

TEAM PROFILE

Paul Goodison

VITAL STATISTICS...

Name:	Paul Goodison
Class:	Laser
Position:	
DOB:	29 November 1977
Born:	Sheffield, Yorkshire
Currently Living:	Rotherham and Weymouth, Dorset
Started Sailing:	With my father at age four in an N12
Duration in current class:	Since 1994
Name of Sailing Partner:	
Greatest Strengths in Sailing:	Downwind sailing tactics
Greatest Weakness in Sailing:	Not telling
Biggest Goal:	To win Olympic gold
Who has been the most influential person in your sailing career:	Ben Ainslie as we trained together before Sydney and I got to see what was needed to get gold
Other interests away from sailing:	Windsurfing
Personal sponsors:	Volvo Car UK, Volvo,



Sailing Career to date:	2004 Olympic Games, Athens	4th
	2008 World Championships	7 th
	2007 ISAF Worlds	5 th
	2006 World Championships	8 th
	2005 World Championships	12 th
	2004 World Championships	8 th
	2003 ISAF World Championships	31 st
	2002 World Championships	Bronze
	2001 World Championships	4 th
	2000 World Championships	6 th
	1999 World Championships	51 st
	1997 World Championships	59 th
	2007 European Championship	Silver
	2006 European Championship	Gold
	2005 European Championship	Silver
	2004 European Championship	Bronze
	2003 European Championship	5 th
	2002 European Championship	Bronze
	2000 European Championship	Silver
	1999 European Championship	7 th
	1998 European Championship	20 th
	2008 Semaine Olympique Française	5 th
	2008 HRH Princess Sofia Trophy	Gold
	2008 Sail Melbourne	Gold
	2007 Skandia Sail for Gold Reg.	Silver
	2007 Olympic Test Ev, Qingdao	Gold
	2007 SPA Olympic Regatta	4 th
2007 Semaine Olympique Française	10 th	
2007 HRH Princess Sofia Trophy	7 th	
2007 Rolex Miami OCR	5 th	
2007 Sail for Gold Regatta	Gold	



2006 Qingdao International Regatta	Gold
2006 Kiel Week	Gold
2006 SPA Olympic Regatta	Silver
2006 Semaine Olympique Française	16 th
2006 HRH Princess Sofia Trophy	Silver
2006 Rolex Miami OCR	Gold
2005 Kiel Week	Gold
2005 SPA Olympic Regatta	4 th
2005 Semaine Olympique Française	9 th
2005 HRH Princess Sofia Trophy	Silver
2004 Kiel Week	Bronze
2004 Semaine Olympique Française	Bronze
2004 Rolex Miami OCR	Gold
2003 Kiel Week	Bronze
2003 SPA Olympic Regatta	Bronze
2003 HRH Princess Sofia Trophy	Silver
2003 Rolex Miami OCR	Silver
2002 Kiel Week	Gold
2002 SPA Olympic Regatta	8 th
2002 Semaine Olympique Française	Gold
2002 Princess Sofia Trophy	Gold
2002 Rolex Miami OCR	Gold
2001 Kiel Week	12 th
2001 SPA Olympic Regatta	4 th
2001 HRH Princess Sofia Trophy	Gold
2001 Rolex Miami OCR	Gold
2000 SPA Olympic Regatta	7 th
2000 Semaine Olympique Française	16 th
1999 Kiel Week	17 th
1999 Semaine Olympique Française	32 nd
1998 Kiel Week	15 th
1998 SPA Olympic Regatta	4 th
1997 Kiel Week	52 nd
1996 Kiel Week	9 th

MEET THE SAILOR...

1. What is the toughest part of your sport?	Being away from home for long periods living out of bags. Sitting on the water for hours waiting for races and wind
2. Describe your training regime.	Lots of sailing, Aerobic training on a bike and weights
3. What is your greatest ever achievement in your sport?	4th Olympics, three time European Champion
4. What are your aims / goals for 2008?	Gold Medal
5. Who will provide the toughest competition?	There are probably 5 or 6 guys who on their day will be really tough to beat
6. Have you had any embarrassing moments during training or competition?	Yes, splitting the crotch of my hiking shorts while racing at the Worlds with nothing underneath
7. Who is your sporting hero?	Lance Armstrong and Steve Redgrave

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