



Olympic hopeful – Rhiannon Massey



HERTFORD-based sailor Rhiannon Massey has come a long way since first stepping into a boat on a family holiday at the age of 7. Now training with the RYA National Transition Squad, her aim this year is to compete at the Youth World Championships in France this July.

After starting her sailing career in a Topper dinghy Rhiannon now competes in a Laser Radial which is a 13 foot, one-person Olympic Class boat. This season 15 year old Rhiannon has already won the title of 1st Junior Girl in three qualifiers and also in the National Laser Championships.

Locations for training and competing in sailing are not usually on the doorsteps of the athletes. So most Fridays after school Rhiannon travels 3 hours to Weymouth for a weekend of training, returning Sunday evening in time for school the next day. Competitions and training camps take place around the country and even in Europe which means she rarely has a weekend off!

This is Rhiannon's second year on the Hertfordshire Talented Athlete Programme during which time she has literally gone from strength to strength in her sport with the help of Performance Hertfordshire's Strength and Conditioning team based at Hertfordshire Sports Village.

Rhiannon's goal for 2011 onwards is to gain a place on the National Laser Squad and eventually be selected for the Olympic Development Squad.

With the determination she has shown so far in her sport, Rhiannon is sure to achieve whichever targets she sets her sights on.

If you would like to try your hand at sailing or other water sports head down to Herts Young Mariner's Base in Cheshunt, look on www.hymb.com



The White Water Canoe Centre at Broxbourne opens in April and is the only brand new London 2012 Games venue that you can use before the Games, look on www.gowhitewater.co.uk

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