



## Find a Coach

**Name:** David Creamer

**Location:** Wellington / Hutt Valley

**Contact details:** David.Creamer@xtra.co.nz

**Coaching experience (triathlon):** Been coaching beginner to intermediate level athletes (mainly for Ironman) since 2005

**Coaching qualifications (all sports):** Tri NZ Level One

**Specialist knowledge:** I have a competitive running background from 100m to the marathon. Good knowledge of running technique. Also have experience running a large swim squad, giving me a solid swim technique knowledge.

**Competitive experience in triathlon:** Took up Ironman in 2001 after 20yrs of National level soccer, and regional level tennis (and a few marathons).

**Triathlete groups I prefer to coach:** My friend Logan Cowdell and I have been running a running a small training group since 2003...The Ultimate Trihards. It mainly comprises athletes new to the sport.

**Website:** [www.trihards.co.nz](http://www.trihards.co.nz)



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