



Find a Coach

Name: Barb Kramer

Location: based on the North Shore, Auckland

Contact details:

- mobile 021 103 9676
- email info@tri2win.co.nz

Coaching experience (triathlon): since 2004

Coaching qualifications (all sports):

- Since 2009 Tri NZ Level 2
- 2006 Tri NZ Level 1
- Diploma in Sports and Physical Education (University of Otago)
- Diploma in Skiing and Snowboarding Level 2 (Austria)

Specialist knowledge:

- Long distance Triathlon (e.g. Ironman and Half Ironman)
- Long distance running (e.g. Marathons and Half Marathons)
- Specializing in strength programs for Triathletes

Competitive experience in triathlon: since 2001 I have competed in numerous IM and Half IM races, Marathons and Olympic Distance events (check out the website)

Triathlete groups I prefer to coach: from beginners through to competitive AG athletes; since 2008 I have been coaching secondary school triathlete groups

Website: www.tri2win.co.nz



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 W: www.triathlon.org.nz

