



Find a Coach

Name: Kellee Sandilands

Location: Auckland

Contact details:

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Coaching qualifications (all sports):

- Triathlon NZ Level 1 Accredited
- Trained Fitness Instructor / Personal Trainer

Specialist knowledge:

- Triathlon (Swim, Bike & Run)
- All distances (Sprint to Ironman)
- Core strength development
- Running technique

Competitive experience in triathlon:

- Multi-distance triathlon competitor
- 4x NZ Ironman Finisher (3rd in age group, 2008)
- Ironman World Championship Qualifier, 2008
- NZ Representative Long Distance World Champs

Triathlete groups I prefer to coach:

- All abilities and age groups

Website: www.kickstartcoaching.co.nz