

TEAM PROFILE

Mark Asquith

VITAL STATISTICS...

Name:	Mark Asquith
Class:	49er
Position:	Crew
DOB:	12 October 1979
Born:	Bradford
Currently Living:	Fareham, Hampshire
Started Sailing:	Age 13 at Seafarers Sailing Club in Mirror dinghy with my dad.
Duration in current class:	Since 1999
Name of Sailing Partner:	Paul Campbell-James
Greatest Strengths in Sailing:	Fitness, mental strength, planning
Greatest Weakness in Sailing:	Lack of money
Biggest Goal:	Olympic Gold
Who has been the most influential person in your sailing career:	Paul Brotherton
Other interests away from sailing:	Fast cars and business.
Personal sponsors:	EITS – corporate electrical specialists, Bitter End Yacht Club



Sailing Career to date:	2008 Semaine Olympique France 30 th 2008 49er European Championship 16 th 2008 HRH Princess Sofia Trophy 9 th 2008 49er World Championships 9 th 2007 Sydney International Reg. Silver 2007 Aus. 49er Champs. 4 th 2007 49er European Champs. 9 th 2007 ISAF World Champs. 21 st 2007 Holland Regatta 18 th 2007 Semaine Olympique France 26 th 2007 HRH Princess Sofia Trophy 6 th 2007 49er North American Ch. 7 th 2007 Rolex Miami OCR 9 th 2006 49er European Champs. 12 th 2006 49er World Championship 24 th 2006 Holland Regatta 3 rd 2006 Semaine Olympique France 12 th 2006 HRH Princess Sofia Trophy 11 th 2006 Rolex Miami OCR 11 th 2005 49er World Championships 39 th 2005 49er European Champs. 36 th 2005 Kiel Week 35 th
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MEET THE SAILOR...

1. What is the toughest part of your sport?	The winter! Not just cause its cold and changes the amount of time we can spend on the water and makes sailing harder, you have to wear more clothes and the equipment works differently. Winter is the time we put a big focus on fitness, hours upon hours of 'volume' training
2. Describe your training regime.	Winter time we spend 50/50 between fitness and sailing. Summer time it becomes more sailing and more of a fitness maintenance program, 70/30 split.
3. What is your greatest ever achievement in your sport?	Silver medal at the Athens Pre-Olympics
4. What are your aims / goals for 2008?	Top 8 at the World Championships

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5. Who will provide the toughest competition?	Stevie Morrison and Ben Rhodes are number 1 in the UK at the moment, being closely pushed by Chris Draper and Simon Hiscocks. Internationally there are 10 potential World Champion winning teams
6. Have you had any embarrassing moments during training or competition?	Only the usual capsizes and swims to the daggerboards. All part of the process in the 49er.
7. Who is your sporting hero?	Lance Armstrong – how anyone can sit on a bike and put their body through that day in and day out is on another planet!