

SKILLS PROFILE

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

Language Proficiency: English, Afrikaans

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LYNETTE CRONK

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 Professional Triathlete and
Coach

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

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

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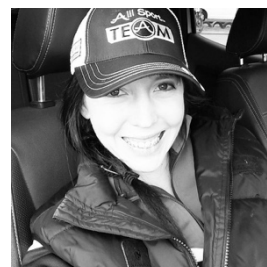


LYNETTE CRONK

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

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LYNETTE CRONK

- Buffelspoort Ultra 12 March 2013 – 3rd overall Elite
- Selected for Long Course Triathlon World Championships 2013 France, Belfort 1st June – 13th overall (changed to duathlon because of cold weather conditions)
- 1st Pro Trirock – 22nd September 2013
- 1st overall Afriman 13th October 2013
- 6th Pro lady at 5150 African Champs November 2013
- 4th overall lady at Midlands Ultra December 2013
- First South African and 7th pro lady at debut pro race 70.3 East London January 2014
- 2nd Pro 5150 Bela Bela 23rd August 2014
- 11th Elite lady Long Distance ITU World Championships China 22nd September 2014
- 2nd Pro Trirock – 5th October 2014
- 9th pro lady, 3rd South African 70.3 East London 25th January 2015
- 7th pro lady Malaysia 70.3 5th April 2015
- 9th pro lady Cannes Triathlon 19th 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

- 1st lady Redhub Olympic triathlon May 2018
- 7th overall lady, 3rd in AG 30 – 34 – Durban 70.3 June 2018 (Qualified for World championships 70.3 1st September 2018)

Running (2018)

- January Johnson Crane 21km – 1:42
- February Pick 'n Pay 21km – 1:44
- March Om Die Dam 21km – 1:41 (10th lady)
- April Cradle of Humankind 21km – 1:38 (5th lady)
- May Wally Hayward 21km – 1:33 (10th lady)
- July Northgate 10km – 42:40 (7th lady)



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Upcoming events remainder of 2018/beginning 2019

- Old Eds 21km August 12th
- Clearwater 10km August 18th
- Red hub Triathlon August 19th
- Wanderers 10km August 26th
- 70.3 World Championships 1st September 2018
- Rockies 21km 16th September
- Kaapsehoop Marathon 3rd November (my first marathon – qualification for Comrades 2019)
- Tough One 32km November
- East London 70.3 January 2019
- Pick 'n Pay Marathon February 2019
- Wally Hayward Marathon May 2019
- Goal race Comrades 2019



Current coach 2018:

Darren de Reuck, Simon Lessing



“Superior State of Mind, Superior Attitude”

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LYNETTE CRONK

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***



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