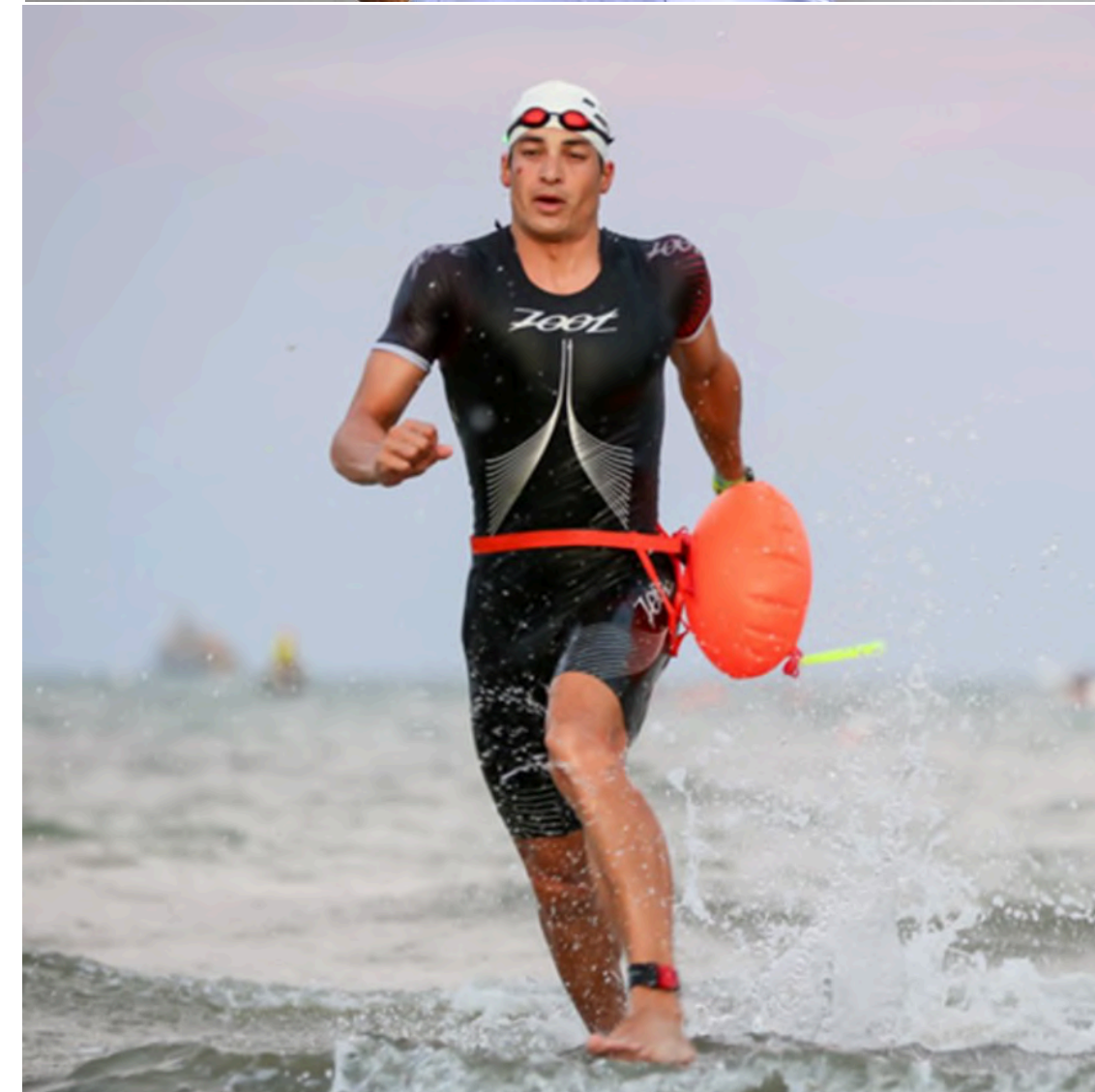


Sam Burns

Triathlete, Project Coach, Tri Nirvana



Profile is for sponsorship & partnership purposes only. Not to be redistributed or shared publicly.

Sam Burns

PERFORMANCE FACILITATOR

A track record of leading & managing teams in a range of industries with first-hand experience in high performance elite/pro level teams. Focused on improving team development of valuable relationships within your teams.

Professional Achievements

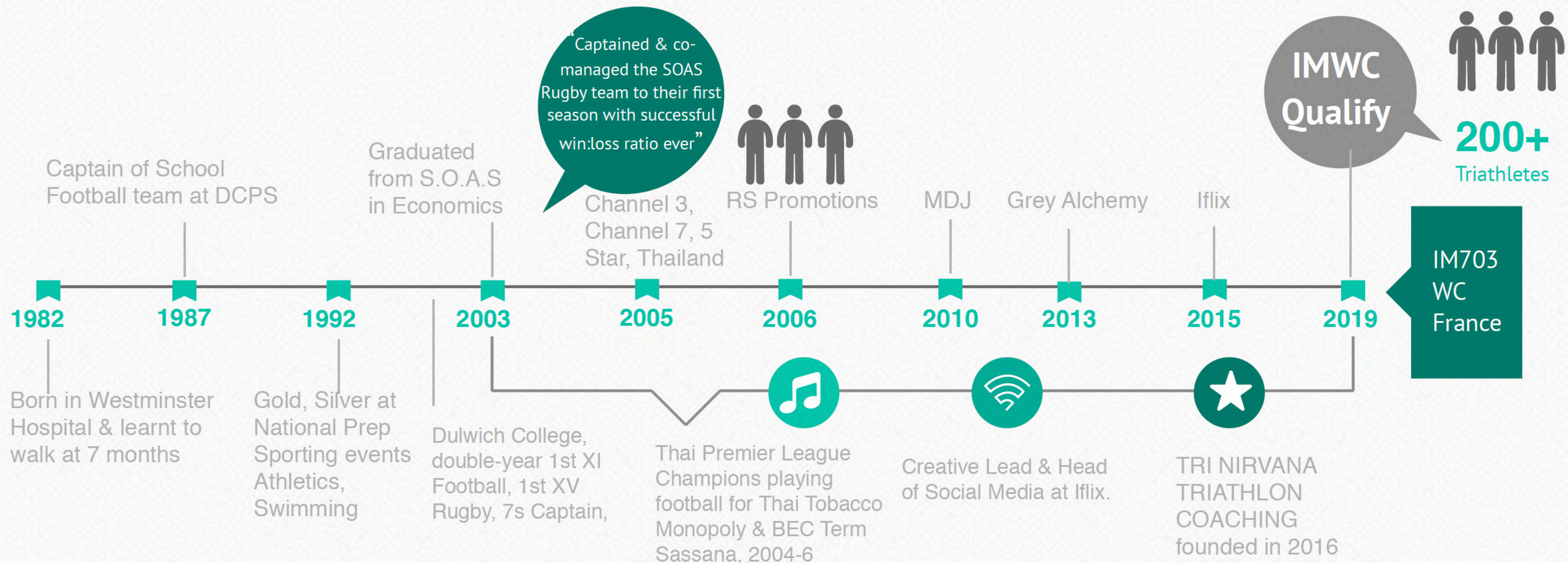
- **National-level experience:** Gymnastics, Athletics, Swimming, Football, Rugby, Cricket and Triathlons.
- **Dulwich College:** Double-year 1st XI Football, 1st XV Rugby, 7s Captain,
- **School of Oriental & African Studies:** Rugby Captain, Manager & Coach
- Rugby Clubs: Rosslyn Park Rugby Club, Wasps U19, Old Alleynians Rugby Club.
- **Sao Paulo Football Academy** under Jose Alves Borges (Thai Premier League Coach of the Year 2004-5),
- **Thai Tobacco Monopoly, Thai Premier League Champs 2004-5,**
- BEC Tero Sassana, 2005-6, played alongside Thai legends Dassakorn Thonglao Teerathap Winothai & Tawan Sripan
- Formed **Kid Insane**, produced, mixed & mastered 3 studio albums & got signed to Major Record Label **RS Promotions**
- Myspace Alternative Song of the Month (**WORLDWIDE**) January 2010.
- **First Pro Ironman 70.3** in 2017 in Cebu, Philippines.
- Ironman 70.3 Thailand, **3rd Asian Elite Pro.**
- Coached a triathlete to IM World Championships 2018.
- Currently **#2 Triathlete/Coach in Thailand**
- **Qualified** & competes in the Ironman 70.3 AG World Championships 2019





Coach Sam

Coach Sam is a life-time elite athlete who has competed at the highest level throughout his career. Currently a top 3 triathlete representing Thailand at the 2019 IRONMAN 70.3 WORLD CHAMPIONSHIPS, Sam is also a top-level sports coach with first hand experience in many high performance teams and has learnt from world-class mentors & managers. Creative & innovative & ready to help you and your organisation break through to new-levels of excellence.



Student Successes



Tri Nirvana Pro

May 13, 2018 · 🌐

It's on in Da Nang, Vietnam – Speed demon & Ironman World Championships Kona-bound Dale Jamieson representing Tri Nirvana in style today! Let's have an almighty HANUMAN ROARRRRRRRRRR for Dale! Use the power of the psychedelic banana bro! YOU GOT THIS! DON'T WAIT LET'S GO!

— feeling motivated in Da Nang, Vietnam.

Edit



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ELITE/PRO
LEVEL
EXPERIENCE

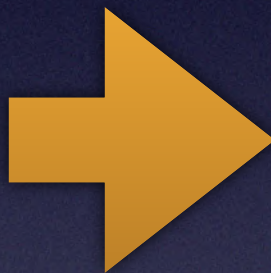
-BEC Tero Sassana Football Club, 2005-6,

-Thai Tobacco Monopoly Football Club (Thai Premier League Champions 2004-5

Run Records:

5k: 18:16

10k: 36:30



-Sattahip Triathlon
2018, 2nd Thai
Elite,

-Sattahip Triathlon
2017, 3rd Thai Elite,

-Bangsaen Triathlon
2017, 2nd Thai
Elite,

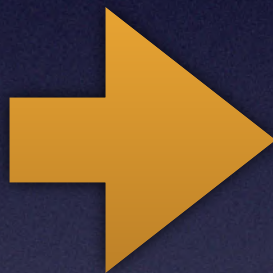
-Pattaya Triathlon
2016, 3rd Thai Elite,

-Rockman Triathlon
2016 Champion,

-Hua Hin Triathlon
2015, 2nd Place,

-Amarin Triathlon
2015, 2nd Place,

-Started Triathlon
Training in 2015.



-Bangkok Triathlon
Thai Champion 2018,

-Probike Classique
Duathlon 2018, 2nd,

-Songkhla Triathlon
Champion 2018,

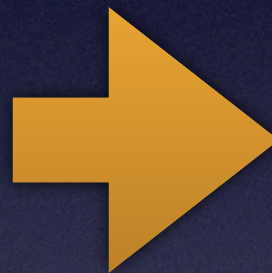
-Registered Ironman
Pro 2017-2018

-Columbia Trail
Masters 25km, 3rd
AG,

-Great Escape
Rayong 32km, 3rd
Overall,

-Ironman 70.3
Thailand, 2017, 3rd
Thai Elite,

-Songkhla Triathlon
Champion 2017,



-Navy Triathlon 70.3
Rayong, Thai
Champion 2021,

-Ironman All World
Athlete 2020,

-Probike Adventure
Duathlon Champion
2020,

-Ironman 70.3
Bangsaen 2020, 3rd
Thai Elite,

-Ironman 70.3 AG
World Championships
2019,

-Ironman 70.3
Bangsaen 2019, 2nd
Thai Elite,

-Laguna Phuket
Triathlon 2019, 2nd
Thai Elite,

-Trang Triathlon 2019,
1st AG, 2nd Thai,

-Sichon Triathlon
2019, 2nd Overall,



SAMUEL BURNS

Finish Time
5:00:44
Final positions may change

IRONMAN 70.3
WORLD CHAMPIONSHIP

Nice | France

252nd Place
out of 520
35

1,038th Place
out of 3,262
by Gender

1,038th Place
out of 3,262
Overall

Point	Time	Time of Day	Pace
Start	00:00	7:41:14 am	
Swim	33:07	8:14:20 am	01:45
Bike	2:51:50 3:28:55	11:10:08 am	32.13
T2	02:43 3:31:37	11:12:50 am	
Finish	1:29:07 5:00:44	12:41:57 pm	04:14

Requirements

Support in Training, Racing through products & finance

- *Sam would like to request support through products that assist in his training, racing &/or coaching.*
- *Financial support is also requested where suitable*
- *Sam is interested in competing in sponsored events in Trail, Ultratrail & Road running events. Any support is welcome but please note branding zones on Sam's Race day kit is only available with annual financial support.*

Branding Areas Available to Financial Supporters/Sponsors



Projects requesting sponsorship or partnership

Other than Triathlon, Trail running & road running races, Sam is pursuing these specific projects in 2022.

- *Project 9: Sam will be attempting to break the Thai National Ironman Distance Record in either a (a) solo attempt in Sichon end of year (b) head-to-head Tri-Battle with a second top-elite/pro-level triathlete &/or (c) Entry to Ironman Kalmar in August 2022.*
- *Sichonman 1v1 Triathlon Championships (scheduled tentatively for November 2022, hosted by Sichon Cabana Beach Resort & Prasarnsook): This is a 2-day, 32/64-person, knockout tournament where participants must win their head-to-head 393 super sprint distance triathlon race in order to progress to the next round. Participants who lost on the opening day can still race & compete for prizes in the 'Plate Dash' on the second day.*
- *Sichonman 1v1 Triathlon Championships, Age Group Qualifiers (4 events prior to the Championships Grand Finals in Sichon, hosted by Sichon Cabana Beach Resort & Prasarnsook): These are 4 separate Solo Triathlon individual qualifying Time-trials. The leading times from each qualifying event will have the option to take the Championship slot & compete with the best athletes in Thailand at the Championships.*
- *A similar 1v1 style running tournament is also being planned with the same event dynamics as the Sichonman 1v1. Location of this particular event is more flexible than the triathlon version.*

Coaching & Clinics

MOTIVATION
BEHAVIOURAL CHANGE
CORE STRENGTH &
CONDITIONING
FLEXIBILITY
TECHNIQUE (SWIM/BIKE/RUN)
RACE STRATEGY
NUTRITION
SWIM/BIKE/RUN FOCUS

✓ Live & Learn the foundations of the **IRONJIT MINDSET** through multi-sport-endurance training & activities. Motivation & energy levels boosted. Many many sports & adventure activities! Explore personal potential & strategically plan for incremental & progressive expanding of abilities consistently over time in order to fulfil such potentials. Swim, bike & many many fun!

✓ IRONJIT & be FIT for BUSINESS: resilience of the mind, body & spirit, of an **Ironman World Championship Triathlete**.

Thank you for your Time

**I LOOK FORWARD TO INSPIRING & MOTIVATING AN
EXPLODING COMMUNITY WITH YOU!**

Hero Pics

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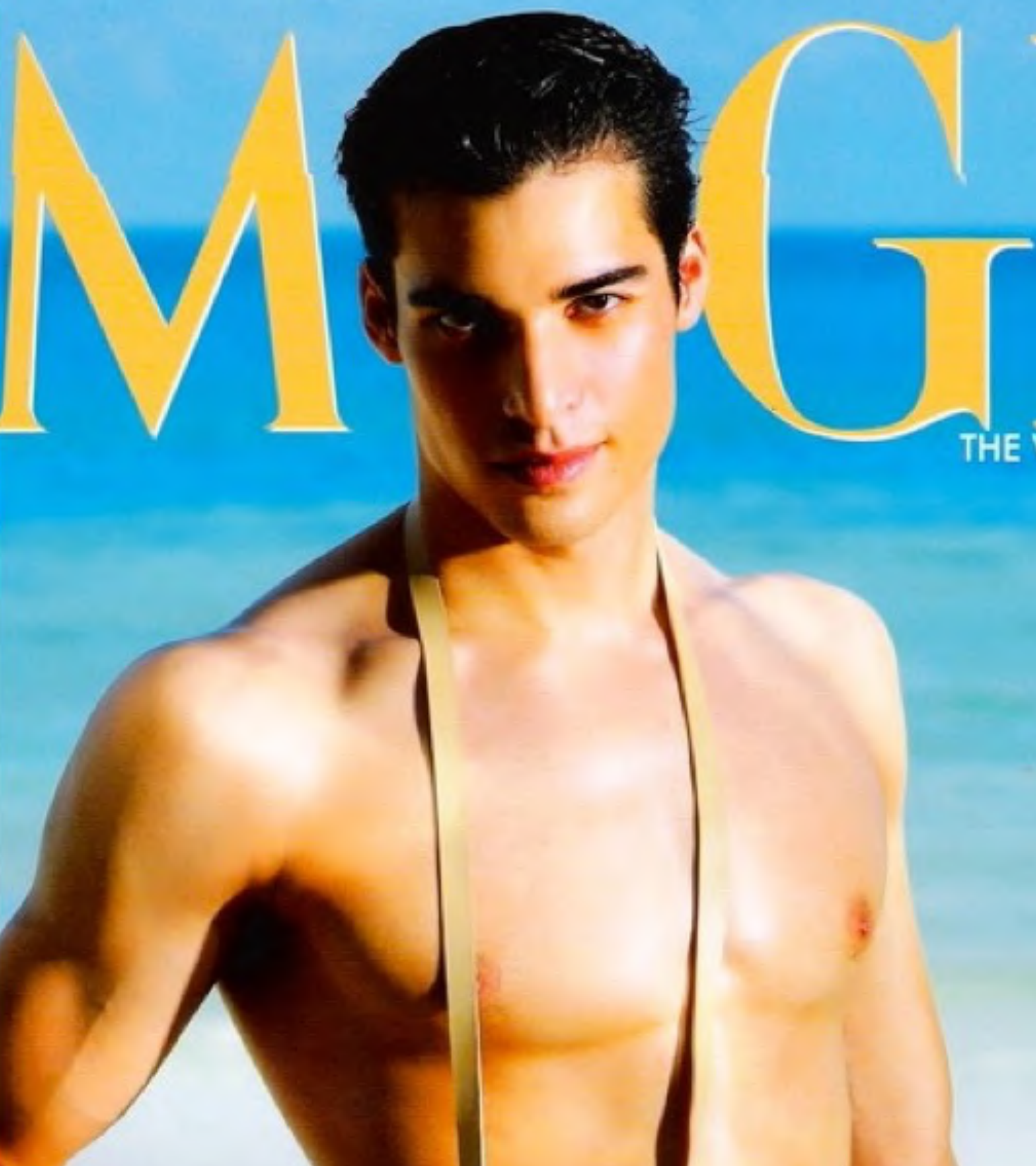
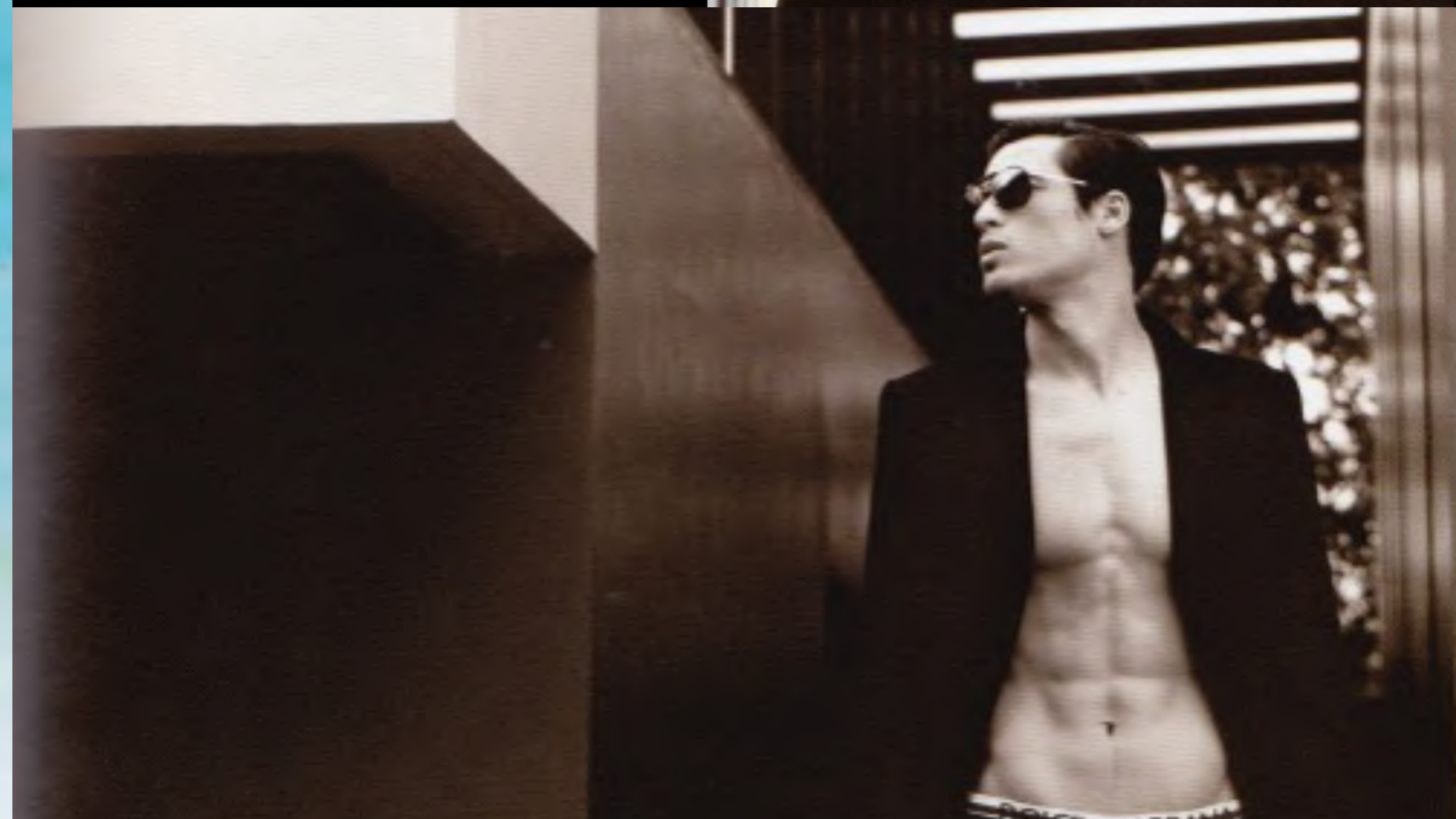


PHOTO PORTFOLIO & PROFILE
SAM BURNS



IMAGE

THE WAY FORWARD

