

## PRESS RELEASE

### TWO-TIME OLYMPIC GOLD MEDALLIST CATERINA BANTI IN TRIESTE STARTING TODAY

#### CHALLENGING CONDITIONS TODAY AT SEA FOR MAXI AND SOLARIS BOATS

*Trieste, 10 October 2024* - The Barcolana's Thursday has brought challenging weather conditions, but also sporting results and the arrival of two-time Olympic gold medallist Caterina Banti, who will take part in the 'Women in Sailing by Generali and Barcolana' regatta tomorrow. The first race of the Barcolana Solaris Adriatic Cup and the second of the Barcolana Maxi - Trofeo Portopiccolo (Portopiccolo Cup) were held today.

It was precisely the theme of inclusion, central to this edition of the Barcolana, that was the focus of Caterina Banti's statements: *"Men and women have different ways of expressing themselves, and this, I firmly believe, is a great, great strength."*

**BARCOLANA SOLARIS ADRIATIC CUP** - Today was the first day of racing for the Northern Adriatic competition in which the Solaris fleet raced in the Gulf of Trieste on the occasion of the 50<sup>th</sup> anniversary of the shipyard based in Aquileia.

The 20 boats that took to the sea today along the approximately 24-mile coastal course were met with challenging conditions, including moderate sea, rain and wind between 12 and 25 knots from the south, and waves that were 1.5 metres high. The first ones to arrive completed the race in just under three hours. The winner under corrected time was Paolo Bastiani's Solaris Giovi (YC Porto S. Rocco), followed by Alvisè Zanetti's Solaris Sunny (SVBG) and Matteo Forni's Lo Re (CV Riminese).

Sailor and philanthropist Cynthia Li Qiao also went into the water today on her new Solaris 55, Saphira; in the evening she took part in the official ceremony for the handover of the boat in Portopiccolo.

The next appointment is tomorrow at 10 a.m. in the water, along the Barcolana route, starting from Barcola and arriving in Trieste, where the fleet will be moored until Sunday before taking part in the Autumn Cup.

**BARCOLANA MAXI TROFEO PORTOPICCOLO** - The same challenging conditions were experienced by the seven Maxi yachts that competed in the second race of the Barcolana Maxi today, after yesterday's race was cancelled due to low wind.

Along the course, a coastal race from Sistiana to Trieste, the boats left on their right the offset mark located one mile from the starting line, passed the buoy in front of Punta Sdobba, and beat to windward towards the Gulf of Muggia. The last leg to the finish line located in front of Piazza Unità was a long beam reach. Now the Maxi boats are moored on the Rive, waiting for tomorrow's test race that will take place on the Barcolana course.

After one race, Alberto Leghissa's Anywave-Safilens is leading the ranking, followed by Nice-Fiamme Gialle, helmed by Paolo Cian, and David Mizrahi's Night Shadow.

**CATERINA BANTI IN TRIESTE** - Two-time Olympic gold medallist Caterina Banti brought her experience to the Barcolana as part of the 'Women in Sailing by Generali and Barcolana' project,

which aims to inspire young women to take up any profession and challenge, because there are no 'male' or 'female' jobs, neither at sea nor on land.

*"I ended up in mixed sailing by chance," Banti explained. "I have always sailed with a male – I started sailing with my brother and then continued my sporting career, still sailing with a man, on Nacra17. The disparity in physical strength between men and women is scientifically documented. However, if we say that men are stronger, we can also say that women have more endurance. We need to take the focus away from the concept of strength, simply because physical strength can be compensated for with expertise and training."*

*Over these eight years of Olympic campaigns, it is difficult to count my days off – I have trained so much, because I had to be the strongest and toughest Bowman of all, men and women alike.*

*The desire to win is not for males only. It's just that males show it in a more apparent way, through highly physical competition. Any crew's real strength is actually balance – a crew cannot exist just on paper, you need to have a balance between the personalities of the two components, regardless of whether they are male or female. Men and women have different ways of expressing themselves, and this is a great strength. It is not that the woman has to do the things that the man does and vice versa, they complement each other as a team, enhancing each other's strengths. Ruggero Tita and I won two Olympic gold medals by being both very competitive in two different ways – we express ourselves differently and that is why we complement each other.*

*Mixed sailing is a resource that can be an inspiration for any activity within society, and a great example that should be extended to the corporate environment or to any other context – communication is key. We need simple, effective, professional communication. Winning two Olympic gold medals has been our job for eight years, and it has all been based on a great determination to overcome obstacles, to find solutions or compromises, to overcome difficulties together, for the common goal.*

*To girls who want to improve their sports performance, we say, 'Think about your endurance, not your physical strength. Work on your mental strength, your inner strength, because that is what will make the difference'."*

[Link to the press kit](#)

[Link to the selection of photos and videos](#)

**\*\*\* Disclaimer: You may need to log in with your Dropbox account \*\*\***

**More info:**

**Barcolana Press Office - Wordpower srl**

Francesca Capodanno - francesca.capodanno@wordpower.srl

Valeria Degano - valeria.degano@wordpower.srl

ufficiostampa@barcolana.it - www.barcolana.it