



**Congratulations  
Bradine KNOCK**

**on completing**

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

**in a FinishTime of  
00:46:59**

**Overall Position  
101**

**Essentiale®**  
extreme

**TECHNI**  
**BLOCK** 

**BIOGEN**  
And the rest is the heart

**Mitchum**



 **vita-thion®**  
SUSTAINED NATURAL ENERGY