

## SKILLS PROFILE

- **Sound oral and communication skills**
- **People management**
- **Promoter**
- **Sports trainer and coach**
- **Completed Certificate in Exercise Science - 2007**
- **Completed Certificate in Pre & Postnatal Exercise - 2009**
- **Completed Certificate in Sports Massage - 2009**
- **Advanced Power Plate Instructor - 2009**
- **ITU Level 1 triathlon coach - 2009**
- **TSA Level 2 Coach (Triathlon South Africa) - 2016**
- **Training Peaks level 2 coach**
- **Applied Sports Psychology & Peak Performance Coach - 2016**
- **Ironman Certified Coach - 2017**
- **Completed Diploma in Exercise Science - 2009**
- **Certified Pilates Instructor - 2010**
- **Basic Life Support CPR & First Aid level 1**
- **Advanced Spinning Instructor Certificate - 2010**
- **Nutritional and Wellness Consultant - 2015**
- **Head Coach at Ultimate Sports Coaching**
- **Professional Triathlete (2015 - 2017)**
- **Became a Mom September 29<sup>th</sup> 2017**
- **Cycling Australia Level 2 Coach - 2019**
- **Ambassador for Quintanaroo, ISM and Moringa**

**Language Proficiency:** English, Afrikaans

## LYNETTE CRONK

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Surname: **Cronk**

Christian Names: **Lynette**

Date Of Birth: 1987 – 10 – 30

Age 30

ID Number: 8710300005085

Country of Birth: RSA

Home Address: 112 First Avenue Fairland South Africa 2195

Contact Number: +2782 494 1994

Home Language: English

Other Language: Afrikaans

Marital Status: Married

Highest Education Level Passed GR12  
Tertiary NQF6

Email Address [Lynette@ultimatesportscoaching.co.za](mailto:Lynette@ultimatesportscoaching.co.za)

Occupation Ex - Professional Triathlete and Coach

Website [www.ultimatesportscoaching.co.za/net](http://www.ultimatesportscoaching.co.za/net)

Social Media Accounts  
Twitter – @LillyTri  
Instagram - LILLYTRI  
Facebook – Ultimate Sports Coaching

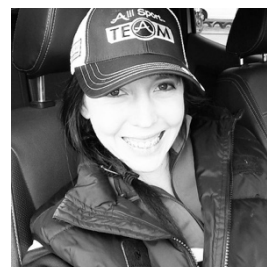
# LYNETTE CRONK

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## Sporting achievements:

### School:

- **Netball**
  - Captain and Open Team – 2000
  - Best Player – 2000
  - Best Player and Captain – 2001
  - Most committed player and Captain – 2002
  - 1st Team and Special Mention Award – 2003
  - 1st Team (School and Club) – 2004
  - Provincial (Gauteng) & vice – captain – 2004
- **Softball**
  - Captain & Open Team – 1999 – 2000
  - Provincial – 2000
- **Sportswoman of the year** – 2000, 2001, 2002, 2003, 2004



### Tertiary/Current:

- **Netball**
  - 1st Team (Club) – 2005
  - Provincial (Gauteng) – 2005
  - 1st Team (Club) – 2006
  - Provincial (Gauteng) – 2006/07/08/09
  - SA Junior National team – 2006/08/09
- **Triathlon**
  - 1st age group and 7th overall lady – Troisport #3 series 2010
  - (Selected for Olympic Distance SA Team – Budapest 2010)
  - 1st age group ATU and 2nd overall lady – All Africa Cup May 2010
  - 3rd South African Lady – World Champs Budapest Sep 2010
  - 1st age group ATU and 4th overall lady – All Africa Cup Nov 2010
  - 3rd age group and 9th overall lady – Half Ironman 70.3 Jan 2011
  - 1st age group and 11th overall lady – SA Long Distance Champs Prestige Ultra March 2011 (Selected for South African Team – Nevada ITU Long Distance Championship – Nov 2011)
  - 5150 – Olympic distance elite 13 Aug 2011 – 2nd place Elite
  - Joburg City Triathlon – Olympic distance – 25th Sep 2011 – 1st AG lady, 6th overall
  - Energade Roodeplaat – Sprint distance – 2 October 2011 – 6th Elite
  - ITU Long Distance World Championships Nevada USA – Silver Medallist (first ever South African) – 5 November 2011
  - 70.3 East London SA – 1ST place AG25 – 29 & 4th overall (selected for 70.3 World Championships USA & Long Distance SA Team Spain) – 22nd Jan 2012
  - Prestige Ultra 19th February 2012 – 1st in AG 25 – 29, 3rd overall Elite,
  - Prestige Ultra 17th February 2013 – 1st in AG 25 – 29, 3rd overall Elite
  - Buffelspoort Ultra 12 March 2013 – 3rd overall Elite

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**'YOUR VISION OF WHERE OR WHO YOU WANT TO BE IS THE GREATEST ASSET YOU HAVE.'** -Paul Arden-  
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- Selected for Long Course Triathlon World Championships 2013 France, Belfort 1<sup>st</sup> June – 13<sup>th</sup> overall (changed to duathlon because of cold weather conditions)
- 1<sup>st</sup> Pro Trirock – 22<sup>nd</sup> September 2013
- 1<sup>st</sup> overall Afriman 13<sup>th</sup> October 2013
- 6<sup>th</sup> Pro lady at 5150 African Champs November 2013
- 4<sup>th</sup> overall lady at Midlands Ultra December 2013
- First South African and 7<sup>th</sup> pro lady at debut pro race 70.3 East London January 2014
- 2<sup>nd</sup> Pro 5150 Bela Bela 23<sup>rd</sup> August 2014
- 11<sup>th</sup> Elite lady Long Distance ITU World Championships China 22<sup>nd</sup> September 2014
- 2<sup>nd</sup> Pro Trirock – 5<sup>th</sup> October 2014
- 9<sup>th</sup> pro lady, 3<sup>rd</sup> South African 70.3 East London 25<sup>th</sup> January 2015
- 7<sup>th</sup> pro lady Malaysia 70.3 5<sup>th</sup> April 2015
- 9<sup>th</sup> pro lady Cannes Triathlon 19<sup>th</sup> April 2015

**2016** – Fractured pelvis from cycling accident late 2015 so took year off racing to rehab

**2017** – Pregnant so took another year off racing – did a few local run races to keep fit during pregnancy – started to really enjoy running!

## **Comeback after having my baby: 2018/19**

- 1<sup>st</sup> lady Redhub Olympic triathlon May 2018
- 7<sup>th</sup> overall lady, 3<sup>rd</sup> in AG 30 – 34 – Durban 70.3 June 2018 (Qualified for World championships 70.3 1<sup>st</sup> September 2018)
- Miway Sprint Ultra Triathlon 2<sup>nd</sup> December 18' – placed 2<sup>nd</sup> overall (Cradlemoon lodge)
- Trinity Triathlon. Germinston 20<sup>th</sup> Jan 19' – 3<sup>rd</sup> overall
- East London 70.3 January 2019 – placed 2<sup>nd</sup> in AG 30 – 34, (Qualified for World championships 70.3 Nice France – did however not take my slot this year as too many other races lined up)



## **Running (2018/19)**

- January 18' Johnson Crane 21km – 1:42
- February Pick 'n Pay 18' 21km – 1:44
- March Om Die Dam 18' 21km – 1:41 (10<sup>th</sup> lady)
- April Cradle of Humankind 18' 21km – 1:38 (5<sup>th</sup> lady)
- May Wally Hayward 21km 18' – 1:33 (10<sup>th</sup> lady)
- July Northgate 10km 18' – 42:40 (7<sup>th</sup> lady)
- Clearwater Mall 10km 18' – 41:34 (4<sup>th</sup> lady)
- Kaapsehoop Marathon Nov 18' – 3:29:48 – first marathon
- Tough One 32km Nov 18' – 2:38
- Dischem 21km Jan 19' – 1:38
- 15km Berg en Dale Jan 19' – 1:12 (4<sup>th</sup> lady)
- East London 70.3 Jan 19' – 21km run leg – 1:41
- Hillcrest Marathon Feb 19' – 3:30:32 (6<sup>th</sup> lady)

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- COMRADES MARATHON 2019 – 9:05 – I can say with confidence I ran this very easy & comfortably. I also stopped about 6 times on route to chat to my family members who came out to support my first Comrades. I LOVED this race!

## Upcoming events 2019/2020

- Triathlons
- Running events – 21km and marathon events
- Loskop Ultra
- Amashova and 94.7 Cycle events
- Back to back Comrades

Current coaches 2020:

***Self Coached***



***“Superior State of Mind, Superior Attitude”***



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## **My Mantra “Poem”:**

### **“It’s all in the State of Mind”**

*If you think you are beaten, you are,  
If you think you dare not, you don't,  
If you like to win, but you think you can't,  
It's almost a “cinch” you won't.  
If you think you'll lose, you've lost,  
For out in the world you find  
Success begins with a fellow's will;  
It's all in the state of mind.  
Full many a race is lost  
Ere ever a step is run;  
And many a coward fails  
Ere ever his work's begun.  
Think big and your deeds will grow,  
Think small and you'll fall behind,  
Think that you can and you will;  
It's all in the state of mind.  
If you think you're outclassed, you are,  
You've got to think high to rise,  
You've got to be sure of yourself before  
You can ever win a prize.  
Life's battles don't always go  
To the stronger or faster man,  
But sooner or later, the man who wins,  
Is the fellow who thinks he can.*

– Walter D. Wintle

***Yours in sport,  
Lynette Cronk***

