



SMITHS SPORTS SHOES – NEW BALANCE DUATHLON

The 6th summer Duathlon was held on Monday night with 51 individuals and teams taking part. Quite a few people backed up from the Cycle Challenge events in the weekend including Tim Wilding who won the Huka Mountain Bike Race. 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 24 individuals in the full Duathlon was junior Cameron Todd in 28m59s with Paul Butt the first senior in a personal best of 31m08s. The first veteran was Rob Brown in 32m40s. The first woman was junior Nicole VanDerKaay in 35m36s with Janice McCashin the first senior in 43m49s and Cindy Carr the first veteran in a personal best of 44m14s. In the shorter course event junior Liam Brake was the first of 19 home in 29m13s with Krista Barnett-Ballard the first junior woman in 34m58s. The Mike & Alex team were the first of 5 teams on the long course in 29m51s with Kerry and Nikita Adlam the first of 3 teams on the short course in 32m06s.

Alice Gardner, Rex Livinston and Liz Connor were the lucky winners of the weekly Smiths Sports Shoes spot prizes with Alice picking up a pair of New Balance running shoes.

The next weekly event is the UniChem Mainstreet Pharmacy Triathlon on Monday 8 December at Acacia Bay boat ramp. This will comprise a 200 metre swim, 9.6km bike and 2.5km run for teams and individuals. Registration is from 5:30pm. The event is free for club members and \$5 race fee for non-club members. Club membership can be paid on the night. The club insists that all cyclists have a road worthy bike (complete with helmet) and young competitors must be swim and bike competent and compete with the approval of their parents.

There is also a Top Gear mens only triathlon on Sunday 7th Dec. at the AC Baths at 10:30am over a 1.8km run, 10km bike and 150m swim course.

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°6, 1st
December 2008



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					
Cameron Todd	JM	28.59	1	1	
John Glanville	JM	29.17	2	2	
Paul Butt	SM	31.08	3	1	PB
James McGrogan	SM	31.44	4	2	
Rob Brown	VM	32.40	5	1	
Tim Wilding	SM	33.13	6	3	
James Weal	JM	33.17	7	3	
John VanDerKaay	VM	33.33	8	2	
Ray Docherty	VM	35.17	9	3	
Nicole VanDerKaay	JW	35.36	10	1	
John Kuper	VM	35.55	11	4	
Willie Aitken	SM	37.14	12	4	
Rex Livingston	VM	37.20	13	5	SP
Greg Fournier	VM	37.22	14	6	
Andrew Maisey	VM	38.56	15	7	
Mike Teddy	VM	39.12	16	8	
Kyle Goucher	JM	41.16	17	4	
Mitch Carr	JM	42.50	18	5	
Aisling Bowden	JW	43.24	19	2	
Janice McCashin	SW	43.49	20	1	
Cindy Carr	VW	44.14	21	1	PB
Raewyn Barr	VW	44.29	22	2	
Alice Gardner	SW	56.18	23	2	SP
Mike Bush	VM	56.19	24	9	
Short Course Individuals					
Liam Brake	JM	29.13	1	1	
Mitch Weal	JM	31.25	2	2	
Quintin Adlam	JM	31.43	3	3	
Keegan Pook	JM	32.16	4	4	
George Dawson	JM	32.38	5	5	
Sam Pook	SM	33.09	6	1	
Kate Harland	VW	33.21	7	1	
Sam Connor	JM	33.55	8	6	
Luke Connor	JM	34.16	9	7	
Mathew Payne	JM	34.30	10	8	
Michael Connor	VM	34.55	11	1	
Krista Barnett-Ballard	JW	34.58	12	1	
Sam Simmonds	JM	35.52	13	9	
Rachel Carr	JW	36.04	14	2	
James Dawson	JM	36.42	15	10	
Jessica Adlam	JW	38.07	16	3	
Liz Connor	VW	42.13	17	2	SP
Deborah Carr	JW	42.48	18	4	
Hollie Murrell	JW	42.52	19	5	
Short Course Team					
Nikita & Kerry Adlam	Team	32.06	1		
Latetia Adlam & Ethan Bowater	Team	36.03	2		
Scott MacKay & Tessa Payne	Team	36.49	3		
Long Course Team					
Mike & Alex Team	Team	29.51	1		
Sam Andrews Team	Team	37.08	2		
Nick Ellery Team	Team	37.12	3		
Spitfire Team	Team	39.44	4		
Team B&E	Team	43.57	5		