

# TEAM PROFILE

## Bryony Shaw

### VITAL STATISTICS...

Name:	Bryony Shaw																																																			
Class:	RS:X																																																			
Position:																																																				
DOB:	28/04/83																																																			
Born:	Wandsworth, London																																																			
Currently Living:	Weymouth, Dorset																																																			
Started Sailing:	I first tried a windsurfer when I was nine years old in Southern France on holiday with my family. The board was very retro – long and thin and not ideal for beginners. The sail was soft cloth – the worst thing to up-haul or sail at all comfortably!																																																			
Duration in current class:	Since June 2005 when the first RS:X Boards were distributed.																																																			
Name of Sailing Partner:																																																				
Greatest Strengths in Sailing:	I am a good all round sailor. I am best when there are a mix of winds for a competition.																																																			
Greatest Weakness in Sailing:	Sailing upwind in steep chop																																																			
Biggest Goal:	Olympic Gold and fame and fortune																																																			
Who has been the most influential person in your sailing career:	My parents are by far the biggest influence and support. From the very beginning they encouraged windsurfing to be about having fun, and the fact that I can do what I love as a job is down to them.																																																			
Other interests away from sailing:	Golf, surfing, snowboarding, shopping, partying																																																			
Personal sponsors:	Skandia Team GBR, UK Sport, Lynx Sports Management European Nickel, Fat Face Clothing, Kaenon Sunglasses																																																			
Sailing Career to date:	<table border="0"> <tr> <td>2008</td> <td></td> <td></td> </tr> <tr> <td>HRH Princess Sofia Trophy</td> <td></td> <td>4<sup>th</sup></td> </tr> <tr> <td>RS:X World Championship</td> <td></td> <td>8<sup>th</sup></td> </tr> <tr> <td>2007</td> <td></td> <td>Gold</td> </tr> <tr> <td>Skandia Sail For Gold Regatta</td> <td></td> <td>Gold</td> </tr> <tr> <td>Olympic Test Event</td> <td></td> <td>12<sup>th</sup></td> </tr> <tr> <td>ISAF Sailing World Champs.</td> <td></td> <td>Gold</td> </tr> <tr> <td>Semaine Olympique Franc.</td> <td></td> <td>11<sup>th</sup></td> </tr> <tr> <td>HRH Princess Sofia Trophy</td> <td></td> <td>Bronze</td> </tr> <tr> <td>Rolex Miami OCR</td> <td></td> <td></td> </tr> <tr> <td>2006</td> <td></td> <td>10<sup>th</sup></td> </tr> <tr> <td>ISAF RS:X World Championships</td> <td></td> <td>Silver</td> </tr> <tr> <td>RS:X European Championships</td> <td></td> <td>5<sup>th</sup></td> </tr> <tr> <td>Holland Regatta</td> <td></td> <td>9<sup>th</sup></td> </tr> <tr> <td>Semaine Olympique Franc.</td> <td></td> <td></td> </tr> <tr> <td colspan="3"><b>Mistral Results</b></td> </tr> <tr> <td colspan="3">2004 – European Championship – 20 2004 – World Championship – 15 2003 – ISAF World Championships – 31 2003 – Kiel Week – 17 2003 – SPA Regatta – 6 2003 – European</td> </tr> </table>	2008			HRH Princess Sofia Trophy		4 <sup>th</sup>	RS:X World Championship		8 <sup>th</sup>	2007		Gold	Skandia Sail For Gold Regatta		Gold	Olympic Test Event		12 <sup>th</sup>	ISAF Sailing World Champs.		Gold	Semaine Olympique Franc.		11 <sup>th</sup>	HRH Princess Sofia Trophy		Bronze	Rolex Miami OCR			2006		10 <sup>th</sup>	ISAF RS:X World Championships		Silver	RS:X European Championships		5 <sup>th</sup>	Holland Regatta		9 <sup>th</sup>	Semaine Olympique Franc.			<b>Mistral Results</b>			2004 – European Championship – 20 2004 – World Championship – 15 2003 – ISAF World Championships – 31 2003 – Kiel Week – 17 2003 – SPA Regatta – 6 2003 – European		
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## MEET THE SAILOR...

1. What is the toughest part of your sport?

2. Describe your training regime.

3. What is your greatest ever achievement in your sport?

4. What are your aims / goals for 2008?

5. Who will provide the toughest competition?

6. Have you had any embarrassing moments during training or competition?

7. Who is your sporting hero?