

My running mantra:

In every day running I would use the fact that the training is a great **journey** with a race at the end of it as the **celebration** of months, even years of consistent hard work.

For the race it's "composure confidence compete" a la Rob Krar!

In 2009, I began running with the goal of improving my health, fitness, and shedding weight. From that point on, I've kept at it, gradually building confidence to run outdoors until I could complete a consistent 4 miles or approximately 6 kilometres without any breaks, starting initially on the treadmill in the hotel gym.

After participating in several 10km races, I completed my inaugural half marathon in Wales (UK), followed by the ultimate challenge—the formidable 42.195km at Blackmore's in Sydney in 2011. This race became a pivotal moment for me as I encountered numerous struggles from around the 15km mark onwards, grappling with the heat, stomach discomfort, lower back pain, and mental strain. Despite these obstacles, I persevered and crossed the finish line, prompting me to delve deeper into longer-distance events. Subsequently, I joined a running club, became a personal trainer, and pursued a career as a running coach in 2013. This journey not only expanded my knowledge about the body and mind beyond running but also provided me with a newfound understanding of life. It allowed me to truly value my health and appreciate the ability to run.



I love the outdoors, nature, mountains, forests, and the running crowd! If a problem on a 4-hour long run is not solved, it is not solvable ;-)

Running and coaching runners aren't just my passions; they're integral parts of my lifestyle and have shaped the community of individuals I've connected with over the years.

The running community occupies a distinctive space of its own. As a coach, I eagerly anticipate collaborating with diverse individuals (of all ages, ability levels and lifestyles) and accomplishing remarkable feats together. The range of emotions involved in this journey renders each experience unique every single time!

My achievements to date are a few road half marathons, several road and trail marathons, 16 Ultra marathons (1xCoast to Kosci, 2x100 milers, 6x100km on road and trail) plus many shorter events to keep the blood flowing.

Athletic Highlights:

- First marathon in Sydney 2011, it was a hot race testing everything I had THE PATH WAS LAID!
- First Ultra marathon (road 50K, Canberra) in 2014
- First 100K on road in 2016(Switzerland)
- 2018 UTA100, taking off 1h32mins of my previous best time thanks to TRT.
- 2022 Snowies 72K/Alpine Challenge miler/UTA100/Kosci100/Tarawera (Feb'23)] = 12-month period
- 2023 Coast to Kosci 240 finish

PBs:

5K = 19:48min

HM = 1:34hrs

Marathon = 3:30:54hrs

50K = 4:28:07 hrs

UTA100 = 13:15:55

100 miles(Trail) = 23:38:42

Coast to Kosci 240 = 35:09hrs

As a coach (and Personal Trainer) the athlete always comes first! My programs and plans work around the lifestyle and needs of the individual.

- 🏆 Level 2 Recreational Running Coach
- 🏆 AURA endorsed Ultra running Coach.
- 🏆 Athletics Australia accredited Running Coach
- 🏆 Master Personal Trainer Australian Institute of Fitness

Coaching Highlights:

- Several Marathons national and international
- GSER 100 Miler
- UTA100
- UTA50
- Takayna
- Bruny island 64K
- Sixfoot
- 800/1500/3000/5K/10K track State representative level.
- Couch to 50K



Specialty fields I focus on:

- Ultra Running = UESCA certification pending
- Mental strength and emotional resilience
- Strength and One Percenters (Hit me up for more information)
- Nutrition
- Wellness coaching
- Recovery

