

# TEAM PROFILE

# Lizzie Vickers

## VITAL STATISTICS...

Name:	Lizzie Vickers
Class:	Laser Radial
Position:	Helm
DOB:	13 September 1980
Born:	London
Currently Living:	Hayling Island, Hampshire
Started Sailing:	I grew up sailing with my Dad, in a Drascombe Lugger from Hayling Island Sailing Club
Duration in current class:	Since 2005
Name of Sailing Partner:	n/a
Greatest Strengths in Sailing:	Determination
Greatest Weakness in Sailing:	There are always elements of technique which need to be worked on and improved, but I wouldn't say any one area in particular stands out as a real problem. You just have to keep working to be fast in all conditions, and be mentally tough.
Biggest Goal:	To compete at an Olympics Games
Who has been the most influential person in your sailing career:	Rod Carr; he first encouraged me to try out for the National Youth Squad and used to give me lifts to events.
Other interests away from sailing:	Other Watersports, kite -surfing, real tennis, film and theatre
Personal sponsors:	



Sailing Career to date:	2008 Radial Worlds	Radial	15 <sup>th</sup>
	2008 Sail Auckland	Radial	7 <sup>th</sup>
	2008 Miami OCR	Radial	9 <sup>th</sup>
	2007 Sydney Int. Regatta	Radial	10 <sup>th</sup>
	2007 Skandia Sail for Gold	Radial	Bronze
	2007 ISAF Worlds	Radial	15 <sup>th</sup>
	2006 World Championship	Radial	29 <sup>th</sup>
	2005 World Championship	Radial	10 <sup>th</sup>
	2004 World Championship	Europe	32 <sup>nd</sup>
	2003 ISAF World Championships	Europe	66 <sup>th</sup>
	2007 Laser Aus. Champs.	Radial	6 <sup>th</sup>
	2007 Sydney Int. Regatta	Radial	10 <sup>th</sup>
	2007 Canarian Sailing Wk.	Radial	6 <sup>th</sup>
	2007 Sail for Gold Regatta	Radial	23 <sup>rd</sup>
	2007 European Champs.	Radial	33 <sup>rd</sup>
	2006 European Champs.	Radial	3 <sup>rd</sup>
	2005 European Champs.	Radial	12 <sup>th</sup>
	2008 Rolex Miami OCR	Radial	9 <sup>th</sup>
	2007 SPA Olympic Regatta	Radial	30 <sup>th</sup>
	2007 Hyeres Regatta	Radial	26 <sup>th</sup>
	2007 Princess Sofia Trophy	Radial	22 <sup>nd</sup>
	2007 Rolex Miami OCR	Radial	8 <sup>th</sup>
	2007 Rolex Miami OCR	Radial	4 <sup>th</sup>
	2007 Rolex Miami OCR	Radial	7 <sup>th</sup>
	2006 Sail for Gold Regatta	Radial	14 <sup>th</sup>
	2006 SPA Olympic	Radial	20 <sup>th</sup>

Regatta	Radial	11 <sup>th</sup>
2006 Hyeres Regatta	Radial	Silver
2006 Princess Sofia	Radial	4 <sup>th</sup>
Trophy	Radial	12 <sup>th</sup>
2005 Kiel Week	Europe	44 <sup>th</sup>
2005 SPA Olympic	Europe	52 <sup>nd</sup>
Regatta	Europe	43 <sup>rd</sup>
2005 Hyeres Regatta	Europe	6 <sup>th</sup>
2005 Princess Sofia		
Trophy		
2004 SPA Olympic		
Regatta		
2004 Hyeres Regatta		
2004 Princess Sofia		
Trophy		
2004 Rolex Miami OCR		

## MEET THE SAILOR...

1. What is the toughest part of your sport?	Trying to second guess where the wind is going to blow from next!
2. Describe your training regime.	It varies depending on the calendar, but leading up to important events, roughly 6 gym sessions per wk, 2 weights and 4 aerobic, on top of 5/6 sailing sessions of about 3.5hrs each.
3. What is your greatest ever achievement in your sport?	Hard to say, but most recently a 1st and a 2nd on day 3 of the Worlds in Cascais was pretty exciting.
4. What are your aims / goals for 2008?	To be selected for the Olympics and a top 5 result at the World Championships
5. Who will provide the toughest competition?	Charlotte Dobson and Penny Clark
6. Have you had any embarrassing moments during training or competition?	Loads of funny things have happened over the years! This year I think the whole Radial squad felt pretty embarrassed after a filmed training session in Palma during the run up to Princess Sofia. We hadn't sailed in any wind for months, and made a real meal of 18kts!
7. Who is your sporting hero?	I'm generally very impressed by all successful sportsmen and women; by the determination, skill and commitment I know they must have in abundance in order to achieve.

”