

Ex Cadet Sailor : Pippa Wilson

Ten Minute interview....,



When did you start sailing?

Around Age 8 – it actually wasn't my favoured activity at the time, but I loved being outdoors and busy and my family were into it. Aged around 10 or 11 I started crewing a Cadet at our local sailing club. I grew to love the freedom, the challenge of racing and all of the different boats there are to sail and people to meet.

What is your best Cadet moment?

Winning the Nationals and 4th at the World Champs twice was a big achievement for me at the time (the ARG team were very hard to beat!) – we had some very inspirational coaches too which was great, helped me believe in myself and understand that there was so much still to learn and great experiences to be had! I was very inspired to always try to be better and learn/understand as much as I possibly could.

What was your first boats name?

Tumbling Dice (Dad bought it off a friend who won it in a raffle after it had been restored). It was a little overweight, but his theory was if I could do well in that, it would teach me to fight for success!

What animal are you when you sail?

I was going to say a Dolphin mainly because I like them, and I like the sea, or a Mermaid (is that an animal?) but then maybe in truth I think I'm more like a collie sheepdog – I'm quite obsessive about making sure everything is as perfect as possible, kicker off, kicker on, kicker off again....the cycle continues!

Who is your inspiration?

From around the time I was sailing cadets I was most inspired by my coaches and people I met who taught me about Olympic sailing, discipline and how to be better... Paul Brotherton, Joe Glanfield and Malav Shroff. I have also always been hugely inspired by other great sports people, Ben Ainslie, Paul Radcliffe, more recently Andy Murray – anyone who keeps pushing themselves to achieve greater things, regardless of the difficulties faced or what anybody says.

What is your top sailing tip?

I think sail your own boat, don't worry too much about what everybody else is doing, just know the rules and know what you are trying to achieve and where you are trying to go. If you don't understand something ask someone and if you still don't understand something ask someone else – don't be afraid, nobody knows everything. Olympic sailing teaches you not to give up when you hit a barrier or have a bad race/regatta, just find someone who can help you overcome an obstacle or work on your boat, your fitness or keep practising. Never lose your confidence – sailing is a hard sport! You need to remain patient, if you get upset and stressed you won't get anywhere – if you keep trying you will eventually get there – where there is a will there is a way!

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Where is your favourite sailing venue, UK and abroad?

Tricky one! I think every place has its' fun and interesting parts - I love the waves of Lagos, Portugal, the scenery of San Francisco, the flat water of Miami, the shifts of Weymouth Harbour (not so much in winter!) and the familiarity of home, Lymington and now Dubai!

What is your perfect dry bag lunch?

When I was Olympic sailing believe it or not it was a salad in a Tupperware box – although Tuna and drop hiking had its difficulties – and it probably wasn't my 'perfect' lunch. In those days we survived on tuna/chicken salad, balsamic vinegar and milk! More latterly a nice Sandwich on Brown with hummus, ham, sweet chilli sauce and salad with a nice crunchy braeburn or Pink Lady apple – very easily pleased!

What is your dream boat?

Since sailing the Nacra I have got used to going a bit faster and would love to get a moth, Dubai is also perfect for it so maybe one day!

Thank you to.....

Everyone who has supported me along the way in every form, from my amazing actual parents gave everything to help and inspire me, to a range second parents who helped me out when I was cadet racing, the parents that ran training and racing when we were kids, to all of my coaches, team-mates, team managers and the RYA who have always provided a place to grow and maximise my efforts in reaching my goals.