



## Find a Coach

**Name:** Silas Cullen

**Location:** Wellington

**Contact details:** [silas@smartcoaching.co.nz](mailto:silas@smartcoaching.co.nz)

**Coaching qualifications (all sports):** Bachelor sports science, Tri NZ Level 1 and 2 Coach

**Specialist knowledge:** Swimming and cycling skills, triathlon coaching

**Competitive experience in triathlon:** World champs 1998 and 10 years racing experience.

**Triathlete groups I prefer to coach:** All levels and abilities

**Website:** [www.smartcoaching.co.nz](http://www.smartcoaching.co.nz)

**Skype:** silas.cullen