



**Congratulations  
Tanith DU TOIT**

**on completing**

**Event 1A - 3km Men & Women All Ages**

**in a FinishTime of  
00:50:23**

**Overall Position  
142**

**Essentiale®**  
extreme

**TECHNI**  
**BLOCK**  **BEAT**  
**THE SUN**

**BIOGEN**  
AND THE BEAT OF YOUR HEART

**Mitchum**



 **vita-thion®**  
SUSTAINED NATURAL ENERGY