



Name: Trystan Seal

DOB: 15/01/1992

Grew up: Surrey/Cyprus/West Wales

Currently Living: Southampton

Occupation: Marine Electrical Engineer apprentice

Sailing/ Yacht Club: New Quay Yacht Club

Position on Boat: Mast/ Jib trim

First sailing experience: Sailing in Cardigan Bay in Wales on my dad's 22 foot cruiser from very young age



Greatest sailing goal: To compete at the top level with the best sailors

Greatest sailing achievement to date:

Most memorable sailing experience: Delivering Ran 72 to Sweden , blasting along the east coast of Sweden at 25 knots

Meet the sailor...

Greatest strength you bring to the academy? *My competitiveness and drive to win*

Most influential person in your sailing career to date? *My Grandfather, he was a great sailor who was renowned and respected in the local area. Also very much involved in Welsh Yachting Association*

What do you hope to achieve from joining the Keelboat Academy?

If you could compete in any Keelboat event what event would it be and why? *Audi Med cup, that is where some of the top guys are racing to date*

My worst moment (sailing)?

Best sailing venue in the UK? The Solent as it's a really challenging place to race and can even catch out some of the most experienced guys out

Top 3 career sailing results:

- 1) 5th David Diehl Cup
- 2) 4th NQYC Frostbite
- 3) 42nd j80 worlds

Other notable achievements away from sailing? School Rugby Captain, Deputy Head Boy

Other interests away from sailing? Coming from Wales i love my rugby and also Music, I've been playing guitar now since I was about 10.

What's your greatest fear or phobia?

Who is your hero and why?

Any famous relatives?! Anthony Hopkins, 3rd cousin or something like that