



PAUL DAVIES

TRIATHLON SEASON

2009/2010

Introduction

I am a self employed personal trainer, working out of Quest Health Club in Christchurch. I have been personal training in Christchurch for the past 5 years and have built an extensive client base over that time.

After competing in triathlon for only three seasons and in my first competitive triathlon (Ironman New Zealand 2008) finishing just 17 minutes outside Kona qualifying time for my age group, I feel I have a promising future in the sport and am extremely excited, focused and committed in fulfilling my potential.

I have enjoyed huge leaps forward in this past season of racing, which has seen me qualify for Kona and given me the opportunity to race for my country, in Perth, Australia, a dream I have always had.

Recent Achievements

South Island Half Ironman 2009

- 2nd age group, 3rd overall

Long Distance World Champs Perth

- 17th age group

Ironman New Zealand 2009

- 5th age group, 49th overall
- Qualified for Kona

Port of Tauranga Half ironman 2009 (NZ Long Distance Champs)

- 2nd age group, 4th amateur, 23rd overall
- Qualified for NZ, age group long distance world champs

South Island Half Ironman 2008

- 2nd age group, 4th overall

Ironman New Zealand 2008

- 21st age group, 116th Overall
- first competitive triathlon

1st Canterbury Duathlon Champs - age group 2007/2008

National Duathlon Champs – 2007

3rd age group 2007, 9th overall

Thank You

I would like to extend my thanks to and your company for looking at my proposal.

Paul Davies

