

TEAM PROFILE

Simon Hiscocks

VITAL STATISTICS...

Name:	Simon Hiscocks
Class:	49er
Position:	Crew
DOB:	21 June 1973
Born:	Dorking, Surrey
Currently Living:	Weymouth, Dorset
Started Sailing:	Aged 14 in a Mirror dinghy at Hedgecourt Lake in Surrey
Duration in current class:	Since 1998
Name of Sailing Partner:	
Greatest Strengths in Sailing:	I never give up
Greatest Weakness in Sailing:	
Biggest Goal:	To win an Olympic gold medal
Who has been the most influential person in your sailing career:	Everyone I have ever sailed with
Other interests away from sailing:	Mountain biking, windsurfing, squash and fixing boats
Personal sponsors:	



Sailing Career to date:	2004 Olympic Games, Athens	Bronze
	2000 Olympic Games, Sydney	Silver
	2007 ISAF Worlds	9 th
	2006 World Championships	Gold
	2005 World Championships	Silver
	2004 World Championships	Silver
	2003 ISAF World Sailing Championships	Gold
	2002 World Championships	Silver
	2000 World Championships	10 th
	2008 European Championships	24 th
	2006 European Championships	4 th
	2005 European Championships	Gold
	2004 European Championships	Gold
	2003 European Championships	Silver
	2002 European Championships	Silver
	1999 European Championships	10 th
	1998 European Championships	Bronze
	2008 Hyeres OCR	4 th
	2008 HRH Princess Sofia Trophy	18 th
	2007 SPA Olympic Class Regatta	20 th
	2007 Semaine Olympique Française	1 st
	2007 HRH Princess Sofia Trophy	8 th
	2007 Rolex Miami OCR	12 th
	2006 Sail for Gold Regatta	5 th
	2006 Qingdao International Regatta	Gold
	2006 Semaine Olympique Française	6 th
	2006 HRH Princess Sophia Trophy	Silver
	2006 Rolex Miami OCR	Silver

2005 Kiel Week	Gold
2003 Kiel Week	Gold
2003 SPA Olympic Class Regatta	Gold
2003 Semaine Olympique Française	4 th
2003 HRH Princess Sofia Trophy	6 th
2003 Semaine Olympique Française	Gold
2003 Cadiz Test Event	Silver
2002 Olympic Test Event	Bronze
2002 SPA Olympic Class Regatta	Bronze

MEET THE SAILOR...

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1. What is the toughest part of your sport?	Probably having such a close fight for who goes to the Olympics. On a daily basis it's really hard to plan structure as we are always at the variability of the weather. We can spend hours sitting around for training, but it is much worse at events when sometimes we sit around and wait for racing for hours some times days on a row.
2. Describe your training regime.	We do a mix of fitness, on the water training, boat prep, and logistics and planning.
3. What is your greatest ever achievement in your sport?	Two Olympic medals and two 49er World Championships.
4. What are your aims / goals for 2008?	To get another (missing) medal at Olympics.
5. Who will provide the toughest competition?	The top boats in the world are all British – so Stevie Morrison and Ben Rhodes. So who goes to the Games has a (relatively) easy time.....
6. Have you had any embarrassing moments during training or competition?	Probably - and as they are embarrassing they shouldn't be repeated!
7. Who is your sporting hero?	I never do know how to answer these questions! I guess there are lots of people to admire who have achieved a great deal, so a bit of all of them.