



## Find a Coach

**Name: Ally Boggs**

**Location: 36 Zita Ave, Matakatia Bay, Whangaparaoa, Auckland**

**Contact details:**

[ally@theswimclinic.co.nz](mailto:ally@theswimclinic.co.nz), 0274 788 518 or 09 428 4555

**Coaching experience (triathlon):**

- **Swim Technique Coaching Since 2005**
- **Triathlon Coaching since 2007**
  
- My clients successes include:
  - 3 x ITU World Agegroup medals
  - 8th at Youth Olympics 2010 and ITU U19 Elite NZ Representative 2010
  - 1 x Kona Qualifier and finisher
  - 4th & 7th ITU Long Distance World Champs
  - 4th ITU Long Distance World Champs
  - 12 x ITU World Age Group Qualifiers
  - Swimmers holding Club, Auckland and NZ agegroup records
  - NZ agegroup representative at the Australian Agegroup Swimming Championships 2011

**Coaching qualifications (all sports):**

- Triathlon NZ Level 2 and level 3 registrant.
- Swimming NZ qualifications - numerous

**Specialist knowledge:**

- Swim Technique coaching
- Injury prevention coaching – swimming
- Running and Cycling Technique coaching – beginners to intermediate.

**Competitive experience in triathlon:**

- Hawaii Ironman Finisher 2007 (World Ironman Triathlon Championships)
- 4 x New Zealand Age Group representative - World Triathlon Championships Standard, Long and Ironman Distance
- Medallist at World Masters Swimming Championships 2002
- 8 x Ironman Triathlon finisher
- 7 x Half Ironman Triathlon finisher
- National Age Group Champion 10km Open Water Swimming Championships 2012
- Numerous National Age Group Triathlon Championship Podiums Since 2001

**Triathlete groups I prefer to coach:**

**Triathlon New Zealand Inc.**

**A:** 67 Davis Crescent, Newmarket, Auckland 1023, PO Box 128-509, Remuera, Auckland 1541

**T:** +64 9 524 6959 **F:** +64 9 524 6957 **E:** [info@triathlon.org.nz](mailto:info@triathlon.org.nz) **W:** [www.triathlon.org.nz](http://www.triathlon.org.nz)





- Competitive Age Groupers
- U19 Athletes aiming for Elite Level

### Website

[www.theswimclinic.co.nz](http://www.theswimclinic.co.nz)



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