

TEAM PROFILE

Paul Campbell-James

VITAL STATISTICS...

Name:	Paul Campbell-James
Class:	49er
Position:	Helm
DOB:	4 March, 1983
Born:	Brighton, Sussex
Currently Living:	Southampton, Hampshire
Started Sailing:	In an Optimist, age 5, at Piddinghoe Pond, Newhaven
Duration in current class:	Since August 2005
Name of Sailing Partner:	Mark Asquith
Greatest Strengths in Sailing:	My ability to deal with pressure situations
Greatest Weakness in Sailing:	My crew!
Biggest Goal:	Olympic gold medal, Americas Cup winning helm and Volvo Ocean Race winning helm
Who has been the most influential person in your sailing career:	My Father
Other interests away from sailing:	all sports
Personal sponsors:	eits, Bitter End Yacht Club



Sailing Career to date:	2008 Semaine Olympique France	30 th
	2008 49er European Champs	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	



MEET THE SAILOR...

1. What is the toughest part of your sport?	Having so many variables to deal with
2. Describe your training regime.	Up at 8, 2 hour run, sailing by 12, lunch at 230, sail till 530, video debrief and watch a dvd.
3. What is your greatest ever achievement in your sport?	14 times Tiddlywinks world champion
4. What are your aims / goals for 2008?	Medal at every grade 1, qualify for Olympics and medal in China
5. Who will provide the toughest competition?	Stevie Morrison/Ben Rhodes
6. Have you had any embarrassing moments during training or competition?	Helicopter photo shoot gybing close to the beach with another boat, messed up the gybe and capsized in the sand, breaking our mast.
7. Who is your sporting hero?	Prince Nasseem Hamed

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