



## Find a Coach

**Name:** Lorraine Scapens

**Location:** Auckland

**Contact details:** 027-235-8025 or [lorraine@adrenalints.co.nz](mailto:lorraine@adrenalints.co.nz)

**Coaching qualifications (all sports):** Tri NZ Level 1 Triathlon coach, Personal trainer 15 Years, numerous qualifications

**Specialist knowledge:** I have coached triathletes and runners of all fitness levels for 5 years with great success. I also specialize in pre- and post-natal training for female athletes.

**Competitive experience in triathlon:** Competed for 6 years as a triathlete, represented NZ at the World Age Groups in Queenstown. I have won many Panasonic Triathlons, placing 3<sup>rd</sup> at Nationals on 2 occasions in 30-35 age group. Recently taken a break from competing to concentrate on coaching and have a baby

**Triathlete groups (e.g., youth) you prefer to coach (optional):** Age Group triathletes

**Website:** [www.adrenalints.co.nz](http://www.adrenalints.co.nz)