



Find a Coach

Name: Tracey Trass

Location: Pt Chevalier, Auckland

Contact details: Email: tracey.trass@xtra.co.nz Mob: 0275 655534

Coaching experience (triathlon): Coach at Oceanclinics.co.nz swim clinics 2009/10

Coaching qualifications (all sports): Tri NZ Level 1 accredited coach

How I Can Help You: I have 10+ years personal experience in training for and racing triathlons, and 5 years specialist running and cycling experience. I will draw on my learnings from this to assist you in all aspects of triathlon – from training and racing, to nutrition and race day preparation, and fitting it all in around the demands of work and family. I want to ensure you perform to the best of your ability, whether you want to complete your first Tri Woman event or gain selection for a New Zealand age group team

Competitive experience in triathlon: NZ Age Group Olympic distance representative Perth 2000, Queenstown 2003 (12th in W30-34), 8th overall and 2nd NZer at Tauranga Half Ironman 2004, 2nd at National Champs 2002 in 25-29 and 30-34 in 2003, numerous top placings in Olympic and sprint distance triathlons, 10+ years in triathlon at a competitive level

Other Competitive Experience: Cycling - 4 years road cycling including 3rd place in Auckland Open Women's road race 2002, Auckland representative at National Road Champs 2002; **Running** - personal best times: Marathon 3:00:06; Half Marathon 1:23:51; 10km 38:12; 5km 17:37

Triathlete groups I prefer to coach: Committed and motivated social adults and competitive age groupers



Triathlon New Zealand Inc.

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