

# TEAM PROFILE

# Ben Ainslie

## VITAL STATISTICS...

Name:	Ben Ainslie CBE
Class:	Finn
Position:	Helm
DOB:	5 February 1977
Born / Grew Up:	Macclesfield, Cheshire / Restronguet, Cornwall
Currently Living:	Lymington, Hampshire
Height:	6ft
Sailing club:	Royal Lymington YC
Education:	Symonds College, Winchester, Hants. Truro School, Cornwall.
Started Sailing:	With my family in North Wales on a small cruising boat from the age of three
Duration in current class:	Since 2002
Coach:	David Howlett
Greatest Strengths in Sailing:	Determination
Greatest Weakness in Sailing:	Not being able to commit all my time
Biggest Goal:	To win 4 <sup>th</sup> Olympic Gold and the Americas Cup
Who has been the most influential person in your sailing career:	My father & mother, Roddy & Susan
Personal sponsors:	JPMorgan Asset Management, Henri Lloyd, Volvo Cars UK
Other interests away from sailing:	Golf, football, cricket



Career highlights:	<b>Olympic Games:</b>	
	Beijing 2008 (Finn)	Gold
	Athens 2004 (Finn)	Gold
	Sydney 2000 (Laser)	Gold
	Atlanta 1996 (Laser)	Silver
	<b>World Championships:</b>	
	2012 (Finn)	Gold
	2008 (Finn)	Gold
	2005 (Finn)	Gold
	2004 (Finn)	Gold
	2003 (Finn)	Gold
	2002 (Finn)	Gold
	2000 (Laser)	Bronze
	1999 (Laser)	Gold
	1998 (Laser)	Gold
	1997 (Laser)	Bronze
	1996 (Laser)	Bronze
	<b>European Championships:</b>	
	2008 (Finn)	Gold
	2005 (Finn)	Gold
2004 (Finn)	Silver	
2003 (Finn)	Gold	
2002 (Finn)	Gold	

2000 (Laser)	Gold
1999 (Laser)	Gold
1998 (Laser)	Gold
1997 (Laser)	Bronze
1996 (Laser)	Gold
<b>2012 record:</b>	
Skandia Sail for Gold	Silver
Princess Sofia Trophy	Gold
<b>2011 record:</b>	
ISAF Worlds	31 <sup>st</sup>
Olympic Test Event	Gold
Skandia Sail for Gold	Gold
Hyeres Regatta	Gold
Princess Sofia Trophy	Gold
Miami Regatta	Silver
Find full career results <a href="#">here</a>	

## MEET THE SAILOR...



What is the toughest part of your sport?	It is very intensive and so you have to be well organised and funded.
Describe your training regime.	My regime varies greatly between focusing on important regattas and working on other areas of the sport.
What is your greatest ever achievement in your sport?	Gold medals in the 2000, 2004 & 2008 Olympic Games
Who provides the toughest competition?	The Finn class has quite a broad level of competition.
Major injuries?	A snapped ankle ligament once kept me out of training for five weeks
Superstitions or rituals?	Chinese meal
Sporting philosophy?	Never give up.
Major awards & honours received	ISAF Male World Sailor of the Year 1998, 2002 & 2008, CBE 2008, OBE 2004, MBE 2000
Any embarrassing moments during training or competition?	Many, thanks!
Famous sporting relatives?	My father Roddy skippered 'Second Life' in the first Whitbread Round the World Race in 1973-74.
Who is your sporting hero?	Russell Coutts