

## **Sarah Ayton OBE**

### **Introduction**

Sarah Ayton is one of Britain's best known Olympic sailors, having won gold in the Yngling class in both Athens (2004) and Beijing (2008). Sarah married fellow Olympic team mate Nick Dempsey, a windsurfer, in October 2008 and in June gave birth to their son, Thomas Flynn Dempsey. She will attempt to become the first British female to win three Olympic gold medals in London 2012.

### **Achievements**

2008 – Olympic Games – Gold Medal  
2008 – ISAF World Championships – Gold Medal  
2007 – Olympic Test Event Qingdao – Gold Medal  
2007 – ISAF World Championships – Gold Medal  
2007 – Breitling Holland Regatta – Gold Medal  
2007 – Rolex Miami OCR – Silver Medal  
2006 – Skandia Sail for Gold Regatta – Bronze Medal  
2006 - Qingdao International Regatta, Test Event - 4  
2006 - Yngling World Championships - 4  
2006 – Holland Regatta – Silver Medal  
2006 – Olympic Classes Weel, Hyeres – Silver Medal  
2006 – HRH Princess Sofia Trophy – Silver Medal  
2006 – Rolex Miami OCR – 4  
2005 – World Championship – 7

**Business:** Sarah is a co-founder and of [www.BeNumber1.co.uk](http://www.BeNumber1.co.uk); an online fundraising initiative aimed at helping amateur athletes with Olympic & world champion aspirations. Ultimately the site will profile 1000 athletes from summer & winter Olympic & Paralympic Games as well as other sports. Its audience will be a very wide spectrum of people and uses athletes to inspire them as well as educate them about the relationships that exist between diet & health and physical & mental performance. Sarah is passionate about inspiring future generation to lead healthy & active lives and is the company's ambassador in its school programme.