



SMITHS SPORTS SHOES – NEW BALANCE DUATHLON, 16th March 2009

The 8th and penultimate summer Duathlon was held on Monday night with 47 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 27 individuals in the full Duathlon was senior Tim Wilding in a personal best time (by 5 seconds) of 27m49s which was the fastest time on the course since David Stutz time of 27m44s 5 years ago. Second home and first junior was Cameron Todd in 29m00s with Trevor Watts the first veteran in 5th place overall in 32m57s. The first woman home was senior Juliet Jones in 39m30s with Aisling Bowden the first junior in 42m15s. The first of four long course teams was the Duncan M team in 35m39s. The first junior man on the short course was Sam Wood in 29m53s with Samara Wilding the first junior woman in 33m25s which was well over a minute better than her previous best time. Others to set personal best times were Alex Roberts (by 5 seconds), Sam Dobbs (by 1m23s) and Jordan Sievwright (by 2m48s)

Cameron Todd, Jonty Simmonds and Sue August 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.

Next Monday's Duathlon (23rd March) is the last TriSport Taupo event for the summer. This event over the same course will double as the club Duathlon champs. Anyone is welcome to compete which is free for club members and \$5 for others. Only club members will be eligible to pick up a championship placing. 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.

The club prize giving will be held on Friday night 27 March at a venue to be advised. This is a not to be missed highlight of the club calendar and includes, a light supper, refreshments, award presentations. The entry is free for members and \$5 for non members

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. 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°8, 16th
March 2009



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

PB=Personal Best, SP=Spot prize

NAME		GRADE	TIMES	PLACES		
				O/ALL	Grade	
Long Course Individuals						
Tim	Wilding	SM	27.49	1	1	PB
Cameron	Todd	JM	29.00	2	1	SP
Alex	Roberts	JM	30.15	3	2	PB
James	McGrogan	SM	31.14	4	2	
Trevor	Watts	VM	32.57	5	1	
John	VanDerKaay	VM	34.02	6	2	
Steve	Currie	VM	35.04	7	3	
John	Kuper	VM	35.25	8	4	
Steve	Siewwright	VM	35.29	9	5	
Greg	Fournier	VM	36.05	10	6	
Rex	Livingston	VM	36.46	11	7	
Andrew	Maisey	VM	37.09	12	8	
Sam	Dobbs	JM	37.14	13	3	PB
Thomas	Brand	SM	38.06	14	3	
Denis	Lewis	VM	38.18	15	9	
Peter	Sutton	VM	38.57	16	10	
Ian	Issacs	VM	38.58	17	11	
Jordan	Siewwright	JM	39.07	18	4	PB
Juliet	Jones	SW	39.30	19	1	
Kyle	Goucher	JM	39.42	20	5	
Sue	Moult	SW	40.22	21	2	
Sarah	Foster	SW	40.34	22	3	
Keegan	Pook	JM	41.08	23	6	
Sam	Pook	VM	41.09	24	12	
Carrie	Vanderzwaag	SW	41.32	25	4	
Aisling	Bowden	JW	42.15	26	1	
Ellie	Heenan	JW	43.25	27	2	
Nicole	VanDerKaay	JW	dnf			
Michael	Connor	VM	dnf			
Short Course Individuals						
Sam	Wood	JM	29.53	1	1	
Jonty	Simmonds	JM	30.34	2	2	SP
Jamie	Ellery	JM	31.11	3	3	
Sam	Simmonds	JM	32.25	4	4	
Samara	Wilding	JW	33.25	5	1	
Sue	August	SW	34.23	6	1	SP
Rachel	Carr	JW	37.35	7	2	
Cindy	Carr	VW	38.11	8	1	
Joe	Sutton	JM	39.45	9	5	
Jemma	Issacs	JW	39.51	10	3	
Kaye	Issacs	VW	39.55	11	2	
Deborah	Carr	JW	40.15	12	4	
Zhane	Whelan	JM	42.44	13	6	
Brianwia	Greew	JW	dnf			
Long Course Team						
	Team Duncan M	Team	35.39	1		
	Paul Dingle Team	Team	36.15	2		
	Spitfire Team	Team	39.17	3		
	Andrew & George Signal	Team	40.11	4		