

TEAM PROFILE

Ben Rhodes

VITAL STATISTICS...

Name:	Ben Rhodes
Class:	49er
Position:	Crew
DOB:	10 May 1981
Born / Grew up:	Southampton, Hampshire / Exmouth, Devon
Currently Living:	Exmouth, Devon
Started Sailing:	When I was eight with Richard Sydenham in a cadet
Name of Sailing Partner:	Stevie Morrison
Coach:	Paul Brotherton
Why did you choose sailing?	Felt I needed to play to my strengths
Sailing club:	Exe Sailing Club
Greatest Strengths in Sailing:	Strategy for shifty or tidal conditions
Greatest Weakness in Sailing:	I hate racing at less than 100%
Biggest Goal:	To win a gold medal at the Olympics
Who has been the most influential person in your sailing career:	My Father
Personal sponsors:	Inchcape, Holt, G4S
Other interests away from sailing:	Surfing, Kite-surfing and cycling



Career highlights:	Olympic Games:	
	Beijing 2008	9 th
	World Championships:	
	2010	7 th
	2009	4 th
	2008	Silver
	2007	Gold
	2006	Bronze
	2005	5 th
	2004	9 th
	2003	6 th
	European Championships:	
	2010	Bronze
	2009	Silver
	2006	Gold
2005	7 th	
2004	5 th	
2003	10 th	
2012 record:		
2012 Skandia Sail for Gold	4 th	
2012 Hyeres Regatta	4 th	
2012 Princess Sofia Trophy	7 th	

2011 record:

2011 Olympic Test Event
 2011 Skandia Sail for Gold
 2011 Hyeres Regatta
 2011 Princess Sophia Trophy

4th
 Bronze
 11th
 9th

Full careers results [here](#)

MEET THE SAILOR...

What is the toughest part of your sport?	Knowing what information to look for on race day - what to ignore and what to prioritize.
Describe your training regime.	Our training regime varies a lot depending on what phase in our campaign we're in. From fitness and agility to race preparation.
What is your greatest ever achievement in your sport?	Winning the World Championships in Cascais in 2007.
Who will provide the toughest competition?	Outside of the British squad then any number of nations have a good team that can win events on their day.
Superstitions or rituals?	Boat has to have a name, saluting magpies and no wearing of the event t-shirt during an event!
Sporting philosophy?	You can always be better
Have you had any embarrassing moments during training or competition?	Missed numerous flights, fallen overboard too many times to remember. Logistics is often where I come unstuck! Fortunately I've got Stevie to tell me where I need to be most of the time.
Who is your sporting hero?	Steve Peat (British Downhill Mountain Bike legend!), Sir Ranulph Fiennes, Chris Sharma (climber)