



**SMITHS SPORTS SHOES – NEW BALANCE DUATHLON..**  
**CLUB CHAMPS, 23<sup>rd</sup> March 2009**

The 9<sup>th</sup> and final summer Duathlon was held on Monday night with 46 individuals and teams taking part. This race doubled as the club Duathlon championships. 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 31 individuals in the full Duathlon was junior Cameron Todd in 28m29s just beating senior Donald Patterson by 8 seconds. The first veteran man in 5<sup>th</sup> place overall was John VanDerKaay in 33m24s. The first woman was junior Shea Reardon in 34m17s with Anna Donovan the first veteran in 40m46s and Carrie Vanderzwaag the first senior in 42m08s. The first of two long course teams was the Spitfire team in 40m12s. The first junior man on the short course was Sand Wood in 28m40s with Samara Wilding the first junior woman in 33m20s which were both better than their previous best times. Personal best times on the long course were set by Donald Patterson, Alex Roberts, James Weal, Nicole VanDerKaay, Frank Sutton, Brendan & Aidan Hawkins, Sam Dobbs, Denis Lewis, Thomas Brand, Nick Ellery, Sam Andrews, Dale Pearson and Alice Gardner.

The lucky winners of the weekly Smiths Sports Shoes spot prizes were Nicole VanDerKaay, Brendan Hawkins, Denis Lewis, Keegan Pook and Dale Pearson with one of them picking up a pair of New Balance running shoes.

The club prize giving date has been changed to 7pm Thursday night 23 April at the Taupo Intermediate. 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](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**

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NEW BALANCE DUATHLON  
N<sup>o</sup>9, 23rd March 2009**



PB=Personal Best  
SP=Spot prize

TriSport Taupo Club Duathlon Championships  
1.8km/10km/1.8km

| NAME                           | GRADE    | Club<br>Member | TIMES | PLACES |       | Champs<br>Grade<br>Placing |       |
|--------------------------------|----------|----------------|-------|--------|-------|----------------------------|-------|
|                                |          |                |       | O/ALL  | Grade |                            |       |
| <b>Individual Long Course</b>  |          |                |       |        |       |                            |       |
| Cameron Todd                   | JM       | Yes            | 28.29 | 1      | 1     | 1st                        |       |
| Donald Patterson               | SM       | Yes            | 28.37 | 2      | 1     | 1st                        | PB    |
| Alex Roberts                   | JM       | Yes            | 29.43 | 3      | 2     | 2nd                        | PB    |
| James Weal                     | JM       | Yes            | 32.28 | 4      | 3     | 3rd                        | PB    |
| John VanDerKaay                | VM       | Yes            | 33.24 | 5      | 1     | 1st                        |       |
| Dean Hawkins                   | VM       | Yes            | 33.39 | 6      | 2     | 2nd                        |       |
| Steve Currie                   | VM (55+) | Yes            | 33.52 | 7      | 3     | 1st                        |       |
| Ray Docherty                   | VM (55+) | Yes            | 34.06 | 8      | 4     | 2nd                        |       |
| Shea Reardon                   | JW       | Yes            | 34.17 | 9      | 1     | 1st                        |       |
| Nicole VanDerKaay              | JW       | Yes            | 34.28 | 10     | 2     | 2nd                        | PB/SP |
| Frank Sutton                   | JM       | Yes            | 34.41 | 11     | 4     |                            | PB    |
| Greg Fournier                  | VM       |                | 34.49 | 12     | 5     |                            |       |
| John Kuper                     | VM       | Yes            | 35.02 | 13     | 6     | 3rd                        |       |
| Dean Donovan                   | VM       | Yes            | 35.39 | 14     | 7     |                            |       |
| Brendan Hawkins                | JM       | Yes            | 36.15 | 15     | 5     |                            | PB/SP |
| Mark Townend                   | VM       |                | 36.20 | 16     | 8     |                            |       |
| Aidan Hawkins                  | JM       | Yes            | 36.24 | 17     | 6     |                            | PB    |
| Duncan Muller                  | JM       |                | 36.39 | 18     | 7     |                            |       |
| Sam Dobbs                      | JM       | Yes            | 37.02 | 19     | 8     |                            | PB    |
| Peter Sutton                   | VM       | Yes            | 37.04 | 20     | 9     |                            |       |
| Denis Lewis                    | VM       | Yes            | 37.15 | 21     | 10    |                            | PB/SP |
| Thomas Brand                   | SM       |                | 37.42 | 22     | 2     |                            | PB    |
| Kyle Goucher                   | JM       | Yes            | 38.38 | 23     | 9     |                            |       |
| Nick Ellery                    | JM       | Yes            | 38.56 | 24     | 10    |                            | PB    |
| Sam Andrews                    | JM       | Yes            | 38.57 | 25     | 11    |                            | PB    |
| Anna Donovan                   | VW       | Yes            | 40.46 | 26     | 1     | 1st                        |       |
| Grant Crawford                 | VM       | Yes            | 40.56 | 27     | 11    |                            |       |
| Dale Pearson                   | SM       |                | 41.21 | 28     | 3     |                            | SP    |
| Carrie Vanderzwaag             | SW       |                | 42.08 | 29     | 1     |                            |       |
| Alice Gardner                  | SW       |                | 51.54 | 30     | 2     |                            | PB    |
| Mike Bush                      | VM       |                | 51.55 | 31     | 12    |                            |       |
| <b>Individual Short Course</b> |          |                |       |        |       |                            |       |
| Sand Wood                      | JM       | Yes            | 28.40 | 1      | 1     | 1st                        |       |
| Jack Davies                    | JM       | Yes            | 28.44 | 2      | 2     | 2nd                        |       |
| Jordan Sievwright              | JM       |                | 29.08 | 3      | 3     |                            |       |
| Jonty Simmonds                 | JM       |                | 29.58 | 4      | 4     |                            |       |
| Jamie Ellery                   | JM       | Yes            | 30.13 | 5      | 5     | 3rd                        |       |
| Keegan Pook                    | JM       | Yes            | 32.24 | 6      | 6     |                            | SP    |
| Sam Pook                       | VM       | Yes            | 32.25 | 7      | 1     |                            |       |
| Samara Wilding                 | JW       | Yes            | 33.20 | 8      | 1     | 1st                        |       |
| Joe Sutton                     | JM       | Yes            | 37.24 | 9      | 7     |                            |       |
| Malachi Mayall                 | JM       |                | 38.28 | 10     | 8     |                            |       |
| Hugh Donovan                   | JM       | Yes            | 39.24 | 11     | 9     |                            |       |
| Zhane Whelan                   | JM       | Yes            | 50.45 | 12     | 10    |                            |       |
| Sryne Wood                     | JW       |                | dnf   |        |       |                            |       |
| <b>Team Long Course</b>        |          |                |       |        |       |                            |       |
| Spitfire Team                  | Team     |                | 40.12 |        | 1     |                            |       |
| Andrew & George Signal         | Team     |                | 40.45 |        | 2     |                            |       |