

SPEAKER

Dr. Darren Smith

B.Sc. (Hons), Grad Dip. Nut., PhD.
Private triathlon coach



Darren started his working life as an Australian Institute of Sport Scientist working with an extremely wide range of sports, including triathlon. The late 90s saw him move from the AIS and start up the Queensland Academy of Sport Triathlon program and later move into fulltime coaching first in Britain and since 2005 as a private coach based in a number of training locations around the world.

Darren has gained a reputation for transforming athletes with significant weaknesses into proven performers, and will speak on his role developing female athletes who have come into the sport from other sports during their 20s or later.

In the past 4 yr cycle the "D squad" under Darren's guidance has produced the following international results: 2nd and 4th females at London Olympic games; 3 consecutive female world sprint world championships, 5 world series overall series podiums, 19 world series race podiums, 5 world cup race podiums and 7 IM 70.3 podiums between 10 different athletes. All 6 of his ITU athletes competed for their countries at the London games, and what Darren is most proud of as a coach was to have each of his 5 female athletes achieve world series top 5 race results in the leadup phase for the games. A coach can do no more than put all of his athletes in lifetime best shape leading into the biggest race of the Olympic cycle.