



## **MOMENTUM HEALTH I-FLEX NATIONAL DUATHLON SERIES 2010 POWERED by PEPTOPRO**

### **EVENT # 1 ON ROAD: ROODEPLAAT DAM, Pretoria, Sunday 7 March 2010**

Monday 31 March, 2010 – Event 1 of the Momentum Health i-Flex National Duathlon Series powered by PeptoPro took place on a perfect day at Roodeplaat Dam to the north of Pretoria. A great turnout of approximately 450 athletes participated in the event, which is an indication of the growing trend towards multisport.

The day started off with the ever popular and growing kiddie's race, and soon after this the main race of the day took place.

Clearly the men's elite division, with prize money of R 10 000 on offer, will be much more competitive than in 2009 with the likes of Erhard Wolfaardt, Michael Davidson, Bryce Vegas, Brand du Plessis and Stuart Marais all present and determined to win.

It was this exact combination, with all entering the first transition together after the first 5km sprint. Unfortunately the big loser was Michael Davidson who punctured just as he climbed onto his Cervello P3. The remaining men stayed together for the 20 km cycle, all taking a stab at the front with lots of cat and mouse tactics unfolding

It came down to the final run and ultimately a 2.5km sprint finish with Erhard Wolfaardt from the Nestle Pure Life Team beating Brand du Plessis by a mere 10 seconds.

The ladies race was quite the opposite with the indomitable and fabulously fit Nestle Pure Life team member Andrea Steyn once again leading from start to finish in what can only be described as pure dominance and ultimate talent. She was followed by two of her Nestle Pure Life team mates, Carlyn Fisher and Kathryn Cronje, rounding off the podium, and collecting the R 10 000 between them.

Off course the day brought many family members out to join in the fun as did Liezel van der Westhuizen from Jacaranda Fm who decided to assist her mother through the event. Great spirit and love for the sport shown by her and yes, mom did finish and in one piece.

### **EVENT # 2 OFF ROAD: ZEVENWACHT WINE ESTATE, Sunday 18 APRIL 2010**

The next event will be off-road in Cape Town on 18 April and who knows, will the change in surface bring new winners to the podium?....we'll have to wait and see!

All events will be televised in a dedicated 26 minute program on Super Sport starting on 5 April 2010.

More details can be accessed at [www.duathlon.co.za](http://www.duathlon.co.za)

ABOUT MOMENTUM HEALTH [www.momentumhealth.co.za](http://www.momentumhealth.co.za)

When it comes to your health you can afford to be choosy. At Momentum Health, you can pick and choose what's best for your health. And, by electing to be treated at any one of the private hospitals the Scheme has negotiated with countrywide, you'll pay reduced monthly medical aid contributions. Quality care for less is just another way Momentum Health puts your health first.

ABOUT I-FLEX [www.icanflex.com](http://www.icanflex.com)

i-flex™ contains 100% rosehip powder made from the seeds and husks of fruit from *Rosa Canina*. i-flex™ has shown in scientific studies to help soothe joints and improve overall mobility and quality of life. Joint pain and stiffness were found to be significantly reduced in 4 out of 5 people, within 3 weeks of consuming this patented powder supplement. Two medical literature reviews conclude that there is a *proven overall antioxidative, anti-inflammatory effect and pain relieving potential of rose hip powder from Rosa canina*.

ABOUT PEPTOPRO [www.peptopro.com](http://www.peptopro.com)

PEPTOPRO is a protein hydrolysate which delivers protein split into smaller pieces, called peptides. These peptides provide the amino acid building blocks rapidly to the muscles which promotes faster muscle recovery. This increases endurance and overall performance, and helps to reduce muscle fatigue.

I-Flex and PeptoPro are proud supporters of NOAH – Nurturing Orphans of AIDS for Humanity



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