



**momentum**  
health

**i-flex™**

# National Duathlon Series

**2011**

Powered By **PeptoPro®**

Total Series Prize Money **R300 000+**

**Race 1**  
Sunday, 27 February  
**Waterfall Estate**  
Johannesburg, Gauteng  
Off Road Event  
5km 30km 2.5km

**Race 2**  
Sunday, 17 April  
**Zevenwacht Wine Estate**, West Cape  
Off Road Event  
5km 30km 2.5km

**Race 3**  
Sunday, 15 May  
**Pollock Beach, PE**  
Eastern Cape  
On Road Event  
5km 40km 2.5km

**Race 4**  
Sunday, 12 June  
**Roodeplaat Dam**  
Pretoria, Gauteng  
On Road Event  
5km 40km 2.5km

**Race 5**  
Sunday, 24 July  
**Hollatrails**  
Durban, Kwa-Zulu Natal  
Off Road Event  
5km 30km 2.5km

**Race 6**  
Sunday, 14 August  
**Potchefstroom Dam**  
North West Province  
On Road Event  
5km 40km 2.5km

## Duathlete Package for the first 400 entries

- New Balance Moisture Management T-shirts valued at R250.
- Complimentary GO Multi Magazine
- Fabulous Goody Bags
- Medals ONLY for Kiddies Races.



	Online entry fees	Late entries on the day
Individual	R 155	R 200
Team	R 210	R 250
Kiddies	R 50	R 60
Kiddies Team	R 80	R 100

## General Information

- For race information or enquiries, please visit [www.duathlon.co.za](http://www.duathlon.co.za) or call Andre de Beer 082 490 5061 / Anna-Marie (082 9549628).
- Spot prizes – New Balance Hampers and Rudy Project Eyewear at all events.
- Enter online [www.cyclelab.co.za](http://www.cyclelab.co.za)
- All events televised on Super Sport.



Kiddies Race Starts: 8am | Main Race Starts: 9am

**\*EXACT DISTANCES MAY VARY ON THE DAY DEPENDING ON THE VENUE**

Position	Open Men and Women	Open Teams Men, Women, Mixed	Age 40 - 49 Men and Women	Age 50+ Men and Women	Juniors 15 - 19 Boys and Girls
1st	R 5000	R 1500	R 1000	R 1000	R 600
2nd	R 3000	R 1000	R 750	R 750	R 500
3rd	R 2000		R 500	R 500	R 400

## Kiddies • Spot Prizes

- Distance: Road / Off Road 1km - 5km - 1km\*
- Ages: 5 - 14 Boys and Girls

## Grand Prix Prize Money

Position	Open Men & Women	Age 40 - 49 Men & Women	Age 50+ Men & Women
1st	R 10 000	R 2 000	R 2 000
2nd	R 6 000	R 1 500	R 1 500
3rd	R 4 000	R 1 000	R 1 000

## Grand Prix Point System

- 1st Place 20 Points – 20th Place 1 Point.
- 4 bonus points will be awarded to athletes who compete in all 6 events.
- Athletes with most points win the Series.



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Terms and conditions apply.  
\* Standard sms rates apply

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