



Find a Coach

Name: Lynley Brown

Location: Kapiti Coast

Contact details:

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Coaching experience (triathlon):

- Coaching since late 2005
- Age-groupers; balancing families, work etc.
- World Championship athletes, including Kona podium finishers
- Tri NZ Coach Advisory Group member

Coaching qualifications (all sports): Tri NZ Level 2

Specialist knowledge:

- Half Ironman and Ironman distance triathlon training
- Females Athletes
- Non-generic, balanced programmes inclusive of family life, other interests & work.

Competitive experience in triathlon:

- 5x years of racing including 3x years as a professional.
- 1x world age-group title in Ironman, 1x professional win in Ironman, 10x Ironman finishes.
- Numerous other events completed such as Half Ironman, Olympic Distance and Sprint Distance.

Triathlete groups I prefer to coach:

- Adult competitive and non-competitive
- Ironman and Half Ironman-distance focused athletes
- Both genders

Website: None



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