Ben Ainslie

VITAL STATISTICS...

Name: Ben Ainsile CBE Class: Finn Position: Helm DOS: 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: Biggest Goal: To win 4°a Olympic Gold and the Americas Cup Who has been the most influental person in your sailing career. Personal sponsors: JPMorgan Asset Management, Henri Lloyd, Volvo Cars UK Other interests away from sailing: Olympic Ganee: Beljing 2008 (Finn) Gold Sulping 200				
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Career highlights: Solit, Rotibali, Cricket	Personal sponsors:			
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2000 (Laser)	Gold	
1999 (Laser)	Gold	
1998 (Laser)	Gold	
1997 (Laser)	Bronze	
1996 (Laser)	Gold	
2012 record:		
Skandia Sail for Gold	Silver	
Princess Sofia Trophy	Gold	
2011 record:		
ISAF Worlds	31 st	
Olympic Test Event	Gold	
Skandia Sail for Gold	Gold	
Hyeres Regatta	Gold	
Princess Sofia Trophy	Gold	
Miami Regatta	Silver	
Find full career results he	ere	



MEET THE SAILOR... What is the toughest part of It is very intensive and so you have to be well organised and funded. your sport? Describe your training My regime varies greatly between focusing on important regattas and working on other areas of the sport. regime. What is your greatest ever Gold medals in the 2000, 2004 & 2008 Olympic Games achievement in your sport? Who provides the toughest The Finn class has quite a broad level of competition. 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 Many, thanks! competition? 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**