

VITAL STATISTICS...

Name:	Annie Lush																					
Class:	Women's Match Racing (Elliot 6m)																					
DOB:	11 th April 1980																					
Born / Grew up:	Poole, Dorset																					
Currently Living:	Poole, Dorset																					
First sailing experience:	Don't remember, probably in Poole with my dad on a Trapper, but first experience myself was in my first boat 'Annie's Ark' aged 7 in Poole Harbour																					
Duration in current class:	Since 2008																					
Sailing club:	Parkstone Yacht Club																					
Coach:	Various including: Mark Nichols, Simon Shaw, Ian Williams and Andy Beadsworth.																					
What classes pathway did you follow:	<p>AB (Poole boat like a small mirror) until 11. Topper, Laser 2's as a helm (the youth boat at the time), 420 crew. Match racing in the National Youth match racing championships.</p> <p>Team racing for Cambridge University, but my main sport whilst there became rowing.</p> <p>After university I met Cathy Foster and sailed as middle crew for her 2004 Yngling Olympic campaign. I also campaigned in the Yngling with Shirley Robertson for Beijing 2008.</p> <p>Started sailing the Olympic classes match racing boat from the introduction of the Elliot 6m.</p>																					
Notable achievements at Youth & Junior level:	1996 420 Worlds GBR team																					
Greatest Strengths in Sailing:	Determination to win - Grrr!																					
Biggest Goal:	Compete in the America Cup and/or Volvo Ocean Race																					
Who has been the most influential person in your sailing career:	Shirley Robertson. A lot of people have been involved in supporting and coaching me, but it is through Shirley that I really learnt about Olympic sailing and campaigning.																					
Other interests away from sailing:	Learning the piano. Also enjoy cycling, wakeboarding and any other outdoor sports. And of course dancing to cheesy music!																					
Other notable achievements away from sailing?	Winner of 2001 Oxford/Cambridge Women's Boat Race (Rowing). Winner of 2002 Varsity Rugby Match.																					
Personal sponsors:	Volvo Car UK, Royal Thames YC, Jenkins Marine, Morris Lane Accounting																					
Career highlights:	<p>World Championships:</p> <table border="0"> <tr> <td>2011 (ISAF Olympics Classes Combined Worlds)</td> <td>Silver</td> </tr> <tr> <td>2010 (ISAF Women's MR Worlds)</td> <td>Gold</td> </tr> <tr> <td>2007 (Yngling)</td> <td>Bronze</td> </tr> <tr> <td>2005 (ISAF Women's MR Worlds)</td> <td>Gold</td> </tr> <tr> <td>2004 (ISAF Women's MR Worlds)</td> <td>Gold</td> </tr> </table> <p>2012 record:</p> <table border="0"> <tr> <td>2012 ISAF Women's MR Worlds</td> <td>6th</td> </tr> <tr> <td>Skandia Sail for Gold</td> <td>5th</td> </tr> <tr> <td>Hyeres Regatta</td> <td>4th</td> </tr> <tr> <td>Princess Sofia Trophy</td> <td>6th</td> </tr> <tr> <td>Rolex Miami OCR</td> <td>1st</td> </tr> </table>		2011 (ISAF Olympics Classes Combined Worlds)	Silver	2010 (ISAF Women's MR Worlds)	Gold	2007 (Yngling)	Bronze	2005 (ISAF Women's MR Worlds)	Gold	2004 (ISAF Women's MR Worlds)	Gold	2012 ISAF Women's MR Worlds	6 th	Skandia Sail for Gold	5 th	Hyeres Regatta	4 th	Princess Sofia Trophy	6 th	Rolex Miami OCR	1 st
2011 (ISAF Olympics Classes Combined Worlds)	Silver																					
2010 (ISAF Women's MR Worlds)	Gold																					
2007 (Yngling)	Bronze																					
2005 (ISAF Women's MR Worlds)	Gold																					
2004 (ISAF Women's MR Worlds)	Gold																					
2012 ISAF Women's MR Worlds	6 th																					
Skandia Sail for Gold	5 th																					
Hyeres Regatta	4 th																					
Princess Sofia Trophy	6 th																					
Rolex Miami OCR	1 st																					



2011 record:
Skandia Sail for Gold
Hyeres Regatta
Princess Sofia Regatta

2nd
Gold
7th

For Full Olympic Classes career results [here](#)

MEET THE SAILOR...

What is the toughest part of your sport?	Always being away from home
What is your greatest ever achievement in your sport?	3 x ISAF Women's Match Racing World Champion
Any famous relatives?	Not that I know of, though hoping there is some connection to the cool cosmetics store 'Lush'!
Who is your sporting hero?	Anyone who against all odds has set out to challenge themselves and pursued it, whether it is competitive, setting up a new business or taking on charity work that at first seems insurmountable. Sounds cheesy, but probably some of my closest friends are my biggest heroes.
Any superstitions or rituals?	No green tape onboard

”