

29<sup>th</sup> January 2003

To whom it may concern:

**Re: Reference for Kim Isherwood**

I first got to know Kim as a fellow triathlete some ten years ago. I have always been impressed with her dedication and commitment to training. This has no doubt been instrumental in enabling Kim to achieve an impressive set of Elite level results over a long period of time, both within the Asia region and on the world stage.

Subsequent to my election as President of the Hong Kong Triathlon Association in 1998, I have become more fully aware of the wide-ranging contribution that Kim has made to the development of our sport here in Hong Kong. Kim is an accredited Level 3 triathlon coach. Her coaching knowledge has been enhanced through related degree studies and sport science research, as well as her racing experience. Such knowledge has been invaluable in her coaching activities. Kim has worked devotedly to very significant effect as a personal coach and mentor to selected athletes in our National Squad and has served as a coach to our Development Squads. In addition, Kim has played a useful role in advising on race organisation.

I have no hesitation in recommending Kim as a personal trainer-coach for all levels of ability: Improver up to National –Elite level.. Although I stood down as President last month, if you wish to further discuss with me Kim's suitability as a trainer-coach, please do not hesitate to contact me either by e-mail ([andrew.patrick@gthk.com.hk](mailto:andrew.patrick@gthk.com.hk)) or by telephone ((+852) 9880-5634).

Yours faithfully,

**Andrew Patrick**