



## **MOMENTUM HEALTH TEAVIGO NATIONAL DUATHLON SERIES 2009**

Following on from a very successful 2008 Duathlon Series, Momentum Health and Teavigo return with an 8 event National Duathlon Series in 2009. With venues in Gauteng, North West, Kwazulu Natal, Western Cape, Eastern Cape and Free State: and alternating the events with a road and an off-road challenge, the series promises to test South Africa's duathletes, starting in March and finishing up in October 2009.

Momentum Health and Teavigo have put up in excess of R 375 000 in prize money, which elevates this series into one of the richest in South Africa. Additionally there is a Grand Prix Point System which gives our countries elite athletes the opportunity to earn some really good money.

The value of the duathlete goody bag package is in excess of R 300 and includes a moisture management T-shirt, energy supplements and beverages, a sports magazine and eyewear discounted vouchers.

All events will be televised in a dedicated 26 minute program on Super Sport.

### **EVENT # 1 OFF ROAD: TEAK PLACE Muldersdrift, Sunday 1 March 2009**

Monday 2 March, 2009: After a downpour the previous day, the route was tough, technical and very muddy. Jason Spong led the pack from the start of the 5km run, followed closely by the 2008 Momentum Health Teavigo Duathlon Series winner Brand du Plessis. Jason, traditionally a road duathlete, was unable to keep his lead on the challenging and slippery 20 km mountain bike course, and was overtaken by Brand, JP ten Napel, Lieuwe Boonstra and Iain Don Wauchope. After the final 2.5km run a very muddy Brand du Plessis, in a league of his own, crossed the line first, with JP ten Napel and Lieuwe Boonstra second and third respectively.

The ladies race was won by Carla Germishuys, followed by a very talented triathlete and winner of the Energade BSG Triathlon Series Andrea Steyn, with Su Don Wauchope third.

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

A Gallery of Photographs 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.

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ABOUT TEAVIGO [www.teavigo.com](http://www.teavigo.com)

Teavigo is a pure and potent source of EGCG, the health beneficial from green tea, and plays a pivotal role in your overall health and increased sense of well being, energy and vigour. The benefits include antioxidant activity, weight management by increasing metabolism, and oral health, including fresh breath.

Teavigo is pure and potent and found in Manhattan Ice tea, Revite Vit-T-Go and Revite TSlip Plus.



Teavigo is a proud sponsor of SuperSport Lets Play



and a proud supporter of NOAH – Nurturing Orphans of AIDS for Humanity

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