

TEAM PROFILE

Luke Patience

VITAL STATISTICS...

Name:	Luke Patience	
Class:	470	
Position:	Helm	
DOB:	4 August 1986	
Born & grew up:	Born Aberdeen, grew up in Rhu (Helensburgh) on West Coast of Scotland	
Currently Living:	Weymouth	
Occupation:	Full time sailor	
Sailing club:	Royal Northern & Clyde YC	
Sailing Partner:	Elliot Willis	
Started Sailing:	Aged seven in an Optimist in Rhu Marina with my best friend Harry and my dad pushing us out	
Coach:	Steve Lovegrove	
What classes pathway have you followed:	Optimist-29er-420-470	
Notable achievements at Junior & Youth level:	2000 – 4 th European Optimists, 1 st Eric Twiname Optimists, 1 st Irish Nationals Optimists.	
	2001 – Optimists Worlds team (Qingdao) – 1 st Brit	
	2003 – 2 nd 420 Europeans, 9 th 420 Worlds, 1 420 Nationals	
Greatest Strengths in Sailing:	Boat speed in windy conditions	
Biggest Goal:	To go one better than my silver at London 2012 and win an Olympic Gold at Rio 2016!	
Who has been the most influential person in your sailing career:	My parents and Roy McCubbin	
Sailing Career to date:	2012 Olympic Games, London Silver	
	2014 Rio Olympic Test Event	2
	2014 Open 470 Europeans	2/1 st Euro
	2014 Sail for Gold Regatta	1
	2014 Delta Lloyd Regatta	2
	2014 Hyeres Regatta	6
	2014 Princess Sofia	7
	2014 Miami Regatta	8
	2014 470 World Championships	9
	2013 ISAF Worlds Test Event	Gold
	2013 470 World Champs	5
	2013 Kieler Woche	Gold
	2013 Open 470 Europeans	Silver
2013 Hyeres Regatta	9	



2013 Princess Sofia Trophy	Bronze
2012 Skandia Sail for Gold	Silver
2012 Princess Sofia Trophy	19
2012 Miami Regatta	14
2011 Perth Worlds	Silver
2011 Open Europeans	Bronze
2011 Skandia Sail for Gold	6
2011 Hyeres Regatta	16
2011 Princess Sofia Trohpy	Bronze
2011 Miami Regatta	Bronze
2010 Perth Int Regatta	Bronze
2010 470 Europeans	13
2010 Skandia Sail For Gold	Bronze
2010 470 Worlds	8
2010 Delta Lloyd Regatta	8
2010 Hyeres Regatta	28
2010 470 Spring Cup	18
2010 Princess Sofia Trophy	32
2010 Miami Regatta	13
2010 North American Champs	11
2009 Skandia Sail For Gold	Silver
2009 World Championships	Silver
2009 Keil Week	17
2009 European Championships	62
2009 Hyere Regatta	48
2009 Princess Sofia Trophy	15
2009 Palamos Christmas Race	Bronze
2008 Skandia Sail For Gold	Bronze
2008 European Championships	12
2008 Delta Lloyd Regatta	17
2008 Hyere Regatta	30
2008 Princess Sofia Trophy	34

MEET THE SAILOR...

What is the toughest part of your sport?	Training well and hard
What is your greatest ever achievement in your sport?	Silver at the London 2012 Olympic Games
Superstitions or rituals?	A wee green man
Who is your sporting hero?	Roger Federer – battles on regardless of what's around him