



MOMENTUM HEALTH TEAVIGO NATIONAL DUATHLON SERIES 2009

EVENT # 4 ON ROAD: PORT ELIZABETH, Eastern Cape, Sunday 7 June 2009

Wednesday 10 June, 2009 – Event number 4 of the extremely successful Momentum Health Teavigo Duathlon Series 2009 took place on Sunday in Port Elizabeth. Threatened by strong, cold winds, the race attracted South Africa's top duathletes who, at sea level, were able to show off their best performances. The course included parts of the Iron Man route, running along the water front board walk, then cycling inland and back for 30 km, and finishing off with a run next to the beach..

It could have been anyone's race in the Elite Men's event with Brand du Plessis (overall winner of the Momentum Health Teavigo Duathlon Series 2008), Erhard Wolfaardt (winner of the BSG Energade Triathlon Series 2008) and Stuart Marais coming in to transition together after the 5 km run. Although an event favouring strong runners, the 30 km cycling leg can sort the men from the boys, which is exactly what happened. The inimitable Brand shadowed by Stuart Marais arrived back neck and neck, with Richard Murray (Junior World Duathlon Champion 2008) and Jason Spong (recent winner of Powerman Germany) a few minutes behind. With only 2.5 km to go, it was a sprint to the finish. Brand du Plessis maintained his winning streak, with Stuart Marais, Richard Murray and Jason Spong in second, third and fourth place.

Nestlé Pure Life athlete Andrea Steyn (winner of the Momentum Health Teavigo Duathlon Series 2008 and BSG Energade Triathlon Series 2008) led the women's race from start to finish. Maintaining her excellent form Andrea is a hard act to follow...and to beat! Somewhat challenged by Alae Brand from the Western Cape, fellow Nestlé Pure Life team mate Carlyn Fischer, and Ocean Basket sponsored Riana de Lange, the final 2.5 km run saw Andrea Steyn easily coming in first followed by Alae Brand and Carlyn Fischer.

The spot prizes, kindly sponsored by New Balance and Rudy Project, ensure that the elite athletes are not the only winners on the day. Additionally the Kiddies Race, a shorter version of the main race, is growing and developing our next generation of great duathletes.

A combined production of the Momentum Health Teavigo Grabouw off road Duathlon and the on road Port Elizabeth event will be screened on SuperSport on 23 June 2009.

GRAND PRIX STATUS

ELITE MEN		ELITE WOMEN	
Brand du Plessis	80	Andrea Steyn	79
Stuart Marais	57	Nadia Pretorius	56
Jason Spong	50	Alae Brand	53
Richard Murray	36	Wilmarie du Plessis	44

More details can be accessed at www.duathlon.co.za

A Gallery of Photographs 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.

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ABOUT TEAVIGO 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



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