



ATHLETE BIOGRAPHY

Name: Henry Larkings

Class: 29er Boys

Sailing partner: Miles Davey

Home town/club: Woollahra Sailing Club NSW

What is your most significant achievement in sport?	2017 Australian 29er Champions 2017 Australian Youth Champions – 29er Qualifying for Australian Youth Sailing Team
What is your major sporting goal/ambition?	Olympics/America's Cup
Who are your idols, and why (not necessarily sporting)?	Nathan Outteridge & Tom Slingsby
Who has most influenced your sporting career, and why?	Mum & Dad – Supported me.
Do you work or study while training – If so at what?	Studying for School
What are your career goals after sport?	Family
What do you regard as your most memorable sporting moment?	Winning the 2017 Australian Youth Championships (29er) to get the Youth Worlds spot.

What is the toughest thing about competitive sailing?	Getting yourself back up after a tough race or day.
How do you spend your time away from the water?	School, gym, boating, surfing.
Personal motto:	You get what you work for.
If I wasn't sailing, I'd be:	Playing basketball or rugby.
One thing people don't know about me:	N/A
What are your three favourite places in the world?	Japan
What was the first event you competed in?	2011 Sabot Nationals in Gosford (2 Up)
What was the first event you won?	2-Up 2012 Sabot NSW Zone Championships
Do you have any superstitions?	Bad luck to finish the invitation race of a regatta.