

TEAM PROFILE

Ben Rhodes

VITAL STATISTICS...

Name:	Ben Rhodes	
Class:	49er	
Position:	Crew	
DOB:	10 May 1981	
Born:	Southampton, Hampshire	
Currently Living:	Exmouth, Devon	
Started Sailing:	When I was eight with Richard Sydenham in a cadet	
Duration in current class:	I have sailed the 49er since 2002	
Name of Sailing Partner:	Stevie Morrison	
Coach:	Ian Martin	
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 Olympic Games	
Who has been the most influential person in your sailing career:	My Father	
Other interests away from sailing:	Surfing, Kite-surfing and cycling	
Sailing Career to date:	<p>2012 Olympic Games, London 5th</p> <p>2008 Olympic Games, Beijing 9th</p> <p>WORLDS</p> <p>2010 World Championships 7th</p> <p>2009 World Championships 4th</p> <p>2008 49er World Championships Silver</p> <p>2007 Olympic test event Gold</p> <p>2007 ISAF Worlds Gold</p> <p>2006 World Championship Bronze</p> <p>2005 World Championship 5th</p> <p>2004 World Championship 9th</p> <p>2003 ISAF World Championships 6th</p>	



EUROPEANS

2010 European Championship	Bronze
2009 European Championship	Silver
2008 European Championship	18 th
2006 European Championship	Gold
2005 European Championship	7 th
2004 European Championship	5 th
2003 European Championship	10 th
2013 EUROSAF – Sail for Gold	6 th
2013 Hyeres Regatta	4 th
2013 Princess Sofia Trophy	4 th
2012 Skandia Sail for Gold	4 th
2012 Hyeres Regatta	4 th
2012 Princess Sofia Trophy	7 th
2011 Olympic Test Event	4 th
2011 Skandia Sail for Gold	Bronze
2011 Hyeres Regatta	11 th
2011 Princess Sophia Trophy	9 th
2010 Skandia Sail For Gold	Bronze
2010 Delta Lloyd Regatta	8 th
2010 Princess Sofia Trophy	Bronze
2010 Hyeres Regatta	16 th
2010 Hyeres Regatta	7 th
2009 Skandia Sail For Gold	Bronze
2009 Delta Lloyd Regatta	10 th
2009 Hyeres Regatta	
2008 Kiel Week	6 th
2008 Holland Regatta	Gold
2008 Semaine Olympique Française	38 th
2007 SPA Olympic Class Regatta	Bronze
2007 Semaine Olympique Française	6 th
2007 HRH Princess Sofia Trophy	1 st
2007 Rolex Miami OCR	Silver
2006 Sail for Gold Regatta	Silver
2006 Qingdao International Regatta	6 th
2006 Semaine Olympique Française	Silver
2006 HRH Princess Sofia Trophy	5 th
2006 Rolex Miami OCR	5 th
2005 Kiel Week	5 th
2005 SPA Olympic Class Regatta	Gold
2005 Semaine Olympique Française	11 th
2005 HRH Princess Sofia Trophy	4 th
2004 Kiel Week	11 th
2004 SPA Olympic Class Regatta	7 th
2003 Kiel Week	14 th
2003 SPA Olympic Class Regatta	23 rd
2003 Semaine Olympique Française	17 th
2003 HRH Princess Sofia Trophy	14 th

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.

What is your biggest goal?	To win an Olympic gold medal
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.
Any major injuries?	Nothing worse than a pulled muscle touch wood!
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)