



Benjamin Palmer MSc, BSc

Experienced international 470, dinghy, keelboat and offshore sailor. Founder and inventor at SailAI

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Certificates, fitness & health

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| ✓ 2019 RYA VHF course | ✓ 2019 Red cross first aid |
| ✓ 2018 & 2023 RYA/ World Sailing Sea Survival training | ✓ 2012 UK Offshore Medical |
| ✓ 2018 RYA Yacht Master Theory | ✓ No health issues and do not get sea sick |
| ✓ 2022 RYA Coastal Skipper | ✓ Fit & strong competing in triathlons and marathons |
| ✓ 2009 RYA Power Boat & RYA Coach Level 2 | |



Experience

Offshore sailing: > 3000nm cumulative

- 2023 RORC Fastnet Race (650nm), Sunfast 3300, 6th IRC 2 & 8th IRC 2H - Skipper
- 2023 RORC Morgan Cup (110nm), Sunfast 3300, - 6th IRC 2 & IRC 2H - Skipper
- 2023 RORC De Guingand Bowl Race (110nm), Sunfast 3300, - 10th IRC 2 & 12th IRC 2H - Skipper
- 2022 RORC Channel Race (160nm), Sunfast 3300, - 5th IRC 2 & 6th IRC 2H – Skipper
- 2019 Classe Mini 6.50 Fastnet Race (600nm) – 39th - Skipper
- 2018 Classe Mini 6.50 double handed race, Barcelona to Marseille (200nm) – 1st line honors & Serie class – Skipper
- 2016 Makinac race, 300nm,40-footer – 4th in class – watch captain.
- 2013 Giraglia Rolex Cup feeder race (150m),open 40 - trimmer
- 2012 I competed in the Giraglia Rolex Cup, J109, (300nm) – 6th in class - trimmer

Inshore & Dinghy Sailing: Successful across multiple disciplines

- 2021 Endeavor Trophy (Champions of Champions) - 2nd (helmsman)
- 2017 RS200 UK Nationals – 1st – helmsman
- 2016 &17 Antigua Race week on Kialoa III (70ft maxi) – 2nd & 1st respectively – primary trimmer
- 2015 Etchells Youth Team trials – 1st – Skipper and team captain
- 2015 Etchells Bedrock Trophy – 1st (first youth team to win)
- 2015 Cowes Week (Etchells) – 2nd
- 2015 Etchells National Championships – 11th
- 2015 & 21 Thames A Rater National Champion (1s), 2016 & 21 Queens Cup winner (helmsman)

RYA Pathway: Successful from junior to Olympic sailing, raced 420s & 470s

470 Olympic Development Squad 2010-2012, achievements:

- 2010 470 French Nationals – 1st (helmsman)
- 2011 470 Open Europeans at Helsinki – 47th (helmsman)
- 2010 470 Junior Europeans in La Rochelle – 11th (helmsman)
- 2011 Palamos Christmas Regatta – 5th (helmsman)

420 British Youth Squad:

- 2009 420 Open World Championships, Lake Garda – 3rd (helmsman)
- 2009 420 Youth Championships & Selection Series – 2nd (helmsman)