



Joe Glanfield

Sailing

Joe Glanfield and team mate Nick Rogers have competed in the 470 class at three Olympics, winning a silver medal at Athens 2004 and Beijing 2008.

Beijing represented a sailor's worst nightmare, with sweltering temperatures, fickle winds and strong tides. Joe spent four years studying light wind sailing technique and had a controlled diet to gain the ideal body weight. Their Olympics did not start well – a disqualification early on forfeited their chance of gold. Under extreme pressure they mounted a huge comeback, clinching silver on the final leg of the final race.

As a young person, Joe was a talented sailor but struggled to apply himself to training or studying. He found it easier to pretend he didn't care rather than to try and fail, he missed homework, played truant and generally underachieved at school. It wasn't until a life changing moment at 17 that Joe realised he needed to take responsibility and decided to pursue his dream of competing at the Olympics.