



**Congratulations**  
**Zander LANDMAN**

**on completing**

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

**in a Finish Time of**  
**00:34:01**

**Overall Position**  
**5**

**Essentiale®**  
extreme

**TECHNI**  
**BLOCK** 

**BIOGEN**  
AND THE BEAT THE HEAT

**Mitchum**



 **vita-thion®**  
SUSTAINED NATURAL ENERGY