



## Find a Coach

**Name:** Lawrence Oldershaw

**Location:** Rotorua, Bay of Plenty

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**Coaching experience (triathlon):**

I have been coaching for over 10 years. During that time I have coached athletes at all standards and abilities from recreational athletes who just want to complete their first Tri through to athletes at Elite standard. The athletes I have coached have enjoyed successes at National age group championships and world champ qualifiers, from standard distance (incl. x-terra), through to Ironman.

I have run in the UK various triathlon weekends and triathlon events, focusing on technique and knowledge, something I intend to start again in NZ. I was also head triathlon coach for Eurocyclor, an American company running many Triathlon Camps based in Spain.

My coaching is very tailored to the individual and I like to work with the athlete to find the right balance of training and non training time to accomplish the athletes sporting goals but also the athletes personal and family life desires. A lot of the training I set is based around heart rates and I have the facilities and training to carry out lactate testing to accurately assess training levels if required.

**Coaching qualifications (all sports):** Tri NZ coach L1.

**Specialist knowledge:** Lactate testing, running, sports injuries

**Competitive experience in triathlon:** Former member of the GB Olympic development squad; 2 x long course national champion (IM distance); represented GB at Asian champs as a guest; 4 times as a member of the GB elite team at world Champs, long distance; raced pro up to 2002, competing all over the world.

**Triathlete groups I prefer to coach:** Anyone with a desire to improve.

**Website:** [www.your-coach.co.nz](http://www.your-coach.co.nz)



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