



Find a Coach

Name: SARAH COALES

Location: WELLINGTON / LOWER HUTT

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Coaching experience (triathlon): Started coaching in 2006 where I coached athletes from Half Ironman to Contact 3-9-3 events, Recently I have had 1 Ironman and 7 Half ironman athletes, currently coaching several athletes for 2012 Ironman in Taupo, 8 athletes to compete in Half Ironman this season. I have also coached swimming at Fitness goals and now run my own swim squads and coach swimming one on one.

Coaching qualifications (all sports): Level One Tri NZ Accredited Coach

Specialist knowledge: Physical Education teacher, swimming coaching

Competitive experience in triathlon: I have competed in various Half Ironman events, Ironman NZ, Team triathlons, duathlons and gained an age group podium finish in the Wellington Ocean sea swim 2011

Triathlete groups I prefer to coach: 'Social competitive' athletes who are keen to challenge themselves within themselves. NEWBIES to the sport

Website: N/A



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