



Find a Coach

Name: Murray Ashley

Location: Kapiti Coast

Contact details: murrayas@paradise.net.nz

Coaching qualifications (all sports): Sports Coaching Level 2 (SPARC);
Triathlon Level 1

Specialist knowledge: Running from sprints to marathon; cycling and
other sports over many years

Competitive experience in triathlon: Age Group competitor in the early
days of triathlon

Triathlete groups I prefer to coach (optional): Secondary School
Triathletes, First-time Triathletes, and Age Groupers

Website: none