

Olympic hopeful – Emily Westwood



Hertfordshire badminton athlete Emily Westwood is smashing her way through the ranks to become one of the county's most promising players. Emily, aged 16, has been playing badminton since she could walk and claims the racket was almost as big as she was! Since then, she has taken part in countless competitions for her club, region and even country, winning many titles and bringing home numerous medals.

Emily competes in singles and doubles tournaments and recently reached the quarter finals in the English Nationals with her partner in the mixed doubles event. Last year she won under-19 competitions, beating athletes up to three years older than her. Ranked 4th in the country in the under-17 age group, Emily was also selected to represent England last October in the Danish Cup.

As an athlete on the Elite Athlete Support Programme, supported by Lee Valley Regional Park, Herts Is Ready For Winners and Hertfordshire Sports Village, Emily trains up to five evenings a week on court and in the gym.

Emily has her sights set on competing and winning more European tournaments in 2010 and to beat players in the under-18 and above age groups.

Like many of us, Emily will be paying close attention to potential badminton Olympians in the run up to London 2012 but her personal aim is the 2016 Olympics. Given the time taken to train for the Great Britain squad and Emily's age, this is a more realistic target.

This level-headed approach will no doubt benefit Emily in her quest to become one of the best badminton players in England.

For more information on what is happening in the county in the run up to the 2012 Olympic and Paralympic Games check out:

www.hertsisreadyforwinners.co.uk

For more information on sport in Herts and how you can become more active, look at the Herts Sports Partnership website: www.sportinherts.org.uk

