Games."

He says, while age is becoming a problem, there are also many other changes in the campaign that are keeping it moving and helping him to improve. "As I said, age is playing a big role. I need more rest. I cannot sail as many regattas, and the problem is very different. Also over the years you change your coaches. From this year my brother is coaching and organising everything. I have had a new fitness coach for the past two years, so everything is changing. Technology is changing. The approach to training is different. Physical training is changing. This is developing over the years all the time, so you just need to keep following the new trends in training and you are fine. That's why I am still sailing. You see room to improve and all the time we are trying something new to see how we can get better. Basically everything cannot stay the same. Every month something changes, depending on many things."

"I am from a country where there are normally very light winds. From Optimist until when I was a 470 sailor we used to sail mostly in light winds. In winter it was too cold and in summer it was really light winds, so from the beginning I was good in light wind. In the Laser I was good in light to medium winds. In the Finn in the beginning I was good in light winds. I have never been extremely good in strong winds, and I probably never will be. It's not in my DNA, but I am trying to improve so I can get closer to the best in strong winds and try to make a difference. That was always my strategy in sailing. I like the events when you have a mixture of everything. For me London was really hard and when I look back and see I was very close to a medal in really challenging wind strengths I really did a good job. In Rio, it's a mixture and I think that helps me a little bit."

All about the medal?

After so many years does he still enjoy the sport or is it all about the medal? "Of course it's both, but I can spend hours on the water. Many of my coaches will tell you they force me to come in from the sea. I really enjoy sailing and especially competing, but it has to be both. It's a really, really nice sport because it's a mixture of fighting against nature and fighting against



©Barbara Sanchez / Sailing Energy / ISAF

opponents, and that has a really special charm."

After the 2012 London Games he played a crucial role in helping Luca Devoti set up the Dinghy Academy in Valencia in his bid to continually improve. "I am from a small country and Luca was working then with the Italian Federation and I said why can we not do something similar but for sailors who cannot afford to have bigger budgets and to have good sailors to sail with. As I did the same before with SailCoach the idea was to do something similar with the Dinghy Academy. To have good sailors who want to improve and don't have many possibilities to do it. We now have 5-6 very good sailors who are willing to go to the Olympics and are pushing hard. And for me this is excellent. They are young, they are motivated and they push me as well to improve, so the Dinghy Academy for many sailors is the opportunity to follow their dream, to go the Olympic Games and make a good result. Luca is really doing an amazing job. Many of the sailors have no where else to sail, and many at the Dinghy Academy are basically there for free with Luca helping everyone to improve and make the first step towards getting to the Olympics."

Famous sportsman

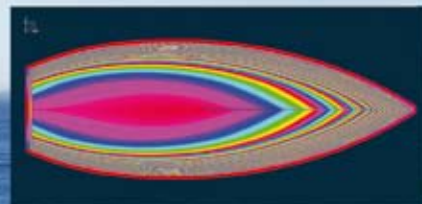
Vasilij is one of the most famous sportsmen in his home country of Slovenia. In a nation where just a few years ago sailing was a little known sport, it hasn't happened by accident and he is quite outspoken on the need for sailors to be more professional and pro-active when it comes to sponsorship and media exposure.

"You have to understand that my budget is quite big and the federation is maybe covering 20 per cent of that. I have to find the rest myself and this is through sponsors. I put a lot of effort into getting sponsors. So the PR thing is really well organised back home and everyone is happy. We fight for every supporter we have back in Slovenia and we give them information about me and keep them up to date. For me, apart from training and sailing, the PR part takes a huge amount of time and a lot of effort."

His advice to the younger sailors is quite simple. "You have to believe in yourself and believe in what you want to achieve and then to make a nice story out of it."



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Hit trailer



Make everything look very professional. You have to look extremely smart and extremely professional. I have had many doors closed and I didn't get anything, but this is part of the experience. But then you refine your story and change it to find solutions and new ideas."

"Of course first it helps if you have made a good result so people start to trust you when you speak to sponsors or any kind of foundation or the people who want to help you, because if you have results, such as an Olympic medal behind you, they trust you when you speak and when you say you want to do this and this, they trust you."

"If you make a story and, and especially with the biggest companies, they don't look at the return of everything. They want an image. For example a telecom or insurance company is not going to make more money because they sponsor me, but if there is a story behind it they promote this story. And they are happy to be part of this story. You have to have this story."

"So I can have a decent programme over the years I really have to work hard to have sponsors, make events back home make events for sponsors, because in the end the sponsors help me to do my programme and it becomes a roller coaster when you have to be in the media all the time. Now it's a bit easier, but in the beginning it was really hard. You had to push everything to the media and TV. Now they ask for it, so it's easier. They ask and we send a video and know its going to be on TV, but when I am home I really work hard to make sailing as popular as possible because many people see sailing as quite an easy sport: they should try the Finn and then they would definitely change their mind."

"I remember my first commercial for Telekom. We gave them the idea for the commercial. It was very popular back then. "When there is no wind I am surfing." So the commercial was about the wind and then no wind and I had this laptop and I was surfing on internet. We gave them this idea and they made a 40 second spot. And we ended up making four spots for them. And they were really successful."

Financial support

He explained that however successful you are, you still have to look for sponsors. They very rarely come knocking on your door. "It always starts from me. It's almost impossible in sailing that someone comes to you and offers support. I have two private supporters who have done that but bigger companies always look at the return, and in sailing at the beginning they don't see the return but then I usually try to get to the top of the company and I try to explain what sailing is. If you have a good story then they usually help, but in sailing, they don't come you because they don't see the return for it."

In Slovenia sailing was almost an unknown sport but now it has become very popular, and a lot of people follow it. "When I go back home everyone knows about my results and what I am doing. For sailing this is really hard because you don't have supporters on the water, so all they see is what they are given. It's hard to get people to follow."

Promoting the sport is a high priority for Vasilij. "Before I came to Rio



© Jesus Renedo / Sailing Energy / Isaf

I had a lottery and the winner went with out the Finn for a day to try it and it was a really nice thing. We always have to be one step ahead to be popular as a sport. If we look at other sports, they have big influence, such as soccer, so we always need to have to have new ideas. Luckily I also have some good friends with me, helping me with this."

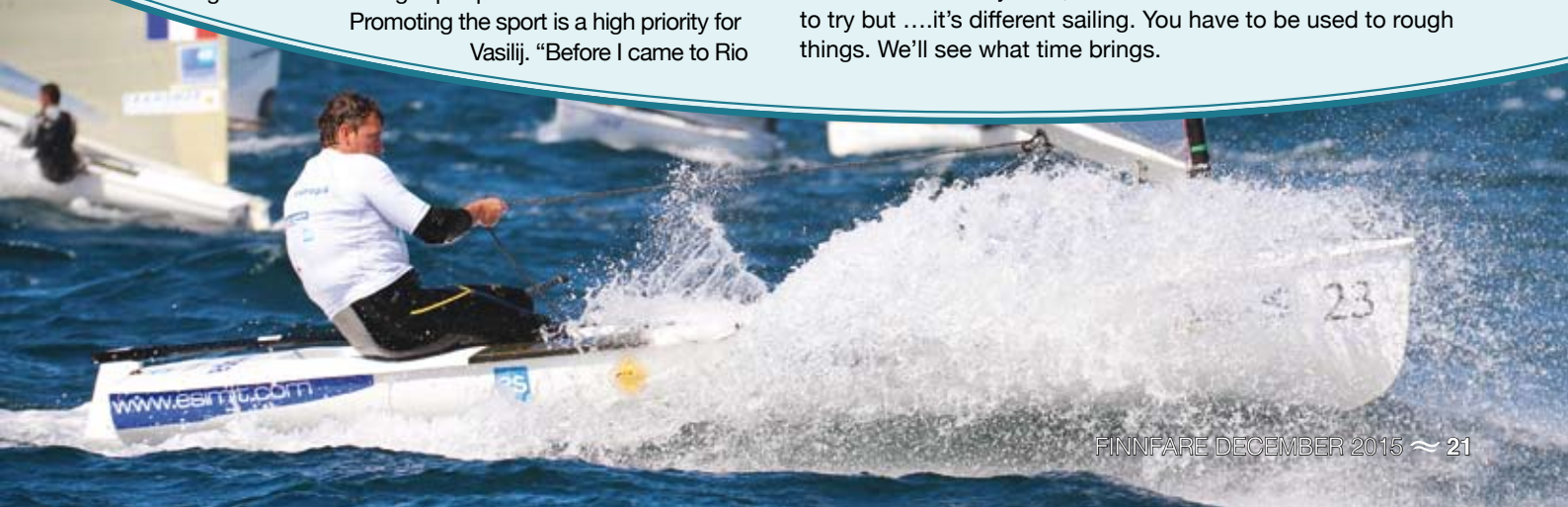
"Nowadays for the sponsors, the main thing for them is to create a good name for the company. They don't want trouble. For example, if a soccer team sponsored by a car maker, and then other team who are against them are not going to buy those cars, so that's part of the game."

"Sailing is a very quiet sport on this whole, so if you guarantee a good image then they are going to be proud of this and what you can achieve together they are willing to help, and for sure in sailing the budgets are smaller."

Turning the conversation to the latest Finn class initiative, the FINNTEAM crowdfunding programme, he said, "This was my idea. This was my diploma at University. To have a sponsor for three or four guys in a multinational team. It's a good idea, but it needs someone who has time to do it. It will work though. It worked similar with SailCoach and it shouldn't be a big budget for some big companies and it could be a really good return and a good story for everyone who is a bit famous in their country. It works for everyone."

How would he like to see sailing developed as a professional sport. "The last few years it has changed a lot with the Abu Dhabi final and a little bit better World Cups with less boats. I think it is going in the right direction. And the media is happy to find new things, but I think the only problem now and especially back home, everything is always a bit different, there are always different rules, discards, medal races, so the formats we set for every regatta should be the same, then it might be a bit easier for people to understand."

Is it really the end of the Olympic trail for him? "After Rio I will stop. Rio is my last race in Finn. Then I maybe will race in the Masters. It's been a already a long and successful career and it's time. I have been sailing 34 years already. It's going to be hard but there should be an end. But truthfully I don't know what's next. Definitely I'd like to coach for a few years. I think I have a lot of knowledge and would like to give it to the young sailors, but on the other hand I want to be home a lot. I will see. I have no plans. If the opportunity was there, of course the America's Cup is the dream for everyone. The Volvo Ocean Race must be really hard; I don't think it's for me. I would like to try but ...it's different sailing. You have to be used to rough things. We'll see what time brings."





The stages of life

thesail.hu
finnmastersec.org

by Ian Ainslie

2015 Finn European Masters Championship

1	GM	RSA 1	Ainslie Ian	1	1	-9	8	1	1	1	-12	9	22
2	M	LTU 7	Rymonis Tauras	-22	7	5	5	2	3	2	4	-16	28
3	GM	HUN 7	Székely Antal	6	2	3	-11	9	7	4	2	(dnf)	33
4	GM	HUN 211	Szilvássy Attila	-14	(ocs)	8	1	7	5	14	5	5	45
5	M	HUN 5	Huszár Géza	10	4	7	10	4	-12	6	-11	4	45
6	M	RUS 20	Marcherski Alexei	26	3	1	-27	11	6	(ocs)	7	1	55
7	M	CZE 43	Hyrš Ladislav	13	5	-21	-17	10	4	11	10	3	56
8	GM	RUS 51	Petriga Mikhail	11	-20	6	-22	3	9	3	6	20	58
9	GM	RUS 3	Borovyak Alexey	16	-17	-29	2	15	10	13	1	7	64
10	M	HUN 50	Lukáts Ákos	-19	6	4	16	-19	14	12	8	10	70



In olden times, Hindus were expected to go through four stages of life—the life of a student, the life of a house-holder, the life of a retired ascetic and the life of a renunciate monk. These stages were prescribed by the scriptures to gradually lead Hindus away from the pursuit of enjoyment to its renunciation in favour of the spiritual world.

In modern times, it has been dictated that Finn sailors go through the stages of life as a student, masters, grandmasters, great grandmasters before finally attaining the ultimate enjoyment and renunciation of piety: the legend.

50 odd old bullets from 10 countries descended upon the picturesque peninsula of Lake Balaton for the 4th Euro Finn Masters regatta to celebrate the renunciation of growing old. The event was held, as usual, at the excellent facilities of THE (Tihany hajós egylet). Early autumn is the best time for racing

on Balaton. The water and air temperatures are still warm and the wind starts to rouse from its summer torpor. The race committee ran nine excellent races with a few free pumping legs conveniently interspersed with mostly light/medium conditions to allow time for the effects of voltarin to kick in.



Racing was close and competitive. The top four overall had all competed in the Olympics during their 'student' phase of life. On Balaton, there is seldom a very obvious way to go, making it very easy to get a high score. It is common for there to be different influences on each side of the course. It was better to commit to a side of the course and go for either the shift on the left or the better pressure on the right. Being too conservative up the middle, seldom works.

There was a range of equipment used but, as usual the Finn's longevity allows for many older hulls to do well. Pata, the Hungarian Finn builder/ innovator/ tinkerer/fleet benefactor was



11	M	HUN	88	Majthényi Zsombor	71
12	M	UKR	8	Gavrish Taras	74
13	GGM	CZE	8	Outrata Jiri	79
14	GM	RUS	21	Butenko Vladimir	81
15	GGM	CRO	110	Cicarelli Luksa	85
16	GGM	RUS	142	Polovinkin Jury	89
17	GM	HUN	2	Sipos Péter	99
18	GM	CZE	75	Skalicky Vladimir	99
19	M	HUN	51	Rutai István	105
20	L	GER	146	Müller Friedrich	112
21	GM	HUN	18	Demeczky Mihály	128
22	M	RUS	16	Khudiakov Oleg	134
23	GM	RUS	71	Kleimann Leonid	147
24	GM	FRA	53	Corcaud Gilles	150
25	M	RUS	4	Baniko Alex	150
26	M	HUN	972	Mónus Gyula	153
27	GGM	HUN	95	Farkas József	172
28	GM	HUN	961	Varga Attila	174
29	M	LTU	8	Babikas Dangis	188
30	M	LTU	29	Janulionis Adomas	193
31	GGM	HUN	9	Beliczay Tamás	196
32	GGM	HUN	4	Antal Gábor	202
33	GM	HUN	150	Csányi Zoltán	206
34	M	HUN	20	Elek Péter	208
35	GM	GER	2	Peters Nils	209
36	L	AUT	320	Gál Csaba	210
37	M	HUN	143	Wchovszky László	214
38	GM	HUN	64	Szűcs Balázs	228
39	M	HUN	69	Stadler Csaba	229
40	M	HUN	27	Andrik Szabolcs	240
41	GM	HUN	26	Zsitvay Szilárd	256
42	GM	HUN	3	Szalay László	262
43	GGM	HUN	140	Mészáros Gábor	272
44	M	HUN	111	Újvári Gábor	274
45	L	HUN	401	Szolvik Gyula	312
46	GM	RUS	41	Denikaev Felix	423

responsible for the majority of the hulls and masts in the fleet. There was a range of sails used. The speedy Russian guys used WB sails, as did Tonyo (third overall). These are powerful but are able to open the upper leech which is helpful to keep the boat accelerating when the legs get tired. Also impressive were the Doyle stratis sails. They seemed quick and easy to keep moving fast, which is useful when you have to keep your eyes out of the boat. Taurus was the fastest upwind in the lighter stuff and he used a polyester North sail.

Despite my dismay (and the wife's chortling) at having a newly earned GM status, 'old' is always 10 years older than your current age. So, when I get old, I aim to have the fitness and shape of a Jiri Outrata (GGM winner) or Freidich Muller (Legend winner). I will achieve this by following their example of intemperance and continuing to sail a Finn. Probably with an idiotic grin of pleasure on my face.



FINNTEAM launched to help Finn youth on the road to success

FINNTEAM is an Olympic sailing team like you have never seen before. It is multi-national sailing team promoting synergy, collaboration, fair play, tolerance and cultural diversity.

The concept is simple: create a team of Finn sailors from across the world, who are in need of coaching and funding, enable them to develop their skills and to train together, with a high-quality coach, while sourcing the funding that allows each of them to achieve their goals.

As part of the Finn class's development programme, FIDeS, a group of aspiring athletes has been brought together as the FINNTEAM.

ONE TEAM, ONE DREAM

Some have dreams of qualifying for, and performing well, in Rio in 2016. Some have longer-term dreams of Tokyo in 2020. All are committed beyond measure. The FINNTEAM has been launched with five sailors from Argentina, Ireland, Uruguay and USA.

CROWDFUNDING

The backbone to the team funding is a crowdfunding campaign that has been launched on GoFundMe. The team will

largely be based at the Dinghy Academy in Valencia. The Finn Class already part-funds up to four sailors each year to train at the ISAF-recognised Academy, under the coaching leadership of Luca Devoti, and this new scheme will ramp up both the funding available and the number of sailors eligible to receive funding.

The funded sailors will form part of the new Olympic racing team, FINNTEAM, with shared branding and shared logistics. FINNTEAM will be complemented by a full media package on the back of the existing Finn Class media platform.

More information at
www.finnclass.org/team
and
www.gofundme.com/finnteam





Hiking Physiology

by Ross Hamilton

Hiking is perhaps one of the most miserable sensations in sailing. It is absolutely necessary to hike in order to maintain good boat speed. The trade off is that to achieve decent boat speed you must endure a lot of pain. Over the years I have heard many explanations for this excruciating burning sensation in the legs. I have also heard many training methods to improve hiking endurance. Scattered throughout all this, there have been many inaccurate explanations and absurd suggestions on how to deal with hiking. Hopefully this article will clear up some confusion and give an insight into how our body deals with hiking.

Hiking involves several major muscle groups. Quadriceps, glutes, spinae erectors and abdominal muscles are all heavily involved. We often refer to hiking as an isometric contraction. This is a little inaccurate. Isometric contraction involves an application of force through the contraction of a muscle which is at a fixed length. In actual fact there are gradual and slight

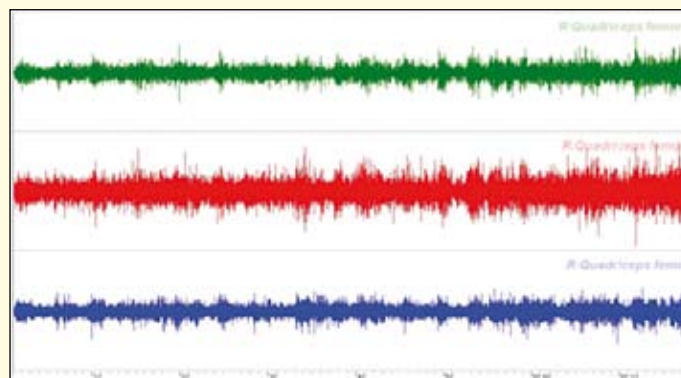
changes to the length of the muscles during hiking making it more quasi-isometric in nature. The process of fatigue however, remains the same.

When we contract our muscles the blood vessels are squeezed and blood flow is restricted. During dynamic contractions there is a relaxation phase during which the blood vessels are released again. This contraction relaxation process actually promotes bloodflow. This is absent in the case of hiking as we rarely have a full relaxation phase. The restriction of bloodflow forces our muscles to generate energy for contraction through anaerobic means as oxygen is in short supply. The primary anaerobic energy system is called glycolysis.

Fatigue and muscle fibres

The major by-product of this is lactate. Normally muscle is activated from its low fatigue, low power type to high fatigue, high power types. These are known as type one and type two muscle fibres. Each fibre type is reliant on a different energy system; type one Oxidative and type two glycolytic. In the absence of oxygen, type two fibres must become active. Normally as type one muscle fibres fatigue, type two begin to activate and take over some of the work. During hiking we don't really have that option as most type 2 fibres activate very early. Fatigue of this type can be witnessed by assessing surface electrical signals in the muscles by Electromyographic (EMG) analysis. The image below shows EMG during a hiking endurance test. EMG activity increase as more muscle fibres are activated to maintain power output.

There are several reasons why these muscle fibres fatigue. Firstly the production and accumulation of lactate can interfere with muscle contractions. Secondly, there must be an



EMG trace of Quadricep musculature during hiking endurance test

adequate supply of energy substrate ie. glucose or glycogen. Thirdly repeated high intensity contractions damage muscle cells causing a leakage and reduced chemical gradients essential for efficient contraction. These combine to cause a reduction in sustainable force output.

The question now is how to manage this. Generally speaking larger cross-sectional muscle areas generate larger isometric force. So bigger stronger muscles will cope with loads much more efficiently. Adequate strength training is essential in order to cope with the forces required for hiking. In addition to this we must improve our ability to deliver oxygen and promote bloodflow to the working muscle. Capillarisation of the muscle occurs when it is subjected to long durations under mildly ischemic conditions. For most of us we achieve this through cycling. The problem is that this process occurs over a long period of time and is quite gradual. That is why there is a need to complete many long duration cycling sessions in the offseason. It cannot be accomplished during a short training camp.

Aerobic training vs strength improvement

Improving the aerobic system also helps us to remove lactate and reduce the effects it has on muscle contraction. The main issue with large volumes of aerobic type training is that it induces an adaptation which is not favorable to muscle growth or strength improvement. It is essential to find a balance between the two. If we rely too heavily on aerobic conditioning we inhibit strength. The stronger we are, the relatively easier hiking becomes. If we do not have a good strength base then we will struggle even if we are well conditioned.

In addition to land based training we can have a big influence by actually going sailing. While the physiological adaptations to sailing are probably a little more modest we can gain a huge amount of technical advantages. Learning

to shift tension on and off the muscle can help prolong endurance. Holding more efficient energy saving postures can also buy us time in relation to fatigue. Our tolerance for hiking is also improved. The more we train and become accustomed to certain processes the better we cope. Inhibitory sensors within the muscle can be somewhat overridden with training. In short, hiking more allows us to manage the fatigue more effectively.

Hiking is a pretty complex process. The biggest mistake is to assume that it is purely a reflection of aerobic conditioning. While aerobic conditioning will help endurance, strength and experience also have an enormous influence. The stronger the knee extensors, the easier hiking becomes and the less reliant we are on conditioning. Do not neglect strength work and likewise do not neglect aerobic training. They are both essential to hiking endurance. Travelling and lack of facilities can be detrimental to progress and maintenance of endurance. One should make sure that organised and consistent training is maintained throughout the season.



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Photos by Claire ADB

Phillip Kasüske took the lead from Max Kohlhoff in second and Jan Kurfeld and Simon Gorgels in third and fourth position. Because of the low temperature the SCD changed from free beer to mulled wine. The low temperature bothered a lot of sailors, so some of them gave up at the second last day.

That day again two races were sailed and Max Kohlhoff took the lead again. The points at the top were very close, so everyone expected an exciting Medal Race. But on the last day, there was no wind. So Max Kohlhoff is 2015 German Champion 2015. Phillip Kasüske finished second and Simon Gorgels third.

1	GER 25	Max Kohlhoff	14
2	GER 259	Phillip Kasüske	15
3	GER 595	Simon Gorgels	26
4	GER 771	Jan Kurfeld	28
5	GER 252	Eike Martens	51
6	GER 711	André Budzien	51
7	GER 713	Lars Haverland	52
8	GER 6	Ralf Behrens	81
9	GER 772	Ulli Kurfeld	83
10	GER 111	Rainer Haacks	104

FRANCE



Semaine Olympique Francaise 2015
La Rochelle - 5-10 September

Max Salminen dominated the Eurosaf final in La Rochelle after the favourite Jonathan Lobert pulled out of the first half of the week with an injury. Giorgio Poggi put in some good races early on and even Fabian Pic took two in one day, but Salminen emerged consistent and then took the medal race for a substantial win.

1	SWE 33	Max Salminen	15
2	ITA 117	Giorgio Poggi	38
3	FRA 17	Fabian Pic	45
4	ITA 66	Enrico Voltolini	47
5	FIN 225	Mikael Hyrylainen	56
6	FRA 89	Benjamin Montagut	64
7	FRA 99	Marc Allain d. Beauvais	79
8	FRA 93	Antoine Devineau	79
9	FRA 106	Damis Duterte-Vielle	82
10	FRA 38	Michel Audoin	88
11	TUN 1	Karim Esseghir	94
12	FRA 112	Jonathan Lobert	103
13	FRA 179	Claude Delville	122

GERMANY



German Nationals
Segler-Club Dümmer e.V., 12-16 Oct

Uwe Barthel writes: It started with the measurement of the boats. After Klaus Luttkus had checked most of the boats, we found ourselves in the clubhouse of the SCD and got due to the Opening Ceremony free food and free beer.

The first start was Monday at 1PM. At cold temperatures, first of all we practiced starting. After a few general recalls, the Race Committee put on Black Flack, and 9 sailors got an BFD. In very tricky conditions we sailed two races and Max Kohlhoff took the lead. Ashore we were greeted with beer and food.

On the second race day, it got even colder. But no later than on the downwind, we got warm again because we were allowed to pump. That day we sailed three races, and Max was still in the lead. Also that day, we were greeted with beer and food, when we came ashore.

The third day was similar cold, and after two races without free pumping,



Photos by Sabine Grothues, www.foto-grothues.de

Finn races around the world



ITALY

Malcesine International Finn Cup

Marco Buglielli writes: 93 Finns from 18 countries gathered in Malcesine at the beginning of October for a record edition of the traditional International Finn Cup - Andrea Menoni Trophy, with many of the top Finn sailors training before travelling to New Zealand for the Finn Gold Cup.

1	ITA 146	Michele Paoletti	15
2	TUR 21	Alican Kaynar	17
3	SLO 573	Vasilij Zbogar	21
4	GBR 91	Ben Cornish	28
5	NZL 24	Josh Junior	38
6	ESP 8	Pablo Guitian Sarria	39
7	ITA 123	Filippo Baldassari	41
8	EST 2	Deniss Karpak	47
9	CZE 5	Ondrej Tepyly	51
10	CRO 524	Ivan Kljakovic Gaspic	52

The first race was epic with a Northerly Peler blowing from 25 to 33 knots; only 53 Finns completed the course, there were many spectacular capsizes but no major problems. The following five races were sailed in light to medium winds with six different race winners: Ivan Kljakovic Gaspic, Vasilij Zbogar, Piotr Kula, Josh Junior, Deniss Karpak and Michele Paoletti. Michele Paoletti was more regular and won the series, with Alican Kaynar in second and Zbogar in third.

Italian Championship

The Italian Championship for all Olympic Classes took place in Napoli mid-September. Four days of competition were scheduled, but the first two days there was not enough wind, so the 27 competitors sailed six nice races in medium winds over the final two days.

1	ITA 146	Michele Paoletti	10
2	TUR 21	Alican Kaynar	12
3	ITA 117	Giorgio Poggi	15
4	ITA 147	Simone Ferrarese	18
5	ITA 66	Enrico Voltolini	21
6	RUS 57	Egor Terpigorev	23
7	ITA 123	Filippo Baldassari	25
8	ITA 83	Matteo Savio	44
9	ITA 202	Giacomo Giovanelli	46
10	ITA 2	Marco Buglielli	52

The new Italian Champion is Michele Paoletti, who recovered from a poor first race with a series of podium places, which convincingly gave him the Italian title. Second overall was Alican Kaynar from Turkey, followed by Giorgio Poggi who broke a five years string of Italian titles. Bronze medal went to Simone Ferrarese.

Coppa Italia 2015

Coppa Italia, Italian major Finn Trophy, had its grand final event in Malcesine,



Clockwise from top left: Michele Paoletti, Simone Ferrarese, Marco Buglielli, Italian Championship podium. Below: First day at Malcesine Finn Cup. Photos: Fabrizio Prandini, Fabio Taccola

a worthy conclusion for a fantastic edition. Overall, 39 races were sailed in eight weekends (Anzio, Castiglione della Pescaia, Caldaro, Grado, Bracciano, Domaso, Porto San Giorgio and Malcesine), with very good conditions and at least four races sailed per weekend.

103 Italian competitors participated, plus several foreign Finns from all over the world.

1	ITA 83	Matteo Savio	878
2	ITA 6	Enrico Passoni	839
3	ITA 202	Giacomo Giovanelli	810
4	ITA 191	Alessandro Cattaneo	766
5	ITA 2	Marco Buglielli	764
6	ITA 5	Francesco Cinque	646
7	ITA 67	Gino Bucciarelli	607
8	ITA 52	Franco Martinelli	584
9	ITA 4	Francesco Faggiani	553
10	ITA 1011	Bastiaan Brouwer	472

Matteo Savio, a Junior sailor from Trieste, took the lead after the third event in Caldaro and never looked back, resisting a strong comeback from Enrico Passoni, Coppa Italia winner in the last two editions. Third place went to Giacomo Giovanelli followed by Alessandro Cattaneo and Marco Buglielli.

Coppa Italia is supported by a pool of sponsors which offer their products for the final prizegiving: KevLove Bags, Grappa Bertagnolli, Quantum Sail Design Group, 3FL Saildesign, HitechSailing.com, Gill-Tomasoni Fittings, Bertacca Sail Equipment, Essemarine, Residence Ca' del Lago, Azienda agricola Valpanera, Hotel Piccolo Malcesine.

Italian Master Championship

Marsala (Sicily) hosted the 2015 Italian Master Championship at end of August. Participation was less than expected but all competitors appreciated the hospitality and the sailing conditions. Much appreciated were also the visits to Marsala wineries, salt ponds and archaeological sites.

1	ITA 2	Marco Buglielli	4
2	ITA 52	Franco Martinelli	9
3	ITA 77	Alberto Bellelli	11
4	ITA 67	Gino Bucciarelli	15
5	ITA 1022	Filippo Petella	16
6	ITA 98	Marco Viti	22
7	ITA 94	Renato Irrera	25
8	ITA 1000	Marcello Micheli	31
9	ITA 68	Pietro Saija	32
10	ITA 102	Diego Maltese	34

Five races were sailed, and Marco Buglielli took the lead on first day winning all three races held in a nice Southerly, starting at 20 knots and gradually decreasing at 12 knots. The following two races were sailed in light winds, with with Marco winning the first to wrap up the Italian title with four bullets and Alberto Bellelli, a former Italian Class secretary who recently returned to Finn sailing, winning the last one.



POLAND

Piotr Mazur writes: The most important national regattas are held mainly in the second part of the summer so the second half of the sailing season is more attractive to the competitors and their supporters.

Polish Sprint Championship - 24-26 July: First were the Polish Sprint Championship. It is a new initiative presented by the Polish Sailing Association held during the Gdynia Volvo Sailing Days. It consists of a series of short races for four competitors each mixed into groups with eliminations, quarter and semifinals. 14 selected competitors decided to try out this new idea. The first Polish Sprint Championship title went to Łukasz Lesiński, from Mikołaj Lahn and Tomasz Kościcki third.

Sopot Finn Cup - 7-9 August: The Sopot Finn Cup attracted 25 competitors at the venue of the 2014 World Masters. Jeremi Zimny turned out to be the best after three days of racing in rather light wind conditions, from Piotr Mazur and Marek Jarocki.

AZS Cup - 14-16 August: One week later eight competitors gathered in Poznań for the AZS Cup. Andrzej Romanowski won the competition, with Marek Jarocki right behind him and Jacek Binkowski third.

Polish Master Championship - 4-6 September: The Polish Master Championship was held in Szczecin with 19 competitors (with guest from Germany) in all age categories. Held over three days with extremely strong wind on Sunday (and no races), the title went to Włodzimierz Radwaniecki. Marek Jarocki was second and Andrzej Romanowski third. Marek Jarocki was also the best Master, Włodzimierz Radwaniecki Grand Master, Jan Kominek Great Grand Master and Friedrich Mueller (GER) won the Legend category. Congratulations to all.

National Championship - 17-20 September: 27 Finn sailors appeared in Gdańsk for the most important event of the year. Nine race series were held in rather unpredictable conditions (shining sun and light breeze instead of typical storms in that period of the year is very rare) followed by medal race on Sunday was won by Jake Lilley (AUS) and the Polish National Champion title was awarded to Mikołaj Lahn (second overall), Piotr Kula silver (third overall) and Miłosz Wojewski bronze medal (fourth overall). The best three juniors were Mikołaj Lahn, Jeremi Zimny and Kacper Jarocki.



Clockwise from top left: Bartosz Ptak, Podium Polish Nationals, Sopot Finn Cup, Podium at Sopot Finn Cup

Warsaw Championship - 17-18 Oct: The last event of the sailing season once again was held in Warsaw. As it was already late autumn, everybody was expecting rather cold weather. No racing on Saturday, but luckily the weather allowed three races to be held on Sunday. The last event of the season was won by Andrzej Romanowski from Szymon Winiarski and Piotr Mazur.

National Cup
10 events, 46 competitors, with four events for more than 20 participants – these are the numbers of the National Cup 2015. The overall winner is Jeremi Zimny, with Andrzej Romanowski and Piotr Mazur in second and third. Jeremi Zimny turned out to be the best junior, and Andrzej Romanowski the best master of 2015.

Plans for 2016
As of growing attendance and Finns appearing in new places, Polish Finn Sailing Association decided to adjust furthermore the National Cup in order to attract more competitors. Next year seven events are planned in Rybnik, Puck, Gdańsk, Szczecin, Poznań and Warsaw. Also a series of local events will also be held, but they won't be included in the Cup.

There are also additional movements showing improvements. The Polish Finn Class Association managed to find sponsors: Azimuth (sailing clothes) and anSail (sails and covers), international equipment vendors decided to establish sales representatives within Polish Finn sailors environment (North Sails, Pata), while Polish vendors building Finns (Blueblue) and creating sails (anSail) become more recognisable abroad. And we all cross fingers for the successful Olympic qualification and campaign by our best sailor.



SWEDEN



2015 Swedish Championship in Falun
Stefan Fagerlund writes” Runns SS in Falun, was the organising club for the 60th anniversary Swedish Finn Championship 2015. The fleet of 24 Finns gathered on Wednesday to prepare for the coming three days of sailing.

Despite the light and shifty wind, the race committee managed to conclude three races with style on Thursday. Johan Wijk, from Sandviken, took the lead with a strong 1, 1, 3 in his pocket, followed by Stefan Fagerlund and Fredrik Tegnhed.

The second day of racing had even less wind. After an AP ashore and then seven hours afloat the only race of the day came to its end. Still in the lead was Johan Wijk after a seventh.

On the final day the wind was as light as ever and the fleet was prepared for another long day of waiting. Unlike the previous days the wind arrived and hit the lake like a lightning from a blue sky and filled in with a steady 6-8 m/s. The conditions went from bad to perfect and the fleet had three thrilling races to end Championships. Johan Wijk, who had been in the lead for two days, didn't quite find the right way and finished fourth in the regatta. Of course this was a bit disappointing to him but back on shore his young son commented, “but Dad, after all you did your very best”, and as we all know, this is really what it's all about.

After an impressive performance with a score of 1, 2, 2 on the final day, Fredrik Tegnhed, from Karlstad, found himself on top of the podium with Stefan Fagerlund, Sodertalje, in second and Martin Pluto, Karlstad, in third place.

The regatta dinner on Saturday evening was held in the clubhouse together

JAPAN



IFA was delighted to hear that the Finn class in Japan has reformed, as they get ready for the 2020 Olympics. Yasuo Hozumi, who finished 23rd in the 1960 Rome Olympics, is sailing and he reported. "I take pleasure in sending you photos of the First Finn Masters of Japan that was held in Karatsu, Saga prefecture. Six Finns floated, 15 sailors gathered and seven very short races were sailed on the first day, October 24th. The second day was very rough



and the racing committee cancelled the remaining races because they were concerned about damage to the boats and masts, not masters. All masters were happy (probably, I was the luckiest person in all). After the race we discussed about the revival of Finn Class in Japan and the Tokyo Olympics."

2015 Japanese Finn Masters

1	GM	Shigeo Kato	4
2	L	Yoshio Shozaki	7
3	GM	Hiroaki Hashiba	7
4	M	Takeshi Kuroda	8
5	L	Tatsumi Akou	11
6	GGM	Hideo Oba	11
7	M	Manabu Hotta	12
8	L	Koichi Murakami	16
9	M	Masaki Komukai	17

Others

10		Shingen Furuya	4
11		Yuji Fujimura	9
12		Yasuo Hozumi	
13		Yuji Akiyama	
14		Takeharu Kawase	
15		Kazuoki Matsuyama	



with some guests of honour who were competing in the very first Swedish Championships back in 1955. The evening concluded a very well organised regatta and showed, with clarity, that a small club can make fantastic arrangements despite a small organisation but with a great dedication to the sport of sailing. Many thanks to Runns SS who made this anniversary regatta truly memorable.

Sola Cup in Karlstad 2015

The Sola Cup regatta was held September 12-13 in perfect conditions with good wind and sunshine. Johannes Pettersson (19 years of age), making his last year at the 'Sailing gymnasium' in Motala, made his debut in the Finn with the best of endings. Johannes started the regatta a bit gently with an eighth place but followed by a series of 2,2,1,1,2,2,

he won the regatta from Johan Wijk in second and Par Friberg in third.

For some years the Sola Cup regatta has also included the Swedish Masters Championship, which this year was won by Johan Wijk from Sandviken. Second place went to Par Friberg from Karlstad with Christian Finnsgard from Gothenburg in third place. In total 15 Master sailors were competing in this year's championship. Champions in the various divisions were: Master - Johan Wijk; Grand Master - Par Friberg; Grand Grand Master - Mikael Brandt; Legend - Jan-Erik Florén.

The Swedish Cup 2015

This year the Swedish Cup included four regattas, the GKSS Olympic Class Regatta in Gothenburg in May, the USS-regatta in Uppsala in June, the Swedish Championship in Falun in August and the



Sola Cup in Karlstad in September. The Cup went to Martin Pluto from Karlstad with Erik Aberg, also from Karlstad, in second place and Johan Wijk in third. In total 31 Finn sailors competed in the Swedish Cup 2015.

The Swedish Cup 2016

Next year the Swedish Cup will include the following regattas: the GKSS OCR in Gothenburg, the USS-regatta in Uppsala (including the 2016 Masters Championships), the Swedish Championship in Varberg and the Sola Cup in Karlstad which ends the 2016 season.

Young Finn sailors gaining ground

The most gratifying thing this year has been the progress of the younger part of the Swedish Finn Fleet, where Erik Aberg and Martin Pluto from Karlstad have made good results throughout the season and become really skilled sailors. Another positive injection to the class is the newcomer Johannes Pettersson from Mora, who recently started his Finn sailing career leaving the Laser class.

Johannes aims for the Swedish National Finn Team and will probably soon reach that goal, heading for the Olympic Games. There is good progress in the Finn Class in Sweden right now and hopefully Johannes will inspire other young sailors to join the Finn Class and start to explore the marvellous challenges the Finn dinghy gives.



Clockwise from top left: Swedish Championship, Swedish Cup, Johannes Pettersson, Sola Cup. Above: Masters

SWITZERLAND



Niederhornkanne

July 10-12, Lake Thun

Franz Buergi writes: With 45 boats on the starting line the Niederhornkanne 2015 was the biggest Finn event of the year in Switzerland. Seven good races were sailed over the three days. A group of five top sailors were fighting for the podium with Christoph Burger taking first place followed by Christoph Christen, Jan Eckert, Jürgen Eiermann and Piet Eckert. After rather light winds on Friday, a 'big Saturday' with three races in medium to strong westerly winds was the perfect setup for a joyful and demanding summer sailing day. More difficult racing on Sunday again with all the leaders in the back of the pack at the first mark. Most of them collected a discard while Christoph Burger fought his way back to seventh place to take the overall win. It was a perfect long weekend which generated an appetite for more. On June 22-26 2016 the Thunersee Yachtclub will host the Finn Swiss Championship. Up to a 100 boats are expected! Be there!



1	SUI 7	Christoph Burger	17
2	SUI 5	Christoph Christen	19
3	SUI 85	Jan Eckert	24
4	GER 8	Juergen Eiermann	29
5	SUI 86	Piet F. Eckert	32
6	SUI 13	Peter Kilchenmann	43
7	SUI 1	Hans Fatzer	54
8	ITA 4	Francesco Faggiani	57
9	FRA 23	Maxime Le Goff	58
10	SUI 17	Eddy Röthlisberger	61

Clockwise: Peter Theurer and Christoph Christen, Yves Zocola, Swiss Championship podium, Wilke Cup presentation. Swiss Championship photos by Martin Kobel

Swiss Championship 2015

September 17-20, Ipsach

The 2015 Swiss Championship was hosted by Yachtclub Bielersee using the perfect sports facilities at Ipsach at the Eastern end of Lake Biel. The local fleet with Konrad Schüpbach as driving force did a perfect job and organised a memorable championship. 38 boats gathered at the starting line and sailed six challenging races from Thursday to Sunday.

The first day brought a nice south-westerly wind of Force 2-4. There were many shifts and the right side was mostly paying. Three races were sailed and the day one ranking already clearly showed who

would be the contenders for the title. Christoph Christen had a narrow lead on Peter Theurer, Christoph Burger and laser sailor Nils Theunick. With the exception of former Swiss Champion Silvan Hofer who had a DNF in the second race, no one would come close to this leading group until the end of the championship.

After a longer waiting period on shore only one race was sailed on day two in 4-8 kts. Burger was the clear winner taking the overall lead on equal points from Christen. Because of no wind and no race on day three it all came down to a thrilling showdown on the final day. Race 5 saw Peter Theurer as winner allowing him to close the gap to the leading Christophs. The last race would decide. Burger was looking good at the first mark with Christen and Theurer way back. Christen could catch up on the downwind and decided to go left on the second beat.

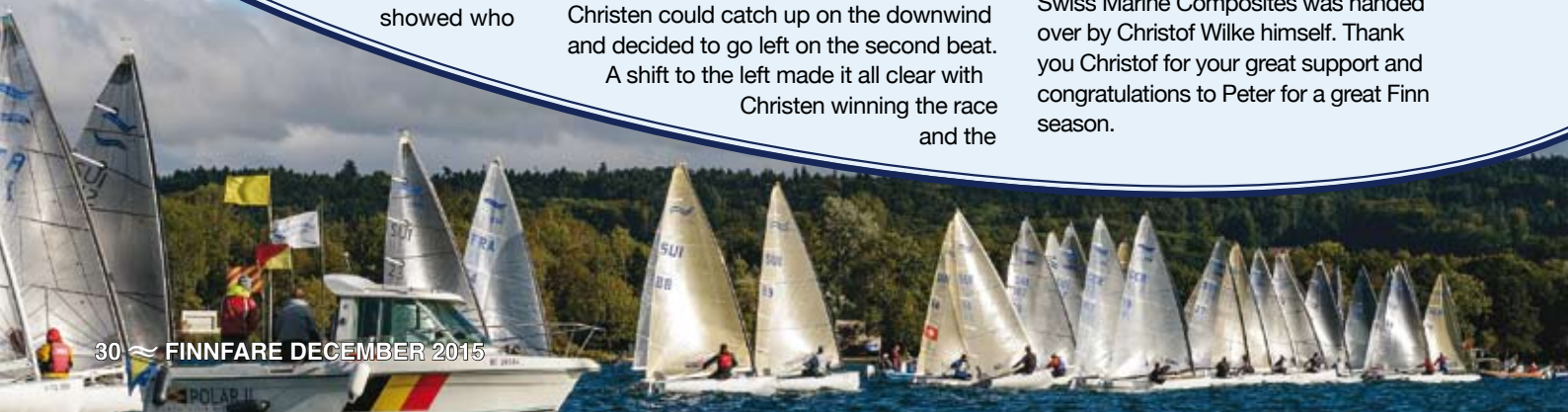
A shift to the left made it all clear with Christen winning the race and the

championship. Burger finished second overall followed by Peter Theurer, Nils Theunick and Silvan Hofer. This was the fifth title for Christen, this time a special one on his home lake.

1	SUI 5	Christoph Christen	8
2	SUI 7	Christoph Burger	12
3	SUI 67	Peter Theurer	15
4	SUI 50	Nils Theunick	16
5	SUI 84	Silvan Hofer	22
6	GER 111	Rainer Haacks	38
7	GER 19	Andreas Bollongino	39
8	SUI 25	Till Klammer	40
9	SUI 17	Edgar Röthlisberger	51
10	SUI 1	Hans Fatzer	60

Wilke Cup 2015

The winner of the 2015 Wilke Cup is Peter Kilchenmann. The voucher from Wilke Swiss Marine Composites was handed over by Christof Wilke himself. Thank you Christof for your great support and congratulations to Peter for a great Finn season.



RUSSIA



Borisov wins Russian Championship

Russian National Championship took place at Black sea in Sochi at the end of October. 26 sailors from 14 Russian cities including 9 juniors took part in the regatta. The regatta had very high level of competition since more than half of the participants have shown great performance across this and last year. Races took place in wide range of wind and tide conditions. Nevertheless in spite of high level of rivals the start of the regatta was marked by good domination of national Russian team leaders Egor Terpigorev and Arkadiy Kistanov. Across the regatta it was looking like the main title will be raffled off between them. But later on Alexey Borisov has joined that

1	RUS 2	Aleksey Borisov	25
2	RUS 57	Egor Terpigorev	26
3	RUS 6	Arkadiy Kistanov	38
4	RUS 7	Anatoliy Korshikov	60
5	RUS 1	Aleksey Selivanov	64
6	RUS 212	Vladimir Krutskih	65
7	RUS 21	Yuriy Bozhedomov	71
8	RUS 161	Aleksandr Kulyukin	85
9	RUS 111	Il'ya Malyshenko	85
10	RUS 11	Kirill Luzan	85

struggle after winning of several races in line. Arkadiy Kistanov has shown good performance and build 6 points lead to Egor Terpigorev before medal race. Alexey Borisov was one more point behind Egor.

Medal race was very dramatic for most of the sailors since it has appeared that 8 sailors of 10 have crossed the line before the signal. Alexey Borisov was only one who returned back. Arkadiy Kistanov performed well and cross the finish line first, but he was among those, who get OSC. Egor Terpigorev took right start, but Alexey Borisov managed to pass Egor in spite of the returning back after the start signal. So he got the title finally, Egor Terpigorev took the second place, Arkadiy Kistanov has appeared to be third.



UKRAINE



Regatta in memory of Valentin Mankin

The Ukrainian Finn Association has carried out for the second time a regatta in memory of triple Olympic champion Valentin Mankin in his home city of Kiev. The regatta took place in on 18-20 of September at Obolon. This year regatta attracted 23 sailors from Kiev, Dnepropetrovsk and Odessa. Finn sailors brought 10 modern boats, and with some

quite old boats restored, which formed a larger fleet of 13 Retro Finns.

The local sailmaker provided some experimental models including a pink sail. The yacht club prepared a special display, which showed to the younger Finn sailors the story of the famous sailor. Special prizes were prepared to mark this unique regatta.

The weather did not give much wind, but nevertheless seven races took place in quite tricky conditions with many shifts and local winds. In modern fleet the best was Andrey Gusenko, who won from Taras Gavrish and Alexander Gusenko. In Retro fleet Kucherov Yaroslav dominated the whole regatta, while Golimbievskiy Stanislav was second and Polonskiy Timur took Bronze.

Ukrainian Finn Association President Cup

The Ukrainian Finn Association President Cup regatta took place for the third time in Odessa from 6-8 November. This is



the traditional regatta which closes the sailing season in Ukraine in recent years. 11 sailors from Kiev, Dnepropetrovsk and Odessa took part in the regatta with eight races carried out during three days in quite light winds and low temperature (5-7°C plus). The main competition was held between Andrey Gusenko and Taras Gavrish – they did not give any chance to other rivals to win the race. Finally Andrey Gusenko managed to keep the lead and to win the regatta, Taras Gavrish took Silver while Valentin Klementiev was third.





Photo: Robert Deaves/Finn Class

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