

To Taupo Times  
To the Weekender

Attn Mary McCarty  
Attn Amanda Smith



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#### **SMITHS SPORTS SHOES – NEW BALANCE DUATHLON**

The 5<sup>th</sup> summer Duathlon was held on Monday night with 41 individuals and teams taking part. Wet weather again deterred some from coming along with a resultant reduced field size from earlier weeks. 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 22 individuals in the full Duathlon was junior John Glanville in 31m18s with stalwart Rob Brown the first veteran in 34m11s. The first woman was junior Aisling Bowden in 40m53s with Rowena Hayes the first veteran in 44m33s. There were no personal best times in the full Duathlon probably because of the wet windy conditions. In the shorter course event junior Liam Brake was the first of 14 home in 31m43s with Ellie Heenan the first junior woman in 33m14s. The Cabbages team were the first of 3 teams on the long course in 38m57s with Kerry and Nikita Adlam the first of 2 teams on the short course in 34m26s.

James Dawson, Darryl August and the Spitfire team 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 1 December at the same venue starting outside the squash club by the AC Reserve at 6pm sharp. Registration is from 5:30pm. . From next week all non club members will pay a \$5 race fee and the race will be free for 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 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°5, 24th 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>					
John Glanville	JM	31.18	1	1	
James Weal	JM	34.04	2	2	
Rob Brown	VM	34.11	3	1	
John VanDerKaay	VM	34.44	4	2	
Spud Douglas	VM	35.02	5	3	
Ian Issacs	VM	36.52	6	4	
John Kuper	VM	37.27	7	5	
Peter Sutton	VM	38.38	8	6	
Rex Livingston	VM	38.41	9	7	
Steve Currie	VM	38.59	10	8	
Denis Lewis	VM	39.10	11	9	
Darryl August	VM	39.50	12	10	SP
Frank Sutton	JM	40.08	13	3	
Corby Price	JM	40.42	14	4	
Aisling Bowden	JW	40.53	15	1	
Sam Dobbs	JM	41.35	16	5	
Nick Ellery	JM	41.36	17	6	
Ian Cox	VM	41.44	18	11	
Steve McAnaney	VM	42.21	19	12	
Victoria Taylor	JW	44.01	20	2	
Andrew Maisey	VM	44.26	21	13	
Rowena Hayes	VW	44.33	22	1	
<b>Short Course Individuals</b>					
Liam Brake	JM	31.43	1	1	
Mitch Weal	JM	33.06	2	2	
Ellie Heenan	JW	33.14	3	1	
Sam Andrews	JM	33.36	4	3	
George Dawson	JM	34.22	5	4	
Quintin Adlam	JM	35.45	6	5	
Rebecca Issacs	JW	37.04	7	2	
Sam Simmonds	JM	37.07	8	6	
Mathew Payne	JM	37.34	9	7	
James Dawson	JM	37.53	10	8	SP
Malachi Mayall	JM	38.18	11	9	
Ronin Whelan	JM	40.52	12	10	
Michael Connor	VM	42.08	13	1	
Luke Connor	JM	42.36	14	11	
<b>Short Course Team</b>					
Kerry & Nikita Adlam	Team	34.26	1		
Joe Sutton Team	Team	37.35	2		
<b>Long Course Team</b>					
The Cabbages	Team	38.57	1		
Duncan Muller Team	Team	39.03	2		
Spitfire Team	Team	44.39	3		SP