



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

### **EVENT # 3 OFF ROAD: GRABOUW, Western Cape, Sunday 17 May 2009**

Wednesday 20 May, 2009 – The worst Cape winter weather..cold and very strong winds, and pouring rain threatened to severely impact on the event with the possibility of having the race cancelled. However the Cape duathlon enthusiasts are not easily deterred, and more specifically the hard core mountain bikers came out in force. Sadly the intended distances had to be reduced, due to safety, to a 2.5 km run, a 10 km cycle, and finishing with a 2.5 km run.

Stuart Marais, determined to beat the current Grand Prix leader Brand du Plessis, lead the pack after the run, followed closely by Brand, with Richard Murray in third place. Taking advantage of the challenging off road conditions, Nico Phitzenmaier entered the transition first after the cycle, followed by Brand and then Stuart Marais. With only 2.5 km left, Brand sprinted to the finish, followed by Stuart Marais and Richard Murray.

Andrea Steyn, a Nestlé Pure Life athlete, led from start to a very fast finish. Yolandie de Villiers, one of South Africa's top mountain bikers, finished in second place, with Tanya Rabie third. The ladies field was strong including Alae Brand and Riana de Lange.

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 the countries elite athletes added incentives.

All events will be televised in dedicated 26 minute programs on Super Sport

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 its 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 TSlim 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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