

Paul Goodison Named Athlete of the Year

Britains Sailors celebrated their bumper year in style at the fourth annual Skandia Team GBR Awards Dinner, held at the De Vere Hotel , Wokefield Park, (20 November) with Laser star Paul Goodison collecting top prize of the evening.

The 31 year old picked up the British Olympic Association's Athlete of the Year Award for sailing after adding the World and European titles this year to his Olympic gold from Beijing, and remaining unbeaten in five of the six regattas sailed during 2009.

(Taken from the RYA website. The full article plus video of Paul is at www.rya.org.uk/newsevents)