



Leon Griffin and John Cornish with Sandringham East Primary students.

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Ironmen visit school

ENDURANCE, energy and enthusiasts were hot topics at Sandringham East Primary School recently.

Triathletes Leon Griffin,

Craig McKenzie and John Cornish visited the school to offer students insights about their sport.

The trio, all high-ranking Australians in the world of

ironmen, were invited by the school to advise students on the importance of fitness, nutrition and sport to maintain a healthy lifestyle.