



momentum
health

i-flex™

2011

National Duathlon Series

Total Series
Prize Money **R300 000+**

Powered By **PeptoPro®**



Green KZN hills tougher than expected

It was billed as a fast, flowing course in the sugarcane fields around Collisheen Estate, but dusty, muddy duathletes piling through the finish chute told a very different story, of big rolling uphill, sharp technical turns and BMX-style speephumps to negotiate in the fifth event in the R300,000 Momentum Health i-Flex Duathlon National Series.

In the end, the first hosting of the four year-old Series at Holla Trails, outside Ballito, KwaZulu-Natal, favoured a local in the men's race, as Ballito's Tyronne White (Russell White Academy) took full advantage of his MTB strength and the bike issues suffered by Series leader Brand du Plessis (PeptoSport) of Secunda (drivetrain and puncture) and Pretoria's Theo Blignaut (puncture), while holding off the charge of Cape Town's experienced XTERRA campaigner, 41-year-old Lieuwe Boonstra (Momentum/Red Bull).

Du Plessis, still feeling the effects of frostbitten thumbs from a recent training ride in Secunda, wasn't having a good day for other reasons. First he had to attempt a DIY repair to his chainring using a cable-tie with minutes to the start, which didn't work, resulting in a bent blade and having to ride the entire race, including all the hills, in the big blade.

Next, he punctured and had to hand-pump instead of using the much faster CO2 bomb. His third today does mean he retains his overall Series lead for the fourth year in a row, a phenomenal achievement of consistency. A newcomer to duathlon but no stranger to suffering was fourth-placed Jock Green, well-known as a top-class road cyclist. The 37-year-old was only 2:46 off Du Plessis' third-place time - a sign perhaps of him making a name for himself in multisport in the future.

In the ladies race, Pretoria's Carla van Huyssteen (Team Inov-8 Elite) put her recent dominant local form and international placings at both XTERRA Sicily (third) and XTERRA France (fifth) to good use, running

Photos: Chantelle Melzer/Go Multi magazine



Men's race top three (left-right):

Lieuwe Boonstra (second), Tyronne White (winner),
Brand du Plessis (third)



Women's bubbly podium celebration from (left-right):

Alae Brand, Carla van Huyssteen,
Natalie Bergstrom

the first lap in sixth place overall and then using her cycling talent to power further away from Capetonian chaser Alae Brand (Team Inov-8 Elite) and Durban's Retha Shaw (PeptoSport). Natalie Bergstrom was a surprise cat amongst the pigeons on her mountain bike, leapfrogging Brand and Shaw to steam into T2 (the transition from mountain bike to run) in second, with Brand snapping on her heels. An under pressure Bergstrom made a tactical decision to save a few seconds by running in her rigid MTB shoes for the final 2.5km run. By her own admission this made for some slipping and sliding on the corners of the undulating course. Whether running shoes would have made any difference is debatable, since Brand's running prowess is legend and she reclaimed second spot with ease.

The final stop in the six-event Series is at Potchefstroom in North-West Province on Sunday 14 August. More at duathlon.co.za. Event coverage in Go Multi magazine gomulti.co.za.



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:

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