



**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