

**PADDLER PROFILE
2009 FENN CUP OCEAN SERIES**

Jo Brigden-Jones



Place of Birth: 19.4.88

Married / Kids / Pets: dog - Bonnie

Occupation: Student - Studying Bachelor of Nursing. Work as a waitress

Nick Name: Joe Toe, Joey, Brigadoodoo, Yoseph, JoJo, YoYo, Goanna, BJ, Bridget Jones Diary,

Type of Craft: Fenn

Career Highlights: Making 4 'A' finals at the 2009 kayaking World Championships

Favorite food before a race: Powerbar (I am a powerbar)

What does your weekly training entail? Lots of pain - Up to 10 kayak sessions, 3 gym, bit of running/cycle and some surf ski if I can fit it in.

Biggest Weakness: The lolly and chocolate aisle in the supermarket

Favorite pass time: Traveling all around the world with some great people

What is the most frustrating or difficult sport you have ever tried: Lawn bowls - so boring

Comments:

I have only competed in one ocean ski race - USA surf ski champs and finished 3rd. It was such a great race and i'm looking forward to competing in more ocean races.

