



The team and I flew out in advance of the competition in order to orientate and acclimatise to the area. Immediately work began unpacking boats/ equipment from our shipped container so we could get familiar with the venue. The container doubled up as the team's base/ gym for the

full month we were in Japan.

I was in a very comfortable headspace ahead of the event as I had successfully passed all of my end of year exams. I have no doubt that the support and expertise provided from the Ad Astra Scholarship programme / UCD was an essential component of achieving the perfect dynamic required between academia and sporting accomplishments.



The event started in earnest on the 4th of July with a line-out of over 150 of the world's most elite laser standard sailors, representing nearly 50 countries globally. The calibre of competition attracted many past and present Olympians and former World Champions; I knew racing was going to be fierce! However, I was confident in my ability and fitness having worked throughout the year with the amazing Ad Astra

professional strength and conditioning staff, and utilising the fantastic facilities available in UCD.



Racing was run over 6 days with the first half of the competition consisting of an intense qualification battle between all sailors who had been split into three separate fleets of equal size to decide who would progress through to gold, silver and bronze fleets. Challenging conditions (including sharks!) required both tactical and physical racing which really tested me. I was delighted to make gold fleet in my first senior worlds and with the continued support of UCD Ad Astra Academy, I hope continue my goal of reaching my Olympic aspirations.

