



Find a Coach

Name: Craig Moore

Location: Rangiora and Christchurch

Contact details:

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Coaching experience (triathlon): I have coached various sessions for my old club in Ireland from 2006 to 2010. Qualified and coaching full time since 2009.

Coaching qualifications (all sports):

British Triathlon Federation level 1 triathlon coach (2009)

Triathlon New Zealand level 1 accredited triathlon coach (2010)

Specialist knowledge: All elements of triathlon, and duathlon with a focus on technique and improving performance. Also run coached group sessions that are fun and informative, as well as individual online coaching.

Competitive experience in triathlon: I completed my first triathlon in 2003 and was hooked. Since that time I have represented New Zealand at age group level in 2006 and 2008. Currently I am still a competitive triathlete (well that's what I tell myself!).

Triathlete groups I prefer to coach: Beginner to intermediate adult athletes who want to do their first triathlon or athletes who want to develop a better understanding of exercise and improve their level of triathlon ability.

Website

www.tri-planet.co.nz



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