

## VITAL STATISTICS...

Name:	Alexandra Rickham																																		
Class:	SKUD 18																																		
Position:	Helm																																		
DOB:	11 September 1981																																		
Born:	Kingston, Jamaica																																		
Currently Living:	Epsom, Surrey																																		
Started Sailing:	Following a diving accident in 1995, I first sailed on a day out while rehabbing in Miami. However didn't start taking the sport seriously until studying at Imperial College, London 10 years later.																																		
Duration in current class:	I started sailing the SKUD with my crew Niki Birrell in November 2007																																		
Name of Sailing Partner:	Niki Birrell																																		
Coach:	Marcus Lynch																																		
Greatest Strengths in Sailing:	Keeping calm																																		
Biggest Goal:	To win a gold medal at the Paralympic Games																																		
Who has been the most influential person in your sailing career:	Niki Birrell!!																																		
Other interests away from sailing:	Skiing, cooking travelling																																		
Sailing Career to date:	<table border="0"> <tr> <td><b>2012 Paralympic Regatta, London</b></td> <td><b>Bronze</b></td> </tr> <tr> <td><b>2008 Paralympic Regatta, Beijing</b></td> <td><b>5<sup>th</sup></b></td> </tr> <tr> <td>2014 ISAF SWC Miami Regatta</td> <td>Gold</td> </tr> <tr> <td>2013 IFDS Worlds</td> <td>Gold</td> </tr> <tr> <td>2013 SKUD Europeans</td> <td>Gold</td> </tr> <tr> <td>2012 Skandia Sail for Gold</td> <td>Gold</td> </tr> <tr> <td>2012 Hyeres Regatta</td> <td>Silver</td> </tr> <tr> <td>2012 Rolex Miami OCR</td> <td>Silver</td> </tr> <tr> <td>2012 IFDS World Champs</td> <td>Gold</td> </tr> <tr> <td>2011 Sail Melbourne Regatta</td> <td>Gold</td> </tr> <tr> <td>2011 IFDS Worlds</td> <td>Gold</td> </tr> <tr> <td>2011 Skandia Sail for Gold</td> <td>Silver</td> </tr> <tr> <td>2011 Hyeres Regatta</td> <td>Gold</td> </tr> <tr> <td>2011 Miami Regatta</td> <td>Silver</td> </tr> <tr> <td>2010 Skandia Sail For Gold</td> <td>Silver</td> </tr> <tr> <td>2010 IFDS Worlds</td> <td>Gold</td> </tr> <tr> <td>2010 Rolex Miami Regatta</td> <td>4<sup>th</sup></td> </tr> </table>	<b>2012 Paralympic Regatta, London</b>	<b>Bronze</b>	<b>2008 Paralympic Regatta, Beijing</b>	<b>5<sup>th</sup></b>	2014 ISAF SWC Miami Regatta	Gold	2013 IFDS Worlds	Gold	2013 SKUD Europeans	Gold	2012 Skandia Sail for Gold	Gold	2012 Hyeres Regatta	Silver	2012 Rolex Miami OCR	Silver	2012 IFDS World Champs	Gold	2011 Sail Melbourne Regatta	Gold	2011 IFDS Worlds	Gold	2011 Skandia Sail for Gold	Silver	2011 Hyeres Regatta	Gold	2011 Miami Regatta	Silver	2010 Skandia Sail For Gold	Silver	2010 IFDS Worlds	Gold	2010 Rolex Miami Regatta	4 <sup>th</sup>
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	2009 IFDS Worlds	Gold
	2009 Skandia Sail For Gold	Silver
	2008 IFDS Qingdao International Regatta	Gold
	2008 US Disabled-Open Midwinters	Bronze
	2008 Rolex Miami OCR	5th

## MEET THE SAILOR...

Who is Alex Rickham?

A tetraplegic athlete, Alex became disabled as a result of a shallow diving accident. She says winning a bronze medal at the London 2012 Paralympic Games is her greatest sporting achievement.

She believes she and Niki's toughest competition is the team from the USA although says anyone on the water is a rival.

Niki accidentally weeing on her feet during the 2008 Miami OCR is among her more embarrassing moments while sailing but she insists, with tongue somewhat in cheek, that Niki is her sporting hero! If not him then the Jamaican Bobsled team.