



**Congratulations  
Elizabeth HOWES**

**on completing  
Event 4 - Women 14-30**

**in a FinishTime of**

**Overall Position**

**Essentiale®  
extreme**

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

**BIOGEN**  
AND THE BEAT THE HEAT

**Mitchum**



 **vita-thion®**  
SUSTAINED NATURAL ENERGY