

Triathlon Hawke's Bay Individual Course Records

Twyford Duathlon

Short Course

Male: Kairon Pimm 47:05 on 23/07/17

Female: Millie Gorry 55.42 on 24/07/16

Middle Course

Male: Luke Scott 1:05:30 on 23/07/17

Female: Eva Goodisson 1:10:16 on 23/07/17

Long Course

Male: Graeme Buscke 1:06:19 on 23/07/17

Female: Karen Toulmin 1:08:50 on 24/07/16

Haumoana Duathlon

Short Course

Male: Karsen Vesty 44.30 on 28/05/17

Female: Sophie Hogan 46:56 on 21/06/15

Middle Course

Male: Luke Scott 1:05:30 on 23/07/17

Female: Eva Goodisson 1:03:17 on 23/08/15

Long Course

Male: Will O'Connor 1:01:15 on 21/06/15

Female: Karen Toulmin 1:08:12 on 28/05/17

Havelock North Duathlon

Short Course

Male: Kairon Pimm 36:49 on 17/09/17

Female: Katelyn Garbes 43:34 on 25/06/17

Middle Course

Male: Christopher Roy York 1:04:58 on 17/09/17

Female: Sophie Hogan 1:04:30 on 25/06/17

Long Course

Male: Steve Charles 1:07:26 on 17/09/17

Female: Amber Morrison 1:11:12 on 25/06/17

Pandora Pond Triathlon

Short Course

Male: Sebastian Ferguson 38:56 on 22/11/15

Female: Sophie Hogan 39:12 on 20/12/15

Sprint Course

Male: Jeremy Natusch 1:02:13 on 12/02/17

Female: Karen Toulmin 1:05:59 on 12/02/17

Standard Course

Male: William Kelsey 2:09:46 on 19/11/17

Female: Karen Toulmin 2:11:59 on 19/11/17

Triathlon Hawke's Bay Individual Course Records Rules.

- Course records are now being recorded to recognise our special performances by members of Triathlon Hawke's Bay.
- To achieve a course record you must be a fully paid member of Triathlon Hawke's Bay.
- Be under 15 years of age on the day of either duathlon or triathlon events to race for the short course records.
- Middle and long-distance courses are open age group.
- Course records are only achievable in triathlon Hawke's Bay events, excluding school or outside club run events, run on same day in conjunction with triathlon Hawke's Bay event.
- Course records are only available on our four 'usual' club courses. These being.
 - Pandora pond (with the adjusted run).
 - Havelock North duathlon course.
 - Twyford duathlon course.
 - Haumoana duathlon course.
- Each course will have 1 male and 1 female course record holder in all three distances, short, middle and long. there are no age group records, except the age restriction for the short course.