

VITAL STATISTICS...

Name:	Kate Macgregor	
Class:	Elliott 6m – Match Racing	
DOB:	12 January 2012	
Born / Grew up:	Poole, Dorset	
Currently Living:	Poole, Dorset	
Sailing/Yacht Club:	Poole Yacht Club, Royal Thames YC	
Height:	158cm	
Education:	Talbot Heath School, Parkstone Grammar, Southampton Solent University	
Started Sailing:	As a bump	
Duration in current class:	18 months	
Coach:	Maurice Paardenkooper	
Why did you choose sailing?	Every day is different	
Greatest strength in sailing:	Breeze spotting	
Greatest weakness in sailing:	Thinking im usually wrong	
Biggest Goal:	Win a medal at the Olympics	
Who has been the most influential person in your sailing career:	My family	
Greatest sailing achievement to date:	Winning the match racing World Championships	
Personal sponsor:	Volvo Car UK, Sperry topsider, Brittany ferries and Oakley	
Other interests away from sailing:	Seeing friends, playing hockey when I can	
Career highlights:	<p>World Championships: 2011 ISAF Combined Worlds Silver 2010 ISAF Women’s MR Worlds Gold</p> <p>2012 record: ISAF Women’s MR Worlds 6th Skandia Sail for Gold Regatta 5th Hyeres Regatta 4th Princess Sofia Trophy 6th Rolex Miami OCR Gold</p> <p>2011 record: Skandia Sail for Gold Silver Hyres Regatta Gold Princess Sofia 18th Miami OCR 4th</p> <p>Find full career results here</p>	





MEET THE SAILOR...

What is the toughest part of your sport?	Being away for long periods at a time
Describe your training regime:	At the moment 2 weeks on 1 week off roughly - As well as gym sessions everyday
What is your greatest ever achievement in in your sport:	Winning the 2010 World Championships
Other notable achievements away from sailing?	County Hockey when I was younger
Have you had any embarrassing moments during training or competition?	In a practice session before an event once I missed the toe straps and then got towed behind the boat with the jib sheets around my ankle. Amusing for the people watching!
What are your aims/goals?	To win a medal at the Olympics as well as getting as much experience in a variety of different classes