



SMITHS SPORTS SHOES – NEW BALANCE DUATHLON, 9th November 2009

The 4th summer Duathlon was held on Monday night with 32 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 28 individuals in the full Duathlon was junior (15-19) Cameron Todd in 30m40s. Second home and first veteran (40-54) was Rob Brown in 32m16s with Ray Docherty the first 55+ veteran in 34m41s. Dale Pearson was the first of the 20-39 seniors in 40m15s with Jack Davies the first under 15 junior in 36m34s. The first woman home (and 8th overall) was under 15 junior Nicole VanDerKaay in 35m56s. The first 20-39 senior woman was Justine Milne in 43m35s, Tania Milne was the first 40-54 Vet in 41m19s with Trish Ross the first 55+ Vet in 47m32s. Personal best times were set by Joakim Thilen, Aisling Bowden, Dale Pearson, and Paul Brazier.

Tania Milne picked up the No1 spot prize with Beth Owen and Paul Brazier winning the other two Smiths sports shoes spotties.

Next Monday's Duathlon (16th Nov) is the first of two Mountain bike duathlons at Spa Park. This will be a run, bike, run event with a similar duration as the road duathlons. 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 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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N°4, 9th November 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	30.40	1	1	
Rob Brown	VM 40-54	32.16	2	1	
Kevin Raven	VM 40-54	33.36	3	2	
Ian Carppe	VM 40-54	34.36	4	3	
Ray Docherty	VM 55+	34.41	5	1	
Glen Davies	VM 40-54	35.11	6	4	
Joakim Thilen	JM 15-19	35.35	7	2	PB
Nicole VanDerKaay	JW U15	35.56	8	1	
Steve Sievwright	VM 40-54	36.26	9	5	
Nicole Scott	JW U15	36.27	10	2	
Greg Fournier	VM 55+	36.29	11	2	
Kimberleigh Prince	JW U15	36.33	12	3	
Jack Davies	JM U15	36.34	13	1	
John Kuper	VM 55+	36.42	14	3	
Peter Sutton	VM 40-54	37.22	15	6	
Denis Lewis	VM 55+	38.00	16	4	
Aidan Hawkins	JM U15	38.41	17	2	
Dave Forsyth	VM 40-54	38.54	18	7	
Aisling Bowden	JW U15	39.10	19	4	PB
Jordan Sievwright	JM U15	39.52	20	3	
Beth Owen	JW U15	40.05	21	5	SP
Dale Pearson	SM 20-39	40.15	22	1	PB
Tania Milne	VW 40-54	41.19	23	1	SP
Michael Connor	VM 40-54	42.46	24	8	
Qunitin Adlam	JM U15	42.47	25	4	
Justine Milne	SW 20-39	43.35	26	1	
Paul Brazier	VM 40-54	44.53	27	9	SP & PB
Trish Ross	VW 55+	47.32	28	1	
Long Course Team					
Ollie & Duncan	Team	33.31	1		
Team Excell	Team	39.39	2		
Short Course Team					
Katie Davis Team	Team	30.57	1		
Wakita Team	Team	32.51	2		