

TEAM PROFILE

Nick Thompson

VITAL STATISTICS...

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| Name: | Nick Thompson |
| Class: | Laser |
| Position: | |
| DOB: | 5 May 1986 |
| Born: | Southampton, Hampshire |
| Currently Living: | Lymington, Hampshire |
| Started Sailing: | Started racing in Cadets at age six at Salterns Sailing Club |
| Duration in current class: | Since 2003 |
| Name of Sailing Partner: | |
| Greatest Strengths in Sailing: | Determination, drive, natural feel and love of the sport |
| Greatest Weakness in Sailing: | Understanding of weather |
| Biggest Goal: | To win an Olympic gold medal |
| Who has been the most influential person in your sailing career: | My Father |
| Other interests away from sailing: | University, watersports, windsurfing |
| Personal sponsors: | Helly Hansen, Harken, South West Water |



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| Sailing Career to date: | 2008 Hyeres Olympic Classes Regatta | 5 th |
| | 2008 HRH Princess Sofia Trophy | Silver |
| | 2008 Laser World Championships | 8 th |
| | 2008 Sail Melbourne | 17 th |
| | 2007 Laser Aus. Championships | Bronze |
| | 2007 Skandia Sail for Gold Reg. | Gold |
| | 2007 ISAF Worlds | 56 th |
| | 2006 Laser World Championship | 30 th |
| | 2005 Laser World Championships | 41 st |
| | 2004 ISAF Youth Sailing World Championship | Gold |
| | 2006 European Championship | 6 th |
| | 2006 European Championship | 23 rd |
| | 2005 European Championships | 35 th |
| | 2007 Semaine Olympique Française | 17 th |
| | 2007 HRH Princess Sofia Trophy | 9 th |
| | 2007 Rolex Miami OCR | 11 th |
| | 2006 Sail for Gold Regatta | Bronze |
| | 2006 Qingdao International Regatta | 8 th |
| | Regatta 2006 Kiel Week | 8 th |
| | 2006 Semaine Olympique Française | 57 th |
| | 2006 HRH Princess Sofia Trophy | 10 th |
| | 2005 Kiel Olympic Classes Week | 15 th |
| | 2005 HRH Princess Sofia Trophy | 10 th |
| | 2004 Kiel Week | 28 th |

MEET THE SAILOR...

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| 1. What is the toughest part of your sport? | Sacrifices made in other parts of life in order to compete at a high level. Everybody else in the fleet wanting to win also. Sailing in the UK in the middle of winter isn't too great either. |
| 2. Describe your training regime. | Lots of hours on the water, mixed in with fitness (usually cycling) and weight training. |
| 3. What is your greatest ever achievement in your sport? | Optimist European Champion Laser Radial Youth European Champion ISAF Youth World Champion |
| 4. What are your aims / goals for 2008? | Olympic Gold |
| 5. Who will provide the toughest competition? | Everybody in the fleet is capable of achieving a top finish in races however only a few seem to be able to put a complete regatta together. I would say that at this time there is consistent competition from roughly 20 people in the world. |
| 6. Have you had any embarrassing moments during training or competition? | Sailing is a very unpredictable sport and the demands placed on the sailor are changing regularly... this can obviously lead to mess-ups. I would have to say that capsizing when leading is the most common of all. |
| 7. Who is your sporting hero? | Ben Ainslie has undoubtedly achieved a huge amount in the sport, not only for himself but I would also say that he is an ambassador for sailing in general. |

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