

Peter Crook – Regional Development Officer Pembrokeshire.

Born in Pembrokeshire and coming from a family of four, all who represented Wales at one sporting discipline or another you could say the passion for sport is in my blood.

I was fortunate enough to represent Wales in Athletics throwing the hammer and was lucky enough to throw throughout Europe were I have some of my fondest sporting memories,

I changed from a throwing a 16lb hammer on a meter long wire to hitting a 2oz squash ball on court whilst serving in the armed forces after an injury finished my athletic career some 20 years ago.



Where ever I was posted I always played inter station squash and within the local squash leagues finishing my time at St Athan were I played in the South Wales leagues.

I had a break from sport for five years whilst adjusting to civilian life, in this period as well as working in the building industry we built our own house. Returning to squash some three years ago myself and better half Elena (a level 1 squash and racketball coach herself and backbone of everything I do) decided to start junior and senior coaching sessions within the Milford Haven area, although a mountain to climb we are now part of a successful growing club.

Proudest squash moment, this year one of the recipients of the W.S.R.B volunteer coach of the year.

Most people that know me would say I'm a very straight talking passionate person, an unconventional coach that finds ways around problems.

As well as a squash and racketball coach I'm also a qualified athletics coach and fitness instructor and proud to join the W.S.R.B team.