

Simon Renfrey



1. **Born-** 31st March
2. **When did you start triathlon?-** 2010
3. **Why?** - Having been a middle distance runner for a number of decades, decided for the sake of my knees, to broaden my exercise regime to take in lower impact activities.
4. **Which is your strongest discipline?** - Running
5. **Weakest?-** Swimming
6. **Number 1 tip for someone doing a triathlon?** - Go for it, be positive and no matter how hard it appears don't give up. You will amaze yourself what you can achieve.

7. Best triathlon moment?- Watching both my children complete their first triathlon.

8. Worst triathlon moment?- Realising that both my children were better triathletes than me.

9. Why coach at a children's club? - After decades of enjoying a variety of sports, I realised it was time to put something back in. In any case, my wife told me to.

