



SMITHS SPORTS SHOES – NEW BALANCE DUATHLON, 7th December 2009

The 8th summer Duathlon was held on Monday night with 36 individuals and teams taking part. The TriSport Taupo event is staged in conjunction with Smiths Sports Shoes and offers two different length courses around the AC baths-Centennial circuit. The main race comprises a 1.8km run, 10km bike, 1.8km run with the shorter course option being just the bike and run. First home of 30 individuals in the full Duathlon was junior (age 15-19) Cameron Todd in 28m50s. Second home and first senior man (20-39) was Donald Patterson and only 9 seconds behind Cam in 28m59s. The first 40-54 vet man was Rob Brown in 31m00s in 5th place overall with Ray Docherty the first 55+ vet in 34m30s and James Weal the first under 15 junior in 35m27s. The first woman home was Under 15 junior Nicole Scott in 37m47s with Ellie Heenan the first 15-19 junior in 43m00s and Chris Dey the first 20-39 senior in 37m52srs. Veteran Brian Eccles was the first home on the short course in 31m18s with Luke Connor the first junior (Under 15) in 36m08s. Mike Teddy and Tracey Haggart were the first team in 33m45s. The first short course team was Graeme and Kyle Goucher in 27m48s. Personal best times were set by Dean Hawkins, Michael Roberts, Joakim Thilen, Denis Lewis and Dale Pearson.

Steve Currie picked up the No1 shoe spot prize with Michael Roberts and James McGrogan winning the other two Smiths sports shoes spotties.

Next Monday's the club is holding its first Triathlon for the summer at Acacia Bay south at 6pm. This will be a 200m swim, 9.6km bike and a 2.5km run for individuals and teams. Anyone is welcome to compete which is free for club members and \$5 for others. The club insists that all cyclists have a reliable and safe bike (complete with helmet) and young competitors must be swim and bike competent and compete with the approval of their parents.

For more information on the Tri-Sport Taupo club events ring president Chris Todd 377 0606 ah or Steve Currie 378 2224. Also visit the clubs website at www.trisporttaupo.co.nz for the club calendar, entry forms and club articles. Club calendars (includes entry form) are also available at local sport shops

See next page for results

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BALANCE DUATHLON N°8, 7th
December 2009



1.8km/10km/1.8km at AC Reserve Course

PB=Personal Best, SP=Spot prize

NAME	GRADE	TIMES	PLACES		
			O/ALL	Grade	
Individual Long Course					
Cameron Todd	JM 15-19	28.50	1	1	
Donald Patterson	SM 20-39	28.59	2	1	
James McGrogan	SM 20-39	30.49	3	2	SP
Alex Roberts	JM 15-19	30.59	4	2	
Rob Brown	VM 40-54	31.00	5	1	
Dean Hawkins	VM 40-54	31.48	6	2	PB
Michael Roberts	JM 15-19	32.09	7	3	PB/SP
Chris Todd	VM 40-54	32.45	8	3	
Steve Richards	VM 40-54	33.36	9	4	
Kevin Raven	VM 40-54	34.01	10	5	
Wez Parkes	VM 40-54	34.15	11	6	
Ray Docherty	VM 55+	34.30	12	1	
Joakim Thilen	JM 15-19	34.54	13	4	PB
Steve Currie	VM 55+	35.13	14	2	SP
James Weal	JM U15	35.27	15	1	
Ian Carppe	VM 40-54	35.58	16	7	
Greg Fournier	VM 55+	36.19	17	3	
Denis Lewis	VM 55+	36.33	18	4	PB
Sam Dobbs	JM U15	36.42	19	2	
John Kuper	VM 55+	36.53	20	5	
Nicole Scott	JW U15	37.47	21	1	
Chris Dey	SW 20-39	37.52	22	1	
Brendan Hawkins	JM U15	38.00	23	3	
Jason Galbraith	SM 20-39	38.21	24	3	
Dale Pearson	SM 20-39	39.20	25	4	PB
Jessica Low	SW 20-39	40.47	26	2	
Aisling Bowden	JW U15	41.43	27	2	
Ellie Heenan	JW 15-19	43.00	28	1	
Carsten Ruhnke	JM 15-19	44.18	29	5	
David Beck	VM 40-54	48.07	30	8	
Individual Short Course					
Brian Eccles	VM 40-54	31.18	1	1	
Luke Connor	JM U15	36.08	2	1	
Mike Connor	VM 40-54	37.29	3	2	
Long Course Team					
Mike Teddy & Tracey Haggart	Team	33.45	1		
Mitchell Weal & Lewis Eccles	Team	35.53	2		
Short Course Team					
Graeme & Kyle Goucher	Team	27.48	1		