



### **SMITHS SPORTS SHOES – NEW BALANCE DUATHLON, 10<sup>th</sup> November 2008**

The 3<sup>rd</sup> summer Duathlon was held on Monday night with 77 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 41 individuals in the full Duathlon was junior Cameron Todd in 28m34s who just pipped his fellow junior John Glanville by 10 seconds. First senior was Donald Patterson in 29m11s with Chris Todd the first veteran in 31m45s. The first woman was senior Lucy Williams in 33m23s with Shea Reardon the first junior in 34m00s and Flic Cantwell the first vet woman in 38m28s. Personal best times were set by Paul Butt, John and Nicole VanDerKaay, Ian Issacs, Rex Livingston, Frank Sutton, Aidan Hawkins, Kyle Goucher, Aisling Bowden, Sarah Barnett and Cindy Carr. In the shorter course event junior Jordan Sievwright was the first of 24 home in 30m00s with Samara Wilding the first junior woman in 34m57s. Alex and Ben were the first of 3 teams on the long course in 30m28s and Jamie and Loren were the first of 6 teams on the short course in 30m51s.

Ian Cox, Rex Livingston, Flic Cantwell and Denis Lewis were the lucky winners of the weekly Smiths Sports Shoes spot prizes with one of them picking up a pair of New Balance running shoes.

The next weekly Smiths Sports Shoes Duathlon is on Monday 17 November at the same venue starting outside the squash club by the AC Reserve at 6pm sharp. Registration is from 5:30pm. . This event is free until the 1 December event from which the race will be free for club members and \$5 for non-club members. The club insists that all cyclists have a road worthy 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 Mark Aldridge 378 8090 ah, Chris Todd 377 0606 ah or Steve Currie 378 2224.

**See next page for Results**

**SMITH SPORTS SHOES**  
**NEW BALANCE DUATHLON N°3,**  
**10th November 2008**



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

PB=Personal Best, SP=Spot prize

| NAME                            |                | GRADE | TIMES | PLACES |       |       |
|---------------------------------|----------------|-------|-------|--------|-------|-------|
|                                 |                |       |       | O/ALL  | Grade |       |
| <b>Long Course Individuals</b>  |                |       |       |        |       |       |
| Cameron                         | Todd           | JM    | 28.34 | 1      | 1     |       |
| John                            | Glanville      | JM    | 28.44 | 2      | 2     |       |
| Donald                          | Patterson      | SM    | 29.11 | 3      | 1     |       |
| Adam                            | Clark          | SM    | 30.16 | 4      | 2     |       |
| Paul                            | Butt           | SM    | 31.19 | 5      | 3     | PB    |
| Chris                           | Todd           | VM    | 31.45 | 6      | 1     |       |
| Mark                            | Reid           | JM    | 32.23 | 7      | 3     |       |
| Spud                            | Douglas        | VM    | 32.35 | 8      | 2     |       |
| John                            | VanDerKaay     | VM    | 32.42 | 9      | 3     | PB    |
| Trevor                          | Watts          | VM    | 33.06 | 10     | 4     |       |
| Dean                            | Hawkins        | VM    | 33.07 | 11     | 5     |       |
| Craig                           | Greenwood      | VM    | 33.09 | 12     | 6     |       |
| Lucy                            | Williams       | SW    | 33.23 | 13     | 1     |       |
| Shea                            | Reardon        | JW    | 34.00 | 14     | 1     |       |
| Ray                             | Docherty       | VM    | 34.20 | 15     | 7     |       |
| Mark                            | Gibson         | SM    | 34.31 | 16     | 4     |       |
| Nicole                          | VanDerKaay     | JW    | 34.57 | 17     | 2     | PB    |
| Steve                           | Currie         | VM    | 35.21 | 18     | 8     |       |
| Robin                           | Porter         | VM    | 35.28 | 19     | 9     |       |
| Ian                             | Issacs         | VM    | 35.39 | 20     | 10    | PB    |
| John                            | Kuper          | VM    | 35.51 | 21     | 11    |       |
| Greg                            | Fournier       | VM    | 36.07 | 22     | 12    |       |
| Rex                             | Livingston     | VM    | 36.32 | 23     | 13    | SP/PB |
| Steve                           | Sievwright     | VM    | 37.24 | 24     | 14    |       |
| Denis                           | Lewis          | VM    | 37.31 | 25     | 15    | SP    |
| Frank                           | Sutton         | JM    | 37.39 | 26     | 4     | PB    |
| Steve                           | McAneney       | VM    | 37.47 | 27     | 16    |       |
| Aidan                           | Hawkins        | JM    | 37.49 | 28     | 5     | PB    |
| Kyle                            | Goucher        | JM    | 38.23 | 29     | 6     | PB    |
| Willie                          | Aitken         | SM    | 38.26 | 30     | 5     |       |
| Flic                            | Cantwell       | VW    | 38.28 | 31     | 1     | SP    |
| Ian                             | Cox            | VM    | 39.14 | 32     | 17    | SP    |
| Aisling                         | Bowden         | JW    | 39.15 | 33     | 3     | PB    |
| Peter                           | Sutton         | VM    | 40.23 | 34     | 18    |       |
| Brendan                         | Hawkins        | JM    | 40.37 | 35     | 7     |       |
| Ian                             | McQuay         | VM    | 40.39 | 36     | 19    |       |
| Janice                          | McCashin       | SW    | 46.02 | 37     | 2     |       |
| Mike                            | Teddy          | SM    | 46.09 | 38     | 6     |       |
| Sarah                           | Barnett        | SW    | 46.22 | 39     | 3     | PB    |
| Cindy                           | Carr           | VW    | 46.37 | 40     | 2     | PB    |
| Chris                           | Kahia          | VW    | 51.30 | 41     | 3     |       |
| Josh                            | Kenyon         | JM    | DNF   |        |       |       |
| Sam                             | Dobbs          | JM    | DNF   |        |       |       |
| <b>Short Course Individuals</b> |                |       |       |        |       |       |
| Jordan                          | Sievwright     | JM    | 30.00 | 1      | 1     |       |
| Raewyn                          | Barr           | VW    | 32.47 | 2      | 1     |       |
| Quintin                         | Adlam          | JM    | 33.25 | 3      | 2     |       |
| Mitchell                        | Carr           | VM    | 33.47 | 4      | 1     |       |
| Mathew                          | Payne          | JM    | 34.00 | 5      | 3     |       |
| Samara                          | Wilding        | JW    | 34.57 | 6      | 1     |       |
| Keegan                          | Pook           | JM    | 35.56 | 7      | 4     |       |
| Krista                          | Barnett        | JW    | 36.04 | 8      | 2     |       |
| Tess                            | Smith          | SW    | 36.14 | 9      | 1     |       |
| Luke                            | Connor         | JM    | 38.54 | 10     | 5     |       |
| Hannah                          | Pearce         | JW    | 39.24 | 11     | 3     |       |
| Jill                            | Wilding        | VW    | 39.25 | 12     | 2     |       |
| Samantha                        | Carr           | JW    | 39.34 | 13     | 4     |       |
| Josh                            | Clarke         | JM    | 39.36 | 14     | 6     |       |
| Nick                            | Ellery         | JM    | 39.40 | 15     | 7     |       |
| Maribel                         | Carlyle        | VW    | 39.45 | 16     | 3     |       |
| Brittany                        | Tikaram        | JW    | 40.07 | 17     | 5     |       |
| Victoria                        | Taylor         | JW    | 41.28 | 18     | 6     |       |
| Tracey                          | Harvey-Tikaram | SW    | 42.19 | 19     | 2     |       |
| Marie                           | Basse          | SW    | 42.20 | 20     | 3     |       |
| Olivia                          | Pearce         | JW    | 42.38 | 21     | 7     |       |
| Rachel                          | Carr           | JW    | 44.04 | 22     | 8     |       |
| Marilyn                         | Campos         | SW    | 44.28 | 23     | 4     |       |
| Zhane                           | Whelan         | JM    | 46.15 | 24     | 8     |       |
| Michael                         | Connor         | VM    | DNF   |        |       |       |
| <b>Short Course Team</b>        |                |       |       |        |       |       |
| Jamie & Loren                   | Team           |       | 30.51 | 1      |       |       |
| Joe Sutton Team                 | Team           |       | 33.03 | 2      |       |       |
| Kerry & Nikita Adlam            | Team           |       | 33.20 | 3      |       |       |
| Keelan & Chase LeCouteur        | Team           |       | 43.27 | 4      |       |       |
| Tahlia & Ronins                 | Team           |       | 44.30 | 5      |       |       |
| Corey & Sandy LeCouteur         | Team           |       | 46.04 | 6      |       |       |
| <b>Long Course Team</b>         |                |       |       |        |       |       |
| Alex & Ben                      | Team           |       | 30.28 | 1      |       |       |
| Duncan Muller Team              | Team           |       | 36.43 | 2      |       |       |
| Rawley & Cameron                | Team           |       | 37.48 | 3      |       |       |