**Carolyn Smith**

I have a life-long passion and involvement in athletics. I am still competing after 50 years, as well as actively coaching, and have contributed in numerous organisational roles. I feel I would bring significant experience, enthusiasm and a willingness to help out with anything!

**Competitive**

* 3x World Masters Champs:
	+ Cross Country and Track (Middle Distance) – Brazil, Lyon, Perth
* Multiple Athletics NZ and NZMA Championships:
	+ Cross Country, Road, Track, Sprints, Middle Distance, Relays (Junior/Senior/Masters)
* Auckland Centre Events:
	+ Cross Country and Road
* 10x Marathons and many Half Marathons
* Long Distance off-road trail events
* 2x NZ Ironman
* 3x ITU World Age Group Duathlon Championships – Italy, Edinburgh, Spain
* 1x Powerman Duathlon World Champs – Switzerland

**Coaching**

* North Harbour Bays: Development squads since early 2004
* Lydiard Foundation Certificate
* Team Distance Coach:
	+ NZ Team - Sydney Youth Olympics
	+ Auckland Teams – Australian Champs
* Individual athletes – distance events e.g. marathons
* Athletics NZ Level 2:
	+ Distance Coaching
	+ Run, Jump, Throw
	+ Sprints

**Organisational**

* Race Director: North Harbour Cross Country - 15 Years, part of Auckland Centre Grand Prix series
* Committee Member: North Harbour Bays - 8 years approximately
* Athletics Auckland – Cross Country selector 8-10 years and current
* Takapuna Grammar School – established and managed Elite Sports Institute
* North Harbour Schools – track zone days