



Find a Coach

Name: Emma Cachemaille

Location: Wellington

Contact details: 021 468 253; emtango@hotmail.com

Coaching experience (triathlon): I have done about two years of programming for about 10 social athletes, and have coached two groups of beginners for duathlons.

Coaching qualifications (all sports): Level 1 Tri NZ, REPs Accredited, Les Mills Personal Trainer Qualified

Specialist knowledge: Physiotherapist

Competitive experience in triathlon: 1 x Ironman, 3 x Half Ironman, several standard, sprint and short distance triathlons plus duathlons and heaps of Half Marathons, plus a few splash and dashes (swim/run series).

Triathlete groups prefer to coach: Social, women.

Website: N/A



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