



CAITLYN HESTER

EVENT: Hammer Throw

PB: 57.69m

QA Club: QE2 Track Club

Nickname: Cait, Chester

Describe the feeling after being selected: So honoured and so excited that all the hard work paid off.

What the best advice anyone ever gave you? "no pain, no gain"

Morning or Afternoon? Both

Favourite pre-race snack? Almonds, Vegemite on crackers

Favourite post-race meal? Steak with garlic tiger prawn topper, salad and chips

Any interests or hobbies: Coach a local netball team on a Tuesday night, rugby league and helping dad on our family farm doing tractor work and cattle work

What three things would you take to a desert island?
A boat, water and food

Where do you see yourself in five years? If not still doing hammer then maybe coaching or working in the police force.

Who do you look up to? In the athletics world it is Dani Stevens and Kathryn Mitchell. In the sporting world it is Jonathon Thurston

Fun fact about Finland: In Finland they call Santa Claus Joulupukki or Yule Goat.

Best advice you can give to up and coming athletes:
It is all going to pay off in the long run. We all start at the bottom and make our way up.

