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COACH PROFILE

Andrew Sinclair

*Triathlon Australia Level Two Accredited Coach
Working with Children Check*

Experience & Background:

I have been involved in triathlon since 1988, actively racing for 15 years until 2003. I commenced coaching in 2000 and established Triathlon & Multisport Coaching (TMC) in 2008. During my athletic career I competed in three World Championships: Olympic, Long Course and Ironman Hawaii. I am a seven time Ironman finisher and completed multiple sprint & long course races across Australia, achieving podium finishes in the Australian Long Course Championships as a junior. I have been awarded Western Suburbs Triathlon Club Open Champion in both duathlon and triathlon on multiple occasions. Much of my learning has come from mentors such as Greg Stewart and Mark Cera. I have also benefited from close associations with elite athletes in varying sports including triathlon. It is from such relationships I feel I have developed a very rounded approach to coaching.



Coaching Specialties:

Developing people with little or no background in triathlon or sport, into the best athlete they can be. For those who are committed and patient, the results will come with the right discipline. I am also particularly passionate about long course & Ironman coaching due to the challenges it presents both athlete & coach.

What I enjoy most about coaching:

I currently have around an 80-90% success rate with all athletes achieving their goals in Ironman/long distance racing. I am proud to say that 2011 was a particularly successful year for TMC athletes. We had many athletes achieve amazing marathon PB's while others triumphed with podium finishes in both long course and Ironman racing. There were also some fairly sharp times & places attained among some very steep world competition. With results like these I know I am supplying the right support to the athletes, keeping them motivated and passionate to keep improving. While I continue to feel I have plenty to offer, my involvement will stay strong.

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