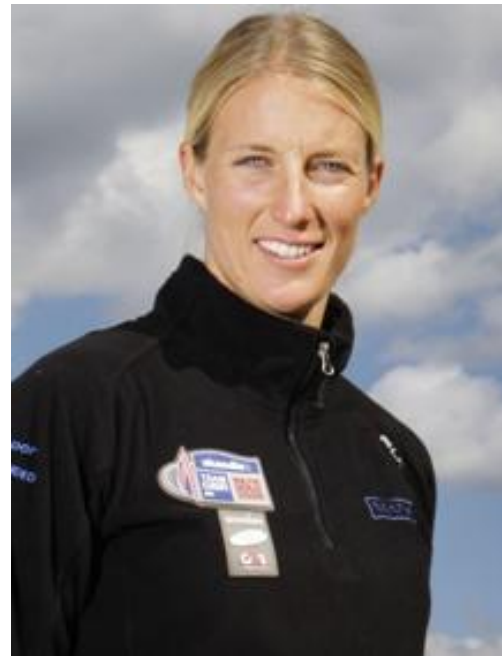


TEAM PROFILE

Saskia Clark

VITAL STATISTICS...

Name:	Saskia Clark
Class:	470
Position:	Crew
DOB:	23 August 1979
Born:	Colchester, Essex
Currently Living:	West Mersea, Essex
Started Sailing:	On my own aged 8, in an Optimist at Royal Harwich Junior Week
Duration in current class:	since 2000
Name of Sailing Partner:	Christina Bassadone
Greatest Strengths in Sailing:	Analysing performance and keeping it in perspective
Greatest Weakness in Sailing:	Technical knowledge, but working on it!
Biggest Goal:	To win a gold medal in 2008
Who has been the most influential person in your sailing career:	My Dad
Other interests away from sailing:	Attempting to windsurf, skiing/snowboarding and catching up with everybody
Personal sponsors:	Matrix, Smith and Williamson, Parlison Properties



Sailing Career to date:	2008 Hyeres OCR	6 th
	2008 HRH Princess Sofia Trophy	Bronze
	2008 470 World Championships	7 th
	2008 Sail Melbourne	11 th
	2007 Skandia Sail for Gold Reg.	Gold
	2007 ISAF Worlds	Bronze
	2006 470 World Championships	6 th
	2005 470 World Championships	Silver
	2006 470 European Championships	7 th
	2005 470 European Championships	9 th
	2007 SPA Olympic Regatta	4 th
	2007 HRH Princess Sofia Trophy	12 th
	2007 Rolex Miami OCR	5 th
	2006 Qingdao International Regatta	15 th
	2006 SPA Olympic Regatta	Bronze
	2006 Semaine Olympique Francaise	7 th
2006 HRH Princess Sofia Trophy	Gold	
2006 Rolex Miami OCR	Silver	
2005 Semaine Olympique Francaise	5 th	
2005 HRH Princess Sofia Trophy	Bronze	

Smith & Williamson



MEET THE SAILOR...

1. What is the toughest part of your sport?	Although we get to go to some fantastic places around the World sometimes the endless travelling and living out of a bag can be a bit tiresome.
2. Describe your training regime.	At the moment for China we are on a weight loss program so 2 hours in the gym straight after waking up, breakfast then briefing and any boat work. On the water about midday/ 1 o'clock for our sailing session, which depending on what we have highlighted in the briefing is likely to be a mixture of technique, boatspeed, and racing. Ashore and do anymore boatwork, debrief and then dinner.
3. What is your greatest ever achievement in your sport?	Planning on that happening in August next year!
4. What are your aims / goals for 2008?	Bring home the Gold medal
5. Who will provide the toughest competition?	The light winds in China open it up alot more, a number of foreign teams will all be coming with the same goal, including the Dutch, French, Swedish and Germans.
6. Have you had any embarrassing moments during training or competition?	I can't believe I don't but I'll let Christina tell you them
7. Who is your sporting hero?	Steve Redgrave