



Find a Coach

Name: Paul Westwood

Location: NZ, BOP region though most of coaching is on-line based

Contact details: pswestwood@yahoo.co.nz

Coaching experience (triathlon): 10 years

Coaching qualifications (all sports):

- TRINZ level I coach
- BTA (British Tri Ass) level I & II coach
- Qualified Physiotherapist (BSc Hons)

Specialist knowledge:

- Ironman and Half Ironman
- Coach all distances and ability levels

Competitive experience in triathlon:

- 12 years
- Top 10 Pro IM
- NZ Elite Long Distance Rep

Triathlete groups I prefer to coach:

- All abilities and athletes welcome.

Website: www.tricoach.co.nz



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