

TEAM PROFILE

Penny Clark

VITAL STATISTICS...

Name:	Penny Clark
Class:	Laser Radial
Position:	Helm
DOB:	7 May 1975
Born:	Birmingham, West Midlands
Currently Living:	Lee-on-Solent, Hampshire
Started Sailing:	Introduced to sailing by my Dad before he bought me my own Optimist when I was four. I sailed at Himley Hall Sailing Club with my two sisters before moving to Chelmarsh Sailing Club.
Duration in current class:	Since 2004. Also sailed Radial as a youth (many years ago!)
Name of Sailing Partner:	N/A
Greatest Strengths in Sailing:	Determination
Greatest Weakness in Sailing:	Downwind
Biggest Goal:	Olympic Gold 2008
Who has been the most influential person in your sailing career:	My Dad. He drove me round the circuit as a youth, coached me and still encourages me.
Other interests away from sailing:	Windsurfing, walking, cycling and spending time with my husband
Personal sponsors:	Royal Navy



Sailing Career to date:	2008 World Championships	7 th
	2007 ISAF Worlds	25 th
	2005 World Championships	33 rd
	2007 European Chamionships	8 th
	2006 European Championships	Bronze
	2008 Rolex Miami OCR	4 th
	2007 Sydney International Regatta	4 th
	2007 Skandia Sail for Gold Reg.	1 st
	2007 SPA Olympic Class Regatta	Bronze
	2007 Semaine Olympique Franç.	58 th
	2007 HRH Princess Sofia Trophy	23 rd
	2007 Rolex Miami OCR	26 th
	2006 Sail for Gold Regatta	Silver
	2006 Qingdao International Reg.	Bronze
	2006 SPA Olympic Class Regatta	Silver
	2006 Semaine Olympique Franç.	41 st
	2006 HRH Princess Sofia Trophy	33 rd
2005 HRH Princess Sofia Trophy	7 th	



MEET THE SAILOR...

1. What is the toughest part of your sport?	Time away from my husband.
2. Describe your training regime.	A typical day involves either a gym session or 2 hr bike ride in the morning followed by sailing in the afternoon and admin in the evening.
3. What is your greatest ever achievement in your sport?	Bronze medal at the Pre-Olympic Test Event in China 2006.
4. What are your aims / goals for 2008?	Olympic Gold.
5. Who will provide the toughest competition?	It's difficult to say at present as result in the international radial fleet have been fairly mixed up but Paige Riley, Jo Aleh, and Lijiu Xui would all have to be in the mix.
6. Have you had any embarrassing moments during training or competition?	No.
7. Who is your sporting hero?	I don't really have any one sporting hero but I admire anyone who has dominated their sport during their career such as Steve Redgrave, Lance Armstrong and Matthew Pinsent.

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