



SMITHS SPORTS SHOES – NEW BALANCE DUATHLON, 17th November 2008

The 4th summer Duathlon was held on Monday night with 38 individuals and teams taking part. Wet weather earlier in the day reduced the field from the 77 competitors the previous week. 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 23 individuals in the full Duathlon was junior Josh Kenyon in 28m46s. Josh, a year 10 student, is another very promising Taupo junior, was robbed of a top placing last week after suffering a puncture. First senior was Paul Butt in 31m37s with Chris Todd the first veteran in 32m01s. The first woman was junior Nicole VanDerKaay (a year 8 student) in 36m02s with Juliet Jones the first senior in 39m17s and Chris Kahia the first vet woman in 52m34s. Personal best times in the full Duathlon were set by Josh Kenyon (by 10 seconds) and Matt Truebridge (by 2 seconds). In the shorter course event junior Frank Sutton was the first of 11 home in 30m41s with Krista Barnett the first junior woman in 31m14s. Steve and Ryan Yerex were the first of 2 teams on the long course in 31m14s and the Sutton Ellery team were the first of 3 teams on the short course in 33m46s.

James Weal, Frank Sutton and Deborah Carr 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 24 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 some photos



Josh Kenyon the first individual home in the Duathlon



Frank Sutton, James Weal and Deborah Carr with their Smiths Shoes spot prizes
See next page for results

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BALANCE DUATHLON N°4, 17th
November 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					
Josh Kenyon	JM	28.46	1	1	PB
John Glanville	JM	30.56	2	2	
Paul Butt	SM	31.37	3	1	
Chris Todd	VM	32.01	4	1	
James Weal	JM	33.49	5	3	SP
Matt Truebridge	VM	33.56	6	2	PB
Ray Docherty	VM	34.49	7	3	
John VanDerKaay	VM	34.59	8	4	
Steve Currie	VM	35.55	9	5	
Nicole VanDerKaay	JW	36.02	10	1	
Ian Issacs	VM	36.08	11	6	
John Kuper	VM	36.49	12	7	
Peter Sutton	VM	37.28	13	8	
Rex Livingston	VM	38.11	14	9	
Juliet Jones	SW	39.17	15	1	
Kyle Goucher	JM	39.49	16	4	
Ian McQuay	VM	40.05	17	10	
Sam Dobbs	JM	40.27	18	5	
Victoria Taylor	JW	41.23	19	2	
Jordan Sievwright	JM	41.55	20	6	
Mike Teddy	SM	43.19	21	2	
Janice McCashin	SW	49.56	22	2	
Chris Kahia	VW	52.34	23	1	
Short Course Individuals					
Frank Sutton	JM	30.41	1	1	SP
Mitchell Carr	VM	32.06	2	1	
Sam Andrews	JM	32.50	3	2	
Mathew Payne	JM	35.35	4	3	
Maribel Carlyle	VW	37.54	5	1	
Krista Barnett	JW	39.11	6	1	
Deborah Carr	JW	39.52	7	2	SP
Alisdair Pearce	VM	41.58	8	2	
Hannah Pearce	JW	44.05	9	3	
Olivia Pearce	JW	44.17	10	4	
Sarah Barnett	SW	48.47	11	1	
Short Course Team					
Sutton Ellery Team	Team	33.46	1		
Holly Chan Team	Team	36.24	2		
Donald Patterson & Dave Hooten	Team	28.16			
Long Course Team					
Steve & Ryan Yerex	Team	31.14	1		
James & Mitchel Weal	Team	35.24	2		