

Lester Hampton (Normal U-High School)

Lester Hampton has served at Normal U-High for 29 years as head boys and girls Cross Country coach and head boys Track & Field coach. A former school record holder in the 800 meters at Illinois State, he has coached his teams to remarkable 10 IHSA State trophies, including 2 State Championships. He has coached athletes to All-State honors 78 times. Four individuals and 1 relay have won State titles and set 2 State records.. Lester's teams have won 20 Sectionals Championships and 30 Regional titles. "It is quite apparent that Lester cares about every single one of his athletes. He is able to motivate his runners to care about each other and for parents to pour their hearts into cheering for the entire teams."