

## VITAL STATISTICS...

Name:	Alison Young
Class:	Laser Radial
DOB:	29 May 1987
Born / Grew up:	Wolverhampton / Bewdley, Worcs
Currently Living:	Weymouth
Occupation:	Full time sailor
Sailing club:	Trimpley SC / WPNSA
Started Sailing:	Sailing a GP14 with my dad at Trimpley Reservoir when I was 9.
Coach:	Hugh Styles
What classes pathway have you followed:	Optimist – Topper - Radial
Notable achievements at Junior & Youth level:	Radial bronze ISAF Youth Worlds in 2005
Greatest Strengths in Sailing:	Never give up
Biggest Goal:	To win Olympic Gold
Most influential person in your sailing career to date:	My parents who put in a lot of time and effort driving me around when I was younger



Sailing Career highlights:	<b>World Championships:</b>	
	2012	4 <sup>th</sup>
	2011	7 <sup>th</sup>
	<b>2012 record:</b>	
	Skandia Sail for Gold	Gold
	Hyeres Regatta	4 <sup>th</sup>
	Princess Sofia Trophy	10 <sup>th</sup>
	Rolex Miami OCR Regatta	4 <sup>th</sup>
	<b>2011 record:</b>	
	Sail Melbourne Regatta	4 <sup>th</sup>
Delta Lloyd Regatta	Silver	
Open Europeans	31 <sup>st</sup>	
Skandia Sail for Gold	7 <sup>th</sup>	
Hyeres Regatta	21 <sup>st</sup>	
Princess Spfia Trophy	14 <sup>th</sup>	
Miami Regatta	9 <sup>th</sup>	
Find full career results <a href="#">here</a>		



## MEET THE SAILOR...

**What is the toughest part of your sport?**

The number of variables

**What is your greatest ever achievement in your sport?**

4<sup>th</sup> at the 2012 Laser Radial Sailing World Championships in Boltenhagen, Germany

**Who is your hero & why?**

Bernie Shrosbree is pretty inspirational for his approach to sport and training

**Other interests away from sailing:**

Running, making flapjack

**Other notable achievements away from sailing:**

Graduating from Uni with a 1<sup>st</sup> in Civil Engineering from Southampton University