



### **SMITHS SPORTS SHOES – NEW BALANCE MTB DUATHLON, 16<sup>th</sup> November 2009**

The 5<sup>th</sup> summer Duathlon on Monday night was cross country at Spa Park and attracted a field of 37 individuals and teams. The TriSport Taupo event is staged in conjunction with Smiths Sports Shoes comprised a tough 1.5km hilly run along the Spa river track followed by a 6.2km mountain bike on the day night thriller course with another run to finish. First home of 24 individuals in the full Duathlon was junior (age 15-19) Alex Roberts in 26m56s with the first woman home under 15 junior Aisling Bowden in an outstanding time of 35m24s. The first under 15 junior man was Brendan Hawkins in 33m56s, the first 20-39 senior man was Stan? in 30m42s, the first 40-54 vet man was Bryce Giddy in 27m34s with Steve Currie the first 55+ vet man in 33m08s. The first 15-19 junior woman was Ellie Heenan in 37m09s, the first 20-39 senior woman was Carrie VanDerKaay in 37m05s and the first 40-54 vet woman was Fiona MacDonald in 40m44s. The first male on the short course was under 15 junior man Quintin Adlam in 27m59s. The first of the six long course teams was Cameron Todd and Alex Roberts in the fastest time of the event in 26m32s with Kerry and Nikita Adlam the first of two short course teams in 26m57s.

Sam Simmonds picked up the No1 spot prize with the Chris Bloomer and Marcel Abele team and Mitch Weal winning the other two Smiths sports shoes spotties.

Next Monday's Duathlon (23<sup>rd</sup> Nov) is the second and final of two Mountain bike duathlons at the same Spa Park course. 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](http://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**

**SMITH SPORTS SHOES NEW**  
**BALANCE MTB DUATHLON N°5, 16th**  
**November 2009**



1.5km/6.2m/1.5km at Spa Park

SP=Spot prize

NAME		GRADE		TIMES	PLACES		
					O/ALL	Grade	
<b>Long Course Individual (Run+Bike+Run)</b>							
Alex	Roberts	JM	15-19	26.56	1	1	
Bryce	Giddy	VM	40-54	27.34	2	1	
Rob	Brown	VM	40-54	30.06	3	2	
	Stan ?	SM	20-39	30.42	4	1	
Steve	Richards	VM	40-54	31.48	5	3	
Kevin	Raven	VM	40-54	32.24	6	4	
Steve	Currie	VM	55+	33.08	7	1	
Glen	Davies	VM	40-54	33.38	8	5	
Joakim	Thilen	JM	15-19	33.46	9	2	
Brendan	Hawkins	JM	U15	33.56	10	1	
Aidan	Hawkins	JM	U15	34.20	11	2	
Greg	Fournier	VM	55+	34.45	12	2	
John	Kuper	VM	55+	34.54	13	3	
Ray	Docherty	VM	55+	35.11	14	4	
Aisling	Bowden	JW	U15	35.24	15	1	
Nicole	Scott	JW	U15	35.49	16	2	
Sam	Andrews	JM	U15	36.00	17	3	
Mike	Teddy	VM	40-54	37.01	18	6	
Carrie	VanDerKaay	SW	20-39	37.05	19	1	
Ellie	Heenan	JW	15-19	37.09	20	1	
Dale	Pearson	SM	20-39	37.40	21	2	
Ian	McQuay	VM	40-54	38.32	22	7	
	Beth?	JW	U15	40.20	23	3	
Fiona	MacDonald	VW	40-54	40.44	24	1	
<b>Short Course Individual (Run+Bike)</b>							
Quintin	Adlam	JM	U15	27.59	1	1	
Bevan	Weal	VM	40-54	28.10	2	1	
Mitch	Weal	JM	U15	29.47	3	2	SP
Luke	Connor	JM	U15	33.04	4	3	
Sam	Simmonds	JM	U15	33.53	5	4	SP
<b>Long Course Team (Run+Bike+Run)</b>							
Cameron Todd & Alex Roberts		Team		26.32	1		
Sam Dobbs & Alex Roberts		Team		27.01	2		
Mark Yeadon & Sam Currie		Team		29.48	3		
Nicole & John VanDerKaay		Team		30.39	4		
Chris Bloomer & Marcel Abele		Team		30.52	5		SP
Steve Prater & Duncan Muller		Team		34.34	6		
<b>Short Course Team (Run+Bike)</b>							
Kerry & Nikita Adlam		Team		26.57	1		
Loren & Jaymie King		Team		37.06	2		