

## VITAL STATISTICS...

<b>Name:</b>	Elliot Willis	
<b>Class:</b>	470	
<b>Position:</b>	Crew	
<b>DOB:</b>	16 June 1983	
<b>Born:</b>	Farnborough, Hampshire	
<b>Currently Living:</b>	Sevenoaks, Kent	
<b>Started Sailing:</b>	Age 9 at Chipstead sailing club in an Optimist	
<b>Duration in current class:</b>	Since 2003	
<b>Name of Sailing Partner:</b>	Nic Asher	
<b>Greatest Strengths in Sailing:</b>	Technique, Consistency	
<b>Greatest Weakness in Sailing:</b>	Communication	
<b>Biggest Goal:</b>	To win Gold in 2008 in the 470 class	
<b>Who has been the most influential person in your sailing career:</b>	My Parents	
<b>Other interests away from sailing:</b>	Cycling	
<b>Personal sponsors:</b>	Contract Personnel, Harken	
<b>Sailing Career to date:</b>	2008 Semaine Olympique Française 13 <sup>th</sup> 2008 470 World Championships Gold 2008 Sail Melbourne 4 <sup>th</sup> 2007 Skandia Sail for Gold Regatta Silver 2007 ISAF Worlds 11 <sup>th</sup> 2006 470 World Championship Gold 2005 470 World Championship 6 <sup>th</sup> 2004 470 World Championship 18 <sup>th</sup> 2003 ISAF World Championships 45 <sup>th</sup>  2006 European Championship 34 <sup>th</sup> 2005 European Championship 8 <sup>th</sup> 2004 European Championship 20 <sup>th</sup> 2003 European Championship 40 <sup>th</sup>  2007 Rolex Miami OCR 9 <sup>th</sup> 2006 Qingdao Int. Regatta Bronze 2006 Semaine Olympique Française 9 <sup>th</sup> 2006 HRH Princess Sophia Trophy 4 <sup>th</sup> 2006 Rolex Miami OCR Gold 2005 Semaine Olympique Francaise 27 <sup>th</sup> 2005 HRH Princess Sofia Trophy Gold 2004 Semaine Olympique Francaise 4 <sup>th</sup> 2004 HRH Princess Sofia Trophy 6 <sup>th</sup> 2003 Semaine Olympique Francaise 23 <sup>rd</sup>	



## MEET THE SAILOR...

1. What is the toughest part of your sport?	The toughest part of 470 sailing is upwind in a sea breeze in 10-12 knots, a lot of the fleet has very even boat speed and the top half of the fleet pick shifts well, so its very hard to make any gain.
2. Describe your training regime.	Our training consists of sailing, fitness training and physio and core work.
3. What is your greatest ever achievement in your sport?	Winning the 470 World Championships in 2006 and 2008.
4. What are your aims / goals for 2008?	To win the 470 worlds and to qualify for the Olympics.
5. Who will provide the toughest competition?	Nick Rogers and Joe Glanfield.
6. Have you had any embarrassing moments during training or competition?	No.
7. Who is your sporting hero?	Lance Armstrong.

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