

TEAM PROFILE

Helena Lucas

VITAL STATISTICS...

Name:	Helena Lucas
Class:	2.4mR
Position:	Helm
DOB:	29 April 1975
Born:	Redhill, Surrey
Currently Living:	Bitterne, Southampton
Started Sailing:	Aged 8 with my parents in an Enterprise at Hedgecaught, Crawley
Duration in current class:	Since 2003
Name of Sailing Partner:	N/A
Greatest Strengths in Sailing:	Determination and commitment
Greatest Weakness in Sailing:	Don't like losing
Biggest Goal:	To win a Paralympic gold medal in Beijing 2008
Who has been the most influential person in your sailing career:	My coach Adam May
Other interests away from sailing:	Skiing, cycling and cruising with my partner on our yacht
Personal sponsors:	Volvo Car UK, Volvo, Charles Russell LLP, LBCC, Harken



Sailing Career to date:	2008 Semaine Olympique Francaise	4 th
	2008 Rolex Miami OCR	4 th
	2007 IFDS Worlds	9 th
	2007 2.4mR Worlds	15 th
	2007 Rolex Miami OCR	5 th
	2007 Semaine Olympique Francaise	Bronze
	2006 IFDS Worlds	Silver
	2005 2.4mR Worlds	Bronze
	2005 IFDS Worlds	4 th
	2005 Kiel Week	Bronze
	2005 Semaine Olympique Francaise	Gold
	2005 Miami OCR	5 th
	2004 Semaine Olympique Francaise	4 th
	2004 Miami OCR	7 th



CHARLES RUSSELL

MEET THE SAILOR...

1. What is the toughest part of your sport?	Staying mentally focused after making a tactical error and losing places
2. Describe your training regime.	Go cycling for 2 hours in the morning followed by a weight session. Then rig up and go sailing in the afternoon. Duration on the water depends on goals for the day and conditions but normally around 4 hours
3. What is your greatest ever achievement in your sport?	My greatest achievement so far is Silver in the Yngling at the Pre-Olympic Test Event 2006 and silver at the IFDS Worlds 2006.
4. What are your aims / goals for 2008?	To win a medal in China at the Paralympics
5. Who will provide the toughest competition?	Heiko Koeger from Germany, Thierry Schmitter from Holland and Damien Seguin from France
6. Have you had any embarrassing moments during training or competition?	I often feel embarrassed if I have to take a penalty turn as more often than not it's because I have done something stupid.
7. Who is your sporting hero?	Lance Armstrong