



# KAREN LEWIS

CANDIDATE FOR PRESIDENT OF TRIATHLON IRELAND

**A Stronger Future for Triathlon.  
Led by experience. Built with clubs.  
Focused on trust.**

## MY COMMITMENT TO YOU

I will:



- Listen to clubs and members
- Communicate openly and honestly
- Make fair, informed decisions
- Deliver on what is promised - I won't promise what can't be delivered

**Because trust matters**



## MY EXPERIENCE

- Finance Director, Triathlon Ireland (2024–present)
- Audit Committee, Olympic Federation of Ireland (2025 -present)
- Newry Triathlon Club Committee Member (since 2019)
- Former Club Chairperson
- Race Director - Top of the Mourne Triathlon
- Level 2 Coach & Technical Official
- Women in Sport Advocate

Governance expertise.  
Financial leadership.  
Real club experience.

## CONTACT

[karensands.kl@gmail.com](mailto:karensands.kl@gmail.com)  
Tel: 004407703067300  
[linkedin.com/in/karen-lewis75](https://www.linkedin.com/in/karen-lewis75)

## WHY ME

I'm a mother, a wife, a friend, a business person, a club athlete. No matter what role, I remain grounded in who I am and what matters most to me - people. Triathlon is powered by people - our clubs, volunteers, and athletes.

I'm standing for President to deliver:

- Steady leadership
- Stronger support for clubs
- Transparent, trusted governance



I understand the desire for constant improvement. With experience at both club level and Board level, I understand what can change — and with my background in business, I know how to deliver it. I am ready to lead Triathlon Ireland, in the same way I lead in business: with honesty, consistency and purpose.

## MY PRIORITIES

1. Stability & Leadership - Consistent, fair leadership focused on long-term success.
2. Support for Clubs
  - Clubs heard and represented
  - Better communication and responsiveness
3. Trust & Transparency
  - Clear decision-making
  - Accountability at all levels
  - Open communication with members
4. Sustainable Growth
  - Inclusive and accessible participation
  - Support for athletes at every level
  - Long-term development of the sport



5. Stronger Connections - Building on my existing relationships in Ireland and internationally to create new opportunities.