

TEAM PROFILE

Helena Lucas

VITAL STATISTICS...

Name:	Helena Lucas
Class:	2.4mR
Position:	Helm
DOB:	29 April 1975
Born / Grew up:	Redhill, Surrey / Redhill, Surrey
Currently Living:	Southampton
Occupation:	Full time sailor (Qualified as Naval architect)
Sailing club:	Royal Southampton Yacht Club
Started Sailing:	Aged eight with my parents in an Enterprise at Hedgecourt Lake, Surrey
Duration in current class:	Since 2003
Coach:	Rob Wilson & Ian Barker
Greatest Strengths in Sailing:	Determination and commitment
Greatest Weakness in Sailing:	Don't like losing
Biggest Goal:	To win a Paralympic gold medal
Other interests away from sailing:	Skiing, cycling and cruising with my husband, Steve, on our yacht
Personal sponsors:	Volvo Cars UK, Charles Russell, Little Britain Challenge Cup



Career highlights:	Paralympic Regatta, Beijing 2008	7 th
	World Championships	
	2012 IFDS Worlds	4 th
	2011 IFDS Worlds	Bronze
	2009 IFDS Worlds	Bronze
	2006 IFDS Worlds	Silver
	2005 2.4mR Worlds	Bronze
	2005 IFDS Worlds	4 th
	2012 record:	Silver
	Skandia Sail for Gold	Silver
Hyeres Regatta	Silver	
Princess Sofia Trophy	5 th	
Rolex Miami OCR		
2011 record:		
Skandia Sail for Gold	10 th	
Delta Lloyd Regatta	5 th	
Hyeres Regatta	Bronze	
Princess Sofia Trophy	5 th	
Miami Regatta	6 th	
	Find full career results here	

MEET THE SAILOR...

Who is Helena Lucas?	Having won silver helming the Yngling for Annie Lush and Lucy Macgregor in the absence of Shirley Robertson at the 2006 Olympic Test Event, Helena knows all about what it feel like to win silverware on the Olympic track. In the year she also claimed IFDS Worlds silver, Helena was named on shortlist for 2006 ISAF World Sailor of the Year.
	Born with no thumbs and limited extension in her arms, Helena cites staying mentally focused after making a tactical error and losing places as the toughest part of the sport and says she often feels embarrassed if she has to take a penalty turn as more often than not, "It's because I have done something stupid!"
	She thinks her toughest opponents are Heiko Kroeger from Germany, Thierry Schmitter from Holland and Damien Seguin from France and says her sporting hero is Lance Armstrong.