

TEAM PROFILE

Leigh McMillan

VITAL STATISTICS...

Name:	Leigh McMillan
Class:	Tornado
Position:	Helm
DOB:	24 October 1980
Born:	Newport, Isle of Wight
Currently Living:	Southampton, Hampshire
Started Sailing:	I sailed with my family in a clinker built dinghy on picnic outings in Newtown Creek aged 8 and from there I progressed into an Optimist dinghy
Duration in current class:	Since 1999
Name of Sailing Partner:	Will Howden
Greatest Strengths in Sailing:	Natural ability and perseverance
Greatest Weakness in Sailing:	Lack of experience
Biggest Goal:	To win a medal at the Olympics and make a career out of sailing
Who has been the most influential person in your sailing career:	My Dad
Other interests away from sailing:	Art and Design and sports in general
Personal sponsors:	Christopher Scott, VW Touareg, Ronstan, Kingston Grist
Sailing Career to date:	2004 Olympic Regatta, Athens 13 th
	2008 Semaine Olympique Française 4 th
	2008 Tornado World Championships 18 th
	2008 Sail Melbourne Bronze
	2008 Tornado Aisa & Aus Champs. 5 th
	2007 Sydney International Regatta Silver
	2007 ISAF Worlds 5 th
	2007 Sail for Gold Regatta Gold
	2006 World Championship 19 th
	2005 World Championship Silver
	2004 World Championship 5 th
	2003 ISAF World Sailing Champs Silver
	2002 World Championship 13 th
	2001 World Championship 9 th
	2007 European Championship 6 th
	2006 European Championship 10 th
	2005 European Championship 15 th
	2004 European Championship 10 th
	2003 European Championship 16 th
	2002 European Championship 19 th
2007 Olympic Test Event, Qingdao 5 th	
2007 SPA Olympic Class Regatta 8 th	
2007 Semaine Olympique Française 20 th	
2007 Rolex Miami OCR Silver	
2006 Sail for Gold Regatta Gold	
2006 Kiel Week Silver	
2006 SPA Olympic Class Regatta 10 th	
2006 Rolex Miami OCR 6 th	



Touareg



	2005 SPA Olympic Class Regatta	4 th	
	2005 Semaine Olympique Française	15 th	
	2005 HRH Princess Sofia Trophy	Bronze	
	2004 SPA Olympic Class Regatta	9 th	
	2004 HRH Princess Sofia Trophy	9 th	
	2003 Pre-Olympics, Athens	5 th	
	2003 Kiel Week	10 th	
	2003 SPA Olympic Class Regatta	Gold	
	2003 Olympic Class Week	8 th	
	2003 HRH Princess Sofia Trophy	6 th	

MEET THE SAILOR...

1. What is the toughest part of your sport?	Finding the most successful balance between all the different elements it demands. This includes equipment development, race training, time on the water, sponsorship searching, fitness etc.
2. Describe your training regime.	My training varies massively depending on the following major regatta. If I am on a weight loss program for China then there will be a lot more long duration, low intensity exercise. Most of the fitness side is done while in the UK, so when we are abroad, we can focus heavily on testing equipment and race practice for specific regattas.
3. What is your greatest ever achievement in your sport?	My greatest achievement so far is getting two silver world championship medals, one of which resulted in me being selected for Team GBR in Athens.
4. What are your aims / goals for 2008?	My aims for 2008 are to be selected for the 2008 Olympics and winning a Gold Medal.
5. Who will provide the toughest competition?	There is a lot of very tough competition, but with the conditions in China, Roman Hagara of Austria will be very competitive.
6. Have you had any embarrassing moments during training or competition?	The most embarrassing moment recently was getting my rudder stuck on the pin end committee boat at the start of the first race in the 2007 World Championships.
7. Who is your sporting hero?	To be honest I don't have a specific sporting hero, I hold a lot of admiration for all sporting talent and achievement

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