

# Laura Hampton

## Offshore Racing Trainee & OIAO Ambassador



### **About Laura: My passion for sailing**

At 10 years old I was popped out in an optimist dinghy for my first sailing lesson. I had never sailed before, and honestly did not have a clue what was going on.

Moments later I ran my oppie aground on Taggart Island, Strangford Lough. The instructor did not notice and so I was left to my own devices. I realised then that if I could work out how to get my little oppie moving, I could go anywhere I wanted to.

At 10 years old that freedom did not exist in any other capacity of my life, and I was largely dependent on the people around me. That was the moment when I fell in love with the freedom of sailing. Since then, I have taken every opportunity presented to me to get on the water and involve myself in the phenomenal communities that are formed on the water. This led to dinghy racing at national level, keelboat racing, tall ship sailing and adventure expeditions. One such opportunity was with the Our Isles and Oceans team sailing a clipper race yacht on the west coast of Scotland, this was an incredible opportunity and one which has opened my prospects for offshore racing up massively. The Clipper Race has always been something I have been aware of and aspired to be a part of. What seemed a distant dream is now a boat I have just finished being second mate on for a level one training course, all because of my involvement in Our Isles and Oceans.

My unique experience of sail training, from such a young age has led me to experience many different and great approaches to teaching. These experiences, combined with my experiences off the water playing hockey, competing at national level in athletics, performing in a classical orchestra, studying at the University of St. Andrews, and adventuring as much as I can have shaped me into an incredibly driven and enthusiastic individual, with a multifaceted skill set and unique approach to goals. Professional Sailing, I believe, requires such a deep-seated understanding of the need for teamwork and to foster a community onboard a boat.





## Sailing Objectives

- To be part of a large offshore sailing race.
- To learn more about the corporate side of racing, notably with regard to sustainability in the industry.
- To gain experience in as many different facets of the industry as possible to decide which area best suits my skill set and ambitions.
- To promote inclusivity and accessibility within the sport.

## Education

### Undergraduate at the University of St. Andrews

International Relations and Geography, having also taken modules in Arabic and sustainable development.

## Marine & Outdoor Qualifications

### Activity Qualifications

RYA Yacht master Offshore (Commercially endorsed)

Gold Duke of Edinburgh

Paddlesports Instructor (British Canoe Union)

Assistant Dinghy instructor (Royal Yachting Association RYA)

Hockey Development Coach

RYA First Aid

GMDSS Short Range Certificate

RYA Sea Survival

RYA Basic seamanship & navigation

RYA Powerboat level 2

RYA Windsurfing level 2

RYA Dinghy sailing levels 1-4 and racing/spinnaker modules

RYA Day skipper

PADI open water certification



## Other Qualifications

### Music

Diploma in Scottish Traditional Fiddle (London College of Music)

Grade 8 in Scottish Traditional Fiddle (London College of Music)



## Sailing Experience & Miles

S/Y Casamara Discovery 55'

- Chosen to be part of a crew of 4 for the ARC transatlantic 2021 sailing from Las Palmas, Gran Canaria to St. Lucia. Sailed 17 days offshore covering 2966 miles, the boat placed 4th in class. Involved solo night watches and 40 day onboard in total.

Clipper Ventures 68'

- Sailing with Our Isles and Oceans as crew in Scotland alongside a level one training week and a corporate day in the Solent in capacity as second mate.

Lagoon 42'

- Two-person delivery from Guadeloupe to St. Maarten, followed by 8 weeks as skipper for a diving and sail training program covering 750 miles teaching the international yacht training syllabus.

Bali 43'

- Two weeks as skipper for a diving and sail training program.

Hanse 505, Bavaria 46 and Beneteau first 40

- Mate/ skipper for Quay stage sail training covering 350 miles.

T.S Royalist (30m Brig)

- Over 7 weeks, part of the crew for the 2017 Tall Ships Races and completed training syllabus at 15 with RYA watch leader and began staff officer training in watch officer role.



## Sailing Experience & Miles cont...

Pacific Swift (Square Topsail Schooner)

- UK Sail Training's international representative to be part of crew – completed intermediate qualification in 10 days aboard sailing from South to North Vancouver Island.



Tradewind 35' (TS City Liveryman)

- 14 days as part of crew taking turns to helm, set sails and manage sails, part of the Crew for the 2015 Small Ships Races

Jeanneau 707

- University Yacht Racing team as bowman, training and racing details not logged

TS John Jerwood & TS Jack Petchy

- 5 weeks between these two power boats focusing on navigation and seamanship skills – completed training syllabus aged 15 with RYA Watch leader

TS Lord Nelson

- Las Palmas Christmas voyage

Regulus 38

- Weekly racing at local sailing club running foredeck



## Achievements

Washington Ireland Program member

- Six-month program of personal and professional development involving round table discussions, debates and an internship with US sustainability firm Honeywell.

Ocean Cruising Club scholar

- Sponsored by the OCC for an ocean passage involving producing content and articles about our experience for Flying Fish, Yachts and Yachting, Caribbean Compass and several other marine publications.

Lord Lieutenants Cadet

- Accompanying the Queen's representative, Lord Caledon, to prestigious events in recognition of service to and achievements in the Sea Cadets

Head Girl

- Appointed Head Girl of the Royal School Armagh which involved running the prefect team and speaking publicly at school functions. Received the Head Girls association shield for contribution to school life.

Archbishops Prize

- Awarded for excellence in humanities subjects.

Daya Cup

- Daya means compassion in Hindi and is awarded for contribution to the school's India volunteering project.

Race2Valencia

- Completed a 1,161-mile hitchhike from Edinburgh to Valencia in 61 hours, the first team of three to complete the race and collectively raised over 50K for charity.

Three Peaks Challenge

- Climbed the highest peaks in Scotland, England and Wales in 22 hours raising over 2K for Autism Awareness.

Student Leader

- Selected to be a student leader at Gordonstoun International Summer School leading a group of students from over 40 different nationalities.

