



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

EVENT # 2 OFF ROAD: ZEVENWACHT, Cape Town, Sunday 18 April 2010

18 April 2010 - Round Two of the Momentum Health I-Flex National Duathlon Series took place at the beautiful Zevenwacht Wine Estate in the Western Cape. Weather conditions were good as a light breeze and sunny skies welcomed all the participants.

Event 2, an off-road event, course designer Andre de Beer made sure that the participants would be put to the test with a well designed course that provided a little bit of everything. With the series offering the biggest purse in SA the top duathletes all made their way to Zevenwacht and the stage was perfectly set for challenging competition.

From the start of the men's race it was clear that the winner would emerge from one of five athletes - Brand du Plessis, Richard Murray, Stuart Marais, Lieuwe Boonstra and Carl Passio. Richard threw down the challenge during the first 5km run and only Brand and Stuart were able to respond with Lieuwe following in close pursuit. Into Transition 1 and out on the first of two 10km mountain bike circuits the positions quickly changed. Richard still leading with Lieuwe then up into second place was followed by Stuart and Brand. The lead gap grew bigger and bigger as Richard was in top form and in a class of his own. First into Transition 2 was Richard followed by Lieuwe, Stuart and Carl Pasio.

The positions stayed the same on the final run but, Richard was sadly disqualified for accepting a bicycle offer from a fellow participant when his own broke only 4km from Transition 2. This gave Lieuwe the win with Stuart in second and Carl in third.

The women's elite race saw the usual and competitive strong presence from the Nestle Pure Life team in Andrea Steyn, Carla Germishuys (van Huysteen) and Carlyn Fisher. Local favourite Michelle Lombardi made her maiden appearance in the series as part of her preparations for the African X-Trials. The Nestle team members made easy work of the first 5km run with Michelle finding the pace too hot and trailing by a small margin when they reached Transition 1. After 10km on the mountain bike a total shuffle of position presented itself. Suddenly, Michelle was leading, Carla second and Andrea third. The positions stayed the same all the way through Transition 2 and the final run. A delighted Michelle Lombardi crossed the finish line victorious with Carla Germishuys (van Huysteen) in second and Andrea in third.

Clearly the National Duathlon Series is now truly structured to display SA's best all round duathletes (with two first time winners in the series). The technicality of the route was welcomed by all on the day.

EVENT # 3 OFF ROAD NORTHERN FARM, Johannesburg Sunday 9 MAY 2010

Round three of the series is also an off-road event and the athletes can expect a similar course layout. This will take place on the 9th of May at Northern farm just north of Johannesburg.

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

ABOUT MOMENTUM HEALTH 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 <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

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 .

Contact: Charne Bosman Tel: 0829093008 charne75@gmail.com



making a success of life

