

Quentin Elmhirst.

Coach of the Year at the recent City of Worcester Sports Awards

A person involved in coaching at any level; who has shown high levels of achievement when developing improved performance amongst sports people.



Quentin has been a member of the Worcester Athletic club for 17 years and has been coaching for the last 3 years. Currently, Quentin competes in all throws for the Worcester AC men's team, one of his highlights was competing in the javelin at the London Olympic Stadium in 2012 in the British University Championships. Quentin currently coaches all age groups and spends three evenings a week at the track. Quentin spends on average 7-8 hours a week coaching at the club.

He coaches the shot and javelin to an U17 heptathlete, who qualified for the National Schools Combined Events Championships in September by throwing personal bests in both events at the Midland Schools Combined Events Championships in June.

Quentin had 5 county champions and 6 silver/bronze medallists across the throwing events at the Worcestershire County Championships in May 2017. He also had two medallists at the Hereford and Worcestershire Schools Championships with 3 athletes selected to compete at the Inter-County Schools Championships, both in June.

Congratulations Quentin.

(Courtesy of Worcester News)