

have completed, not an Ironman (too many hip injuries for that) but a 70.3 Half Ironman. The last time I completed a 70.3 was September 2014 but I have a feeling 2019 will be kind to me, winning the 80 plus age group at Tauranga Half Ironman last weekend being a good start.

Wish me luck on Saturday 2 March.

Garth

RESULTS 9 January 2019

1000m			Javelin		
1	Natasha Gordon	3:39:53	1	Jamieson Brown	19.46m
2	Jamieson Brown	3:59:70	2	Mike Shaddick	17.03m
3	Mike Shaddick	4:20:43	3	Kathy Fell	15.40m
4	Cathy Breed	5:33:07	4	Bill Fell	10.35m
5	Tyrell Jaggard	5:51:52	5	Natasha Gordon	10.06m
6	Murray Stevens (w)	7:00:04	6	Chris Barker	7.38m
7	Cherie Carmichael (w)	8:31:98	7	Bruce McLean	7.25m
8	Chris Barker (w)	8:41:27			
9	Bill Fell (w)	8:42:19			
10	Bruce McLean (w)	9:52:78			
	200m				
1	Jamieson Brown	28:07			
2	Natasha Gordon	30:97			
3	Mike Shaddick	35:40			
4	Cathy Breed	37:74			
5	Tyrell Jaggard	41:94			
6	Murray Stevens	56:47			
7	Bill Fell	1:05:53			
8	Cherie Carmichael (w)	1:47:53			
9	Chris Barker (w)	1:50:26			