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2011

Total Series Prize Money **R300 000+**

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SA's Richest Multisport Series For Zevenwacht Estate

Venue Zevenwacht has viticultural roots which stretch far back into South Africa's historic past. The name Zevenwacht means Seven Expectations, and hints at the abundance of culinary delights which await visitors to the farm.

The 450 hectare property has been a regular host of mountain biking events since 2003, including three National Cross-country and Downhill Championships, several WP Championships and the 60km Tin Mine Challenge.

In this mountain biking paradise, duathletes should expect some challenging climbs and descents. According to Estate events manager John Johnson, there is 274m climbing for each of the two 9.5km laps. There is 1km of singletrack per lap, another 1.3km on a rutted 4x4 track and 700m of very sandy and loose road on an incline. The rest of the route is vineyard dirt road, a bit easier than the 4x4 jeep track, but also rutted and extremely tricky, more so in wet weather. Caution should be exercised at all times. There are only a couple of hundred metres of contour roads for resting. Entrants are either going up or concentrating on riding down.

John says: "This farm, and all the others in the region for that matter, are not easy going, and even though there will be periods of rest for cyclists, it will be quickly followed by more work!"

Competitor equipment tips

Bring along your mountain bike, riding kit and trail running shoes. Helmets are compulsory. "Riders must also prepare for punctures. Clever use of slime and tyre liners will put you ahead. Invader Devil Thorns are eradicated where spotted, but some do slip through the net, to create devilish circumstance for riders who aren't prepared," says John.

If you don't have a bicycle, form a team with a friend who has. If you're a cyclist, find a runner friend and take part together.

Duathlon overview

The sport of duathlon tests running and biking abilities with a gruelling run - bike - run format. The National Duathlon Series goes one step further by splitting the six events into three road and three off-road events. This gives all-rounder bragging rights to entrants who complete multiple events.

Due to popular demand, this year's Series has increased its cycling distances, which is good news for strong and technical riders and has already attracted greater attention from the cycling fraternity.

Comments from 2010 category winners

Women

Currently it is not clear whether 2010 women's Series winner Andrea Steyn will be participating at Zevenwacht due to an operation in late March. The physiotherapist from Pretoria has been on a long winning streak, topping the prestigious BSG Energade Tri Series, securing a third in the National Duathlon Series last year, and winning February's Troisport Joburg Triathlon.

"I'm so glad the Duathlon Series is growing year by year! This year I think the cyclists will have the advantage due to the fact that the cycle will be double the distance. At this stage I am not sure how many events I will be doing in the Series. In 2010 I was injured for almost two months and this prevented me from doing two events. I was also in Europe for seven weeks and could not attend the remaining events. Luckily I was back in time for the final event at Potch. My main aim this year is again to race abroad. I will attend the Series races that I can as part of my training."

Editor: Andrea steynandrea@hotmail.com

Men

In the men's category, the National Duathlon Series seems to be made for Brand du Plessis from Secunda. One of the quickest runners on the duathlon circuit, it will be interesting to see whether he is able to add a fourth National Duathlon Series title as easily to his three crowns (2008-2010) now that the cycle leg distances have been increased substantially. His pointers for success? "The support of my wife, friends and family. And I love sport." His love of competition shows in his six out of six attendance at last year's Series. The appearance of Brand Junior on 20 January this year is unlikely to slow this speedster down either.

Editor: Brand 0832673312 @mtnloaded.co.za, cell 0832673312

Vital stats

Directions:

Zevenwacht Estate GPS coordinates -
33 55'50.50" S
18 43'26.30" E

Visit www.zevenwacht.co.za/zw_map.html for directions

Entries:

www.cycleLab.co.za or enter the day before at the venue from 1-5pm and from 6.30am on the morning of the race.

Start times:

8am Kiddies, 9am main race

Facilities:

Showers: No

Food stalls: Yes

Free cold drinks on finish line: Yes, including Bene Water

Bike shops in attendance for assistance: No



Series overview

Fourth year (started 2008)

Total series prizemoney in excess of R300,000

Three events are offroad (5km/30km/2.5km)

Three are road (5km/40km/2.5km)

Duathlon is run + bike + run (timed as one event)

Team option: Yes

Categories: Open, Age 40-49, 50+

Prizemoney: The Grand Prix system awards 20 points for a win, 19 points for second etc. At the end of the Series, a bonus of R10,000 prizemoney is awarded to the winning man and the winning woman, R6,000 for second and R4,000 for third. See www.duathlon.co.za for more

Medals: Only for Kiddies race

Kids distances 1km run / 5km cycle / 1km run

Goodie bag: New Balance moisture management t-shirt, Vit-T-Go energy supplements, Go Multi magazine (total value approx R300)

Spot prizes: New Balance, Rudy Project, PeptoPro, PeptoSport, Go Multi

Race website www.duathlon.co.za

Enter online www.cyclelab.co.za

Online fees: R155 individual, R210 team, R50 kiddies, R80 kiddies team

On the day entries: R200 / R250 / R60 / R100

Enquiries: Andre de Beer 082 490 5061

Televised on SuperSport

2011 Series dates:

Event 1: Sun 27 Feb, Waterfall Country Estate, JHB (offroad)

Event 2: Sun 17 Apr, Zevenwacht Wine Estate, Cape Town (offroad)

Event 3: Sun 15 May, Pollock Beach, Port Elizabeth (road)

Event 4: Sun 12 Jun, Roodeplaat Dam, Pretoria (road)

Event 5: Sun 24 Jul, Holla Trails, Umhlali, 40 minutes north of Durban (offroad)

Event 6: Sun 14 Aug, Potch Dam, North West Province (road)

Images:

Please advise if you require high-resolution images from the 2010 Series from Cobus Botha design@gomulti.co.za

For more information:

On the event, course details: Andre de Beer 082 490 5061

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