



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

Press Release, EVENT # 6, Potchefstroom Dam, North West - 19th September 2010

Sunday 19 September 2010 - The 2010 Momentum Health I-Flex National Duathlon Series has been the most exciting, since the inception of the Series three years ago, largely due to bigger participation across the board and bigger sponsors getting involved but also because we have witnessed four different male and four different female winners in the course of the Series.

The final round of the Series took place in the **North West Province at Potch Dam**. Perfect weather conditions and a flat on road route provided the perfect stage for all participants.

In the **men's elite race** the field was tough and competitive with the likes of Brand du Plessis, Jason Spong, Johan Pretorius and Zander Berk. Brand took the lead in the first running leg and simply extended his lead in the bike leg, and in the last running leg run to win by 5 minutes. Zander Berk moved through the field from fourth place to come second overall with Johan Pretorius taking third place and Jason in fourth.

In the **women's elite race** we saw Andrea Steyn, Carla van Huysteen and Nadia Pretorius battle it out. Andrea took the lead from the first running leg and never looked back again. She won comfortably with Carla in second place and Nadia in third place.

The **overall 2010 Series winners** were **Brand du Plessis** and **Nadia Pretorius**.

To find out more please visit www.duathlon.co.za

Final point standings after 6 events:

Men:

1. Brand du Plessis 118
2. Lieuwe Boonstra 77
3. Stuart Marais 53
4. Johan Pretorius 51
5. Phillipe van der Leeuw

Woman:

1. Nadia Pretorius 103
2. Carla van Huysteen 78
3. Andrea Steyn 58
4. Leatitia Botha 35
5. Carlyn Fischer 34

