



Find a Coach

Name: Annette Lee

Location: Whangaparaoa, Hibiscus Coast, Auckland

Contact details: triannette@gmail.com 0274 584 426
www.triannette.com

Coaching experience (triathlon): Three years experience coaching athletes from beginners to Ironman distance and ITU Age Group Championships

Coaching qualifications (all sports):

- Completed 3 papers with Otago University in Coaching, Anatomy, and Sports injuries
- Took part in Bike NZ Level 1 & 2 coach courses
- Currently registered on Tri NZ Level 2 coach accreditation programme

Specialist knowledge: Athletes new to triathlon, especially women

Competitive experience in triathlon:

- Finisher of:
 - 6 Ironman distance races
 - 5 Half Ironman races including Kona 70.3
 - Multiple sprint and standard distance races; highest rank of 2nd in age group and first in a sprint duathlon
- Also completed 5 marathons including the inspirational Lydiard marathon

Triathlete groups I prefer to coach: no preferences; anyone who has a dream, a goal and needs a hand I'll enjoy coaching

Website: www.triannette.com



Triathlon New Zealand Inc.

A: 67 Davis Crescent, Newmarket, Auckland 1023, PO Box 128-509, Remuera, Auckland 1541

T: +64 9 524 6959 F: +64 9 524 6957 E: info@triathlon.org.nz W: www.triathlon.org.nz

