



Sam Quek

MEDIA PERSONALITY · OLYMPIC ATHLETE · SPORTS PERSONALITY

Olympic Gold Medalist, Broadcaster, and Trailblazing Sports Presenter

- **Olympic Champion:** Won gold with the Great Britain women's hockey team at the Rio 2016 Olympics and received an MBE for services to hockey.
- **Television Presenter:** Hosts a variety of sports and entertainment shows, including BBC's Morning Live and A Question of Sport as the first female team captain.
- **Entertainment Personality:** Finalist on I'm a Celebrity...Get Me Out of Here! and runner-up on Celebrity MasterChef.

Sam Quek's 2026 Biography

Sam Quek, Olympic gold medallist and former GB Hockey Player, turned broadcaster

Sam won 125 international caps for the England and Great Britain women's hockey teams. In 2016 she was a key member of Great Britain's women's hockey team that won a Gold Medal at the Rio Olympics. In 2017, Sam was awarded an MBE for 'Services to Hockey'.

Since the Rio Olympics, Sam has become a much in-demand broadcaster, building herself an impressive presenting portfolio across sports & entertainment. Sam has regularly hosted BBC's daytime TV show, 'Morning Live' and became the first female Captain in BBC's flagship TV Show, A Question of Sport. In February 2023, Sam co-hosted the opening ceremony of the Eurovision Song Contest in Liverpool. She also co-anchored BBC's Olympic Breakfast morning programme, covering the Tokyo Olympic Games.

Back in the world of Sport, Sam has presented coverage across a range of sports including the NFL and rugby union on Channel 5, field hockey on TNT Sports, football for Channel 4 and LFC TV. Sam also co-hosted BBC5 Live Radio's '606', the largest live football phone-in radio show.

Sam has participated in a variety of entertainment shows. Notably, making it to the final four of the sixteenth series of I'm a Celebrity...Get Me Out of Here! In 2020 Sam took part in BBC's Celebrity MasterChef, where she finished as the runner up. Commercially Sam has worked with HaliboOrange Vitamins, Team GB, ZenAuto and OwletUK.

Competing in 2024's line-up of BBC's Strictly Come Dancing.

AVAILABLE FOR

- Awards Hosting
- Event Hosting
- Panel Participation

SAM'S SPEAKING THEMES

- Health & Wellbeing
- Resilience & Stress Management
- Team Leadership

LANGUAGES: English

Sam Quek's Videos

