



Congratulations
Hein VAN TONDER

on completing

Event 1A - 3km Men & Women All Ages

in a FinishTime of
00:41:05

Overall Position
40

Essentiale®
extreme

TECHNI
BLOCK  **BEAT**
THE SUN

BIOGEN
AND THE BEAT OF THE HEART

Mitchum



 **vita-thion®**
SUSTAINED NATURAL ENERGY