

Ex-Optimist Girls at the Olympics

At the Tokyo Olympics *all* the women boat helm medallists had earlier participated in an Optimist World or Continental Championship.

But commentators ask about progression from winning in Optimists to medals at the Games.

For girls/women the progression is remarkable.

Six of ten of the winners of the Girls' gold at Optimist Worlds 1995-2007 later won Olympic medals

Optimist Gold

1995-6 Lisa Westerhof (NED) 470 2012

1997 Siren Sundby (NOR) Europe 2004

2001-2 Xu Lijia (CHN) Radial 2012

2003 Hannah Mills (GBR) 470 2016-20

2004-5 Tine Lutz (GER) 49erFX 2020

2007 Alex Maloney (NZL) 49erFX 2016

Olympic Medal



Tine Lutz
*Optimist World
Champion 2005*

Griselda Khng (2006/2016) and Kimberly Lim (2011/2020), both of Singapore, also participated in the Games, with 24 year-old Kimberly placing 10th in the 49erFX.



Lisa



Hannah



Alex