



SMITHS SPORTS SHOES – NEW BALANCE DUATHLON, 30th November 2009

The 7th summer Duathlon was held on Monday night with 27 individuals and teams taking part. The numbers were down from previous week because of the wet evening and being two days after Cycle Challenge. 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 21 individuals in the full Duathlon was junior (age 15-19) Alex Roberts in 30m58s. Second home and first senior man (20-39) was James McGrogan in 31m48s. The first 40-54 vet man was Dean Hawkins in 32m01s in 3rd place overall with Ray Docherty the first 55+ vet in 35m05s and Brendan Hawkins the first under 15 junior in 35m59s. The only woman competitors were in the under 15 grade where Nicole VanderKaay recorded 36m20s just heading home Nicole Scott in 36m37s. Aaron Roots (under 15) was the first male home in the short course event in 31m11s with junior (15-19) Libby Owen the first woman in 31m26s. Alex Roberts and Cameron Todd were the first team in 31m21s. The Hawkins family had a good night with Dean, Brendan and Aidan all setting personal best times along with Steve Richards, Joakim Thilen, Aisling Bowden and Beth Owen.

James McGrogan picked up the No1 shoe spot prize with Michael Connor and Ray Docherty winning the other two Smiths sports shoes spotties.

Next Monday's Duathlon (7th Dec) is another Duathlon starting from outside the Squash Club on AC Baths Ave. at 6pm. 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

SMITH SPORTS SHOES NEW
BALANCE DUATHLON N°7, 30th
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					
Alex Roberts	JM 15-19	30.58	1	1	
James McGrogan	SM 20-39	31.48	2	1	SP
Dean Hawkins	VM 40-54	32.01	3	1	PB
Steve Richards	VM 40-54	32.32	4	2	PB
Ian Carppe	VM 40-54	34.44	5	3	
John VanDerKaay	VM 40-54	34.56	6	4	
Brendan Hawkins	JM U15	34.59	7	1	PB
Ray Docherty	VM 55+	35.05	8	1	SP
Joakim Thilen	JM 15-19	35.25	9	2	PB
Aidan Hawkins	JM U15	35.33	10	2	PB
Greg Fournier	VM 55+	36.08	11	2	
Nicole VanDerKaay	JW U15	36.20	12	1	
Nicole Scott	JW U15	36.37	13	2	
John Kuper	VM 55+	36.52	14	3	
Steve Currie	VM 55+	38.06	15	4	
Aisling Bowden	JW U15	38.56	16	3	PB
Peter Sutton	VM 40-54	39.33	17	5	
Beth Owen	JW U15	39.49	18	4	PB
Andy Bloomer	VM 55+	40.09	19	5	
Michael Connor	VM 40-54	41.21	20	6	SP
Ian McQuay	VM 40-54	44.51	21	7	
Individual Short Course					
Aaron Roots	JM U15	31.11	1		
Libby Owen	JW 15-19	31.26	2		
Long Course Team					
Alex Roberts & Cameron Todd	Team	31.28	1		
Mike Teddy & Tracey Haggart	Team	34.12	2		
Vicki & Shea Reardon	Team	36.13	3		
Peter & Joe Sutton	Team	38.59	4		