

TEAM PROFILE

Alexandra Rickham

VITAL STATISTICS...

Name:	Alexandra Rickham
Class:	Skud 18
Position:	Helm
DOB:	11 September 1981
Born:	Kingston, Jamaica
Currently Living:	Epsom, Surrey
Started Sailing:	Following a diving accident in 1995, I first sailed on a day out while rehabbing in Miami. However didn't start taking the sport seriously until studying at Imperial College, London 10 years later.
Duration in current class:	Started sailing with Niki Birrell in November 2007 but had earlier spent 8 months training to helm in the new SKUD class while studying.
Name of Sailing Partner:	Niki Birrell
Greatest Strengths in Sailing:	Keeping calm
Greatest Weakness in Sailing:	Racing experience
Biggest Goal:	Gold medal
Who has been the most influential person in your sailing career:	Niki Birrell!
Other interests away from sailing:	Skiing, cooking travelling
Personal sponsors:	
Sailing Career to date:	2008 US Disabled-Open Midwinters 2008 Rolex Miami OCR Bronze 5 th



MEET THE SAILOR...

1. What is the toughest part of your sport?	The weather
2. Describe your training regime.	Mornings we'll be doing aerobic and strength work and cycling and in the afternoon we'll be on the water.
3. What is your greatest ever achievement in your sport?	Qualifying for Beijing 2008

4. What are your aims / goals for 2008?	Gold, gold and something shiny that isn't silver or bronze!
5. Who will provide the toughest competition?	Probably the USA although anyone on the water.
6. Have you had any embarrassing moments during training or competition?	Niki accidentally weeing on my feet during the Miami OCR wasn't the nicest memory!
7. Who is your sporting hero?	Niki Birrell! Or if pushed the Jamaican Bobsled team.

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