

Kurt Hunt

Qualifications

- L2 Fitness Instructor
- First Aider
- Defibrillator Trained

Areas of Specialism

- Triathlon
- Fitness Testing
- Selection Tests
- Endurance Events
- Open water swimming



About Me

I believe with the right commitment we can all achieve our goals. I enjoy looking to challenge and test myself and others. I always try to find ways of mixing up training to keep things fresh.

My background is in the emergency services where I have worked for nearly 20 years and continue to do so, with a special role as a fitness instructor alongside my regular duties. This involves testing and pushing the crews to maintain the levels required for the job. This has recently been formalised with industry standard qualifications that have enabled me to work at Fort Stamford. I am seeking to expand on my qualifications in this area further.

I have a passion for triathlon with experiences ranging in distances from sprint to Ironman at home and abroad.

I also enjoy a wide range of running, cycling, adventure and endurance events. I enjoy training inside and outside and like to push myself and others to achieve the maximum possible results.