



Find a Coach

Name: Gerrard Smith

Location: Wellington

Contact details: 021 390 961 gerrard@mrsmiths.co.nz

Coaching experience (triathlon):

I have worked with a range of people from students to first timers through to competitive age group athletes.

I can help you:

- Define and achieve your goals
- Become a better athlete
- Learn to love the training and the results will come
- Keep it real to fit with your family, work, and life situation

Coaching qualifications (all sports):

Triathlon New Zealand accredited coach

Specialist knowledge:

Making it a great experience that fits with your goals and lifestyle.

Competitive experience in triathlon:

I've competed at Olympic, half, and Ironman distances. I've also competed in separate swim, bike, and run events.

Triathlete groups I prefer to coach:

I'm happy to work with anyone no matter what your level, experience, or goals are.

Website: www.mrsmiths.co.nz



Triathlon New Zealand Inc.

A: 67 Davis Crescent, Newmarket, Auckland 1023, PO Box 128-509, Remuera, Auckland 1541

T: +64 9 524 6959 F: +64 9 524 6957 E: info@triathlon.org.nz W: www.triathlon.org.nz

