



LIZZY FOREMAN

DOB: 21/06/90

Place of Birth & Grew up:
Worcester Park, Surrey

Currently living: Reading

Occupation:
Studying Speech and Language
Therapy at the University of Reading.
Also a Sailing / Windsurfing
Instructor and Club Coach.

Sailing/ Yacht Club: Queen Mary Reservoir

Position on Boat: Not sure yet!



First sailing experience: Aged 5, crammed into the front of my Mum's old topper. I did my first course when I was 8 in an Oppie; It was really windy and I remember having to beat back in with the hull completely under water!

Greatest sailing goal: To do the Vendee Globe!

Greatest sailing achievement to date: Competing in the RS Feva Worlds 2006.

Most memorable sailing experience: Sailing alongside Nikki Birrell and Alex Rickman in a Skud 18 before Sail for Gold 2009, and then during the event, rounding the leeward mark on the Laser course with Tom Slingsby on my tail...before he lapped me.

Meet the Sailor....

Greatest strength you bring to the academy? *Fitness and the ability to keep calm!*

Most influential person in your sailing career to date? *All of the friends I have made over the years; because they make sailing fun whatever the weather or the situation.*

What do you hope to achieve from joining the Keelboat Academy? *I hope to gain a wide range of skills in aspects of sailing outside of the Dinghy racing scene; and then to use these skills while competing in as many J80 events as possible. In*

the long term I hope to have gained much experience and made many contacts through the KBA; hopefully getting the chance to sail on John Merricks II.

If you could compete in any Keelboat event what event would it be and why? *The Vendee Globe; I don't think there is anything much more challenging than doing everything alone on a big boat, out at sea.*

Top career sailing results:

2nd Lady at Laser 4.7 Nationals 09

Other notable achievements away from sailing? *Getting onto my Uni. course and biking up 'The Wall' in Afan, Wales.*

Other interests away from sailing? *Mixed Hockey, Mountain Biking, Photography and music.*