Michelle Turner – Athlete and now coach supporting and mentoring others in the sport.

Her story…

I have been involved in the sport since late 2005 to current. Have done 7 IM distance races, 9 half IM distances races numerous long course races and a couple of Olympic and sprint distance (I am much more a diesel engine that a petrol one for sure). Started in the sport having watched my sister in law doing her first IM race and wondered if I could do that too. Brought her old bike over from NZ and started training to do a half IM 5 months later.

I had no swimming, cycling or running back ground and basically started from scratch…which is why I think it gives me a great insight into what it is to be a Newbie – someone new in the sport especially for men and women who have no background in any of the disciplines but know they want to give the sport a go.

I have learnt a lot in the last 7 years, bike handling skills, run technique drills, repairing and maintaining bikes - mostly from trial and error. I love this sport and although I am not fast, not at the pointy end of the field I get immense satisfaction from competing against myself every time I race… and from training people and seeing their improvement and understanding of the sport.