

# TEAM PROFILE

# Ben Rhodes

## VITAL STATISTICS...

Name:	Ben Rhodes
Class:	49er
Position:	Crew
DOB:	10 May 1981
Born:	Southampton, Hampshire
Currently Living:	Exmouth, Devon
Started Sailing:	When I was 8 with Richard Sydenham in a cadet
Duration in current class:	3 years
Name of Sailing Partner:	Stevie Morrison
Greatest Strengths in Sailing:	Strategy for shifty or tidal conditions
Greatest Weakness in Sailing:	I hate racing at less than 100%
Biggest Goal:	To win a gold medal at the Olympics
Who has been the most influential person in your sailing career:	My Father
Other interests away from sailing:	Surfing, Kite-surfing and cycling
Personal sponsors:	Inchcape, Holt, G4S



Sailing Career to date:	2008 49er World Championships	Silver
	2007 Olympic test event	Gold
	2007 ISAF Worlds	Gold
	2006 World Championship	Bronze
	2005 World Championship	5 <sup>th</sup>
	2004 World Championship	9 <sup>th</sup>
	2003 ISAF World Championships	6 <sup>th</sup>
	2008 European Championship	18 <sup>th</sup>
	2006 European Championship	Gold
	2005 European Championship	7 <sup>th</sup>
	2004 European Championship	5 <sup>th</sup>
	2003 European Championship	10 <sup>th</sup>
	2008 Semaine Olympic Française	38 <sup>th</sup>
	2007 SPA Olympic Class Regatta	Bronze
	2007 Semaine Olympic Française	6 <sup>th</sup>
	2007 HRH Princess Sofia Trophy	1 <sup>st</sup>
	2007 Rolex Miami OCR	Silver
	2006 Sail for Gold Regatta	Silver
	2006 Qingdao International Regatta	6 <sup>th</sup>
	2006 Semaine Olympique Française	Silver
	2006 HRH Princess Sofia Trophy	5 <sup>th</sup>
	2006 Rolex Miami OCR	5 <sup>th</sup>
	2005 Kiel Week	5 <sup>th</sup>
	2005 SPA Olympic Class Regatta	Gold
	2005 Semaine Olympique Française	11 <sup>th</sup>
	2005 HRH Princess Sofia Trophy	4 <sup>th</sup>
	2004 Kiel Week	11 <sup>th</sup>
2004 SPA Olympic Class Regatta	7 <sup>th</sup>	
2003 Kiel Week	14 <sup>th</sup>	
2003 SPA Olympic Class Regatta	23 <sup>rd</sup>	
2003 Semaine Olympique Française	17 <sup>th</sup>	
2003 HRH Princess Sofia Trophy	14 <sup>th</sup>	



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## MEET THE SAILOR...

1. What is the toughest part of your sport?	Knowing what info to look for on race day - what to ignore and what to prioritize.
2. Describe your training regime.	Our training regime varies a lot depending on what phase in our campaign we're in. From fitness and agility to race preparation.
3. What is your greatest ever achievement in your sport?	Winning the World Championships in Cascais in 2007.
4. What are your aims / goals for 2008?	Win a Gold medal in Beijing
5. Who will provide the toughest competition?	Outside of the British squad then any number of nations have a good team that can win events on their day.
6. Have you had any embarrassing moments during training or competition?	Missed numerous flights, fallen overboard too many times to remember. Logistics is often where I come unstuck! Fortunately I've got Stevie to tell me where I need to be most of the time.
7. Who is your sporting hero?	Steve Peat (British Downhill Mountain Bike legend!)