

## **Shorty Clark – World & NZ Champion Triathlete** **ACHIEVEMENTS 1998 – 2007**

Outstanding Example of Applied Mental Toughness - Optimism

### **Introduction:**

Shorty Clark is a living example of what can be achieved through a combination of intention, application, focus, expert technical coaching, and expert physiology coaching. And never forget about the vital place of family support and encouragement.

But like all outstanding levels of achievement it takes a solid foundation of Mental Toughness and Resilience to ensure there is the motivation to make the best of all those other factors. The best will in the world is insufficient if people with big goals accidentally trip themselves up with a pessimistic attitude, and lack the Mental Toughness that provides the motivation and energy to do the hard yards when it really matters.



Shorty is a great example of what can be achieved with a solid attitude foundation, and attention to all other factors.

In the table below is a list of his achievements since he began focusing on what might be possible in the heat of Triathlon competition.

<b>YEAR</b>	<b>EVENT</b>	<b>PLACE</b>
2007	World Triathlon Championships – Hamburg	11 <sup>th</sup> place (80 starters) 55 – 59 Age Group
2006/07	NZ Triathlon Contact Energy Race Series	1 <sup>st</sup> place – Trophy 55 – 59 Age Group
2007	NZ Triathlon National Olympic Distance Championships - Wellington	1 <sup>st</sup> place – Gold 55 – 59 Age Group.
2007	NZ Triathlon Sprint Championship - Kinloch	2 <sup>nd</sup> place - Silver 55 – 59 Age Group
2005	World Triathlon Championships – Hawaii	26 <sup>th</sup> place (109 starters)
2004	NZ Triathlon National Olympic Distance Championships - Hastings	5 <sup>th</sup> place
2003	World Triathlon Championships – New Zealand	15 <sup>th</sup> place (45 starters)
2003	NZ Triathlon National Olympic Distance Championships - Queenstown	6 <sup>th</sup> place
2003	NZ Triathlon Olympic Distance Selection Race – Napier	2 <sup>nd</sup> place
2002	NZ Triathlon Sprint Championships – Wanganui	1 <sup>st</sup> place - Gold

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2002	World Triathlon Championships – Mexico	18 <sup>th</sup> place (66 starters)
2002	International World Masters Games, Olympic Distance – Melbourne	1 <sup>st</sup> place - Gold
2002	NZ Duathlon Championships - Rotorua	2 <sup>nd</sup> place - Silver
2002	NZ National Olympic & Oceania Championships – Queenstown	1 <sup>st</sup> place - Gold 50 – 54 age group
2002	1 <sup>st</sup> NZ Triathlon Olympic Distance Selection Race – Napier	(fastest veteran over 40) (aged 49)
2001	NZ Triathlon Sprint Championships – Orewa	2 <sup>nd</sup> place - Silver
2001	World Triathlon Championships – Edmonton	24 <sup>th</sup> place – (48 starters)
2001	NZ Triathlon National Olympic Distance Championships - Napier	2 <sup>nd</sup> place - Silver
2001	NZ Triathlon Sprint Championships – New Plymouth	3 <sup>rd</sup> place - Bronze
2000	World Triathlon Championships – Australia	30 <sup>th</sup> place (carrying injury) (42 starters )
2000	NZ Masters Sprint Championships – Dunedin	1 <sup>st</sup> place- Gold medal
2000	NZ Triathlon Sprint Championships – Nelson	4 <sup>th</sup> place
2000	NZ Triathlon National Olympic Distance Championships - Gisborne	2 <sup>nd</sup> place - Silver
1999	2 <sup>nd</sup> NZ Triathlon Olympic Distance Selection Race – Napier	2 <sup>nd</sup> – Silver (personal fastest time of 02.09.19)
1999	World Triathlon Championships – Montreal	24 <sup>th</sup> place (57 starters)
1998	World Triathlon Championships – Switzerland	40 <sup>th</sup> place (72 starters)
1998/99	NZ Triathlon National Olympic Distance Championships - Gisborne	3 <sup>rd</sup> place - Bronze
1998/99	NZ Triathlon Sprint Championships – Auckland	2 <sup>nd</sup> place – Silver (45-49 age group)

If you want to explore the possibility of achieving new standards of performance in your endeavours, whatever they may be, consider the potential value of what Foresight can offer i.e:

- ◆ A Personal Mental Toughness (optimism) SASQ Profile Report
- ◆ A Personal Mental Toughness Coaching Plan of Action
- ◆ A Personal Coaching Programme for Developing Your Mental Toughness

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