



Irish ocean yachtsman Damian Foxall, 39, was awarded Irish Sailor Of The Year 2008 last month. He was the first Irish man ever to win a non-stop round the world race. He is currently racing on board the Green Dragon, Ireland's entry in the Volvo Ocean Race Round The World.

Damian Foxall

Interview by Yvonne Gordon

■ **Congratulations on winning Sailor Of The Year – how does it feel?** It's great! There are a lot of very good sailors in Ireland so it's a great honour to be voted Sailor Of The Year and to know that the sailing we're doing outside of Ireland is making a positive impact. We appreciate that.

■ **How did you find out that you had won?** I was actually on a live link from the boat to the Dublin Boat Show when I found out.

■ **Where are you now?** We're currently 1,500km away from the finish of Leg Five into Rio. It has been a 20,000km leg from Qingdao in China. We're caught in an area of high pressure and light winds which has slowed our progress. The last few miles will be very long as the forecast shows light winds all the way to the finish. A frustrating time on board for everyone.

■ **How many days have you been at sea?** So far we've been at sea for

been through several different climates in the last 40 days, including passing the Equator. When we started in China, conditions were very cold, so we had full thermals and wet weather kit. As we approached the equator, we were in shorts and t-shirts, but before we knew it we were in the Southern Ocean and the temperature once again plummeted. Now as we head north, the temperature is rising again and the shorts and t-shirts are out.

■ **How do you wash on board?** There are no showers so it is very basic – just a bucket and water. We are currently 38 days at sea and only two out of the 11 lads have had a shower. I'm going to wait for a freshwater one after arrival, but then my family are not at this stopover!

■ **Is it true that after you won the Barcelona World Race, President McAleese told you you had babysitting to catch up on?** We flew straight from Barcelona to

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38 days and counting... Our ETA into Brazil is very up and down at the moment due to an area of high pressure that's blocking the final passage into Rio – it could be another five to seven days at sea!

■ **How's the race going for you?** Green Dragon has managed to show some good performance on various occasions since the start of the race last year. With still just under half of the points left to race for, we still have the bit between the teeth.

■ **Have you had any scary moments during this leg?** We've been through some extreme conditions, but safety is always a priority on board. There is a fine line between pushing too hard and putting the boat and the crew in danger. Sailing in the Southern Ocean is about finding the balance between speed and survival. It's this kind of sailing that many of us live for and the reason we keep coming out here.

■ **How many changes of clothes do you have for this leg?** We've

Dublin. My wife Suzy Ann and our son came along and the President was sympathetic to my wife and wanted to even up the tally! The Volvo campaign has taken up a huge amount of time and I have a lot to recover after the race finishes in July.

■ **The Race comes to Galway in May, will this be emotional for the Irish sailors?** It will be fantastic to come into our home port. I know that it will be a huge feeling to see Galway Bay and everyone out to support the Irish team coming home! It will be a special moment for the whole team and most of all for Ian Moore, Justin [Slattery] and I. The support we have had from home throughout the whole race has been just amazing. The messages we get from people keep us going when times get hard, so it will be nice to return and share it all with them. *The Volvo Ocean Race is on TG4 on Saturdays at 11am and Sundays at 6pm. For more information and current position reports, see www.volvooceanrace.org*

Television What To Watch

Today's highlights With Colin Hume

Pick Of The Day Sa Tóir Ar Ghranuaile TG4, 9.30pm

One of the most admired yet ruthless women in Irish history, Granuaile was a warrior, a chieftain, a Machiavellian manipulator and a formidable leader of men. This documentary looks at the life of the legendary pirate queen of Mayo, who at one time held so much power she was invited to meet Queen Elizabeth in England. In the same year that a musical based on her life opened on Broadway, this programme emphasises her relevance to modern Ireland.

Alan Whicker's Journey Of A Lifetime BBC2, 9pm

His name may now be EastEnders' rhyming slang for underwear, but Alan Whicker also boasts a long and eventful television career. This two-part series sees the broadcaster and presenter look back over his 50 years in TV, complete with anecdotes and memorable events and some great footage from his famous interview with US billionaire J. Paul Getty.



Pirate Queen: Granuaile holds a place in Irish history

	RTÉ1	RTÉ2	TV3
	<p>9.00 Judge Joe Brown 9.25 Holby City 10.25 Leaders' Questions 11.30 Shortland Street (T) 12.00 Baby On Board (R,T) 12.30 Fair City (R,T) 1.00 News And Weather 1.25 Home And Away (T) 1.55 Neighbours (T) Karl refuses to believe Zeke is dead, while the stress takes its toll on Susan. 2.20 EastEnders (R,T) 4.25 Seoige (T) Topical entertainment show. 5.20 Nuacht RTÉ 5.30 The Bill (T) Police drama.</p>	<p>8.25 Jackie Chan Adventures 8.50 Erky Perky 9.00 Den Tots 10.55 Storylane 11.05 Picme 11.10 The Morbegs 11.25 Jakers! 11.50 Den Tots 2.30 Lifeboat Luke 2.40 Harry And His Bucket Full Of Dinosaurs 2.55 Kazoo (T) 3.05 Shaun The Sheep 3.15 Teenage Mutant Ninja Turtles 3.45 Blue Water High 4.10 Hannah Montana 4.35 Ice 5.00 News2day 5.10 TTV: Sabrina The Teenage Witch (T) 5.35 Neighbours (R,T)</p>	<p>7.00 Ireland AM 10.00 The Jeremy Kyle Show 11.00 The House Of Tiny Tearaways 11.50 Middy. 12.50 Xposé (R) 1.20 The Oprah Winfrey Show. 2.10 The Ellen DeGeneres Show. 3.05 Emmerdale (R,T) Debbie is tearfully reunited with Sarah upon her release from prison. 4.05 House Doctor. A Southampton home is spruced up. 4.30 Judge Judy. Double bill. Real-life court cases. 5.30 News@5.30</p>
6 pm	<p>6.00 The Angelus 6.01 News And Weather (T)</p>	<p>6.00 The Simpsons (T) Cartoon fun with the unmistakable all-American family. 6.30 Home And Away (R,T) Miles and Kirsty are forced to work together.</p>	<p>6.00 Xposé 6.30 Friends (R) Ross and Monica become football rivals.</p>
7 pm	<p>7.00 Nationwide (T) 7.30 Neven's Food From The Sun Chef Neven Maguire makes a gorgonzola, pear and rocket salad. 7.57 Lotto</p>	<p>7.00 Two Wild: Winter In Yellowstone Tom Murphy ventures into the winter landscape of America's Yellowstone National Park.</p>	<p>7.00 Emmerdale (T) Bob comes up with a drastic solution to save the business. 7.30 Coronation Street (T) Peter's drinking becomes a concern.</p>
8 pm	<p>8.00 Fair City (T) Keith advises Una not to tell Saoirse about her grudge. 8.30 Not Enough Hours (T) A woman who owns a joinery business.</p>	<p>8.00 Two Wild: World's Deadliest Animals Seeking out the most dangerous animals in Australia, a country inhabited by a myriad of insects and arachnids.</p>	<p>8.00 All Saints A new mother struggles with her child's autism.</p>
9 pm	<p>9.00 News And Weather (T) 9.30 FILM: World Trade Center (2006) Premiere. Drama about two police officers trapped in the wreckage of one of the twin towers. Directed by Oliver Stone and starring Nicolas Cage, Maria Bello and Michael Peña.</p>	<p>9.00 CSI: Miami (T) The team faces the brute force of the city's Russian mob. 9.55 CSI: NY (T) The murder of an archaeologist exposes a smuggling ring.</p>	<p>9.00 FILM: You, Me And Dupree (2006) A thirty-something layabout is forced to move in with his newlywed best friend, where he soon outstays his welcome. Comedy, starring Owen Wilson, Matt Dillon and Kate Hudson.</p>
10 pm		<p>10.50 RTÉ News On 2 And World Forecast (T)</p>	
11 pm	<p>11.45 Oireachtas Report Coverage of the day's political proceedings. 12.15 RTÉ News And Weather 12.20 Bloody Cartoons 1.20 FILM: Baltic Storm (2003)</p>	<p>11.20 Two Sounds: The 11th Hour Dave Fanning presents a special edition of the music show. See highlights. 12.20 FILM: Lost In Beijing (2007) Premiere.</p>	<p>11.10 Nightly News With Vincent Browne 11.50 Sports Tonight A round-up of news and features at home and abroad. 12.10 Standoff (R) 1.00 Faking It.</p>