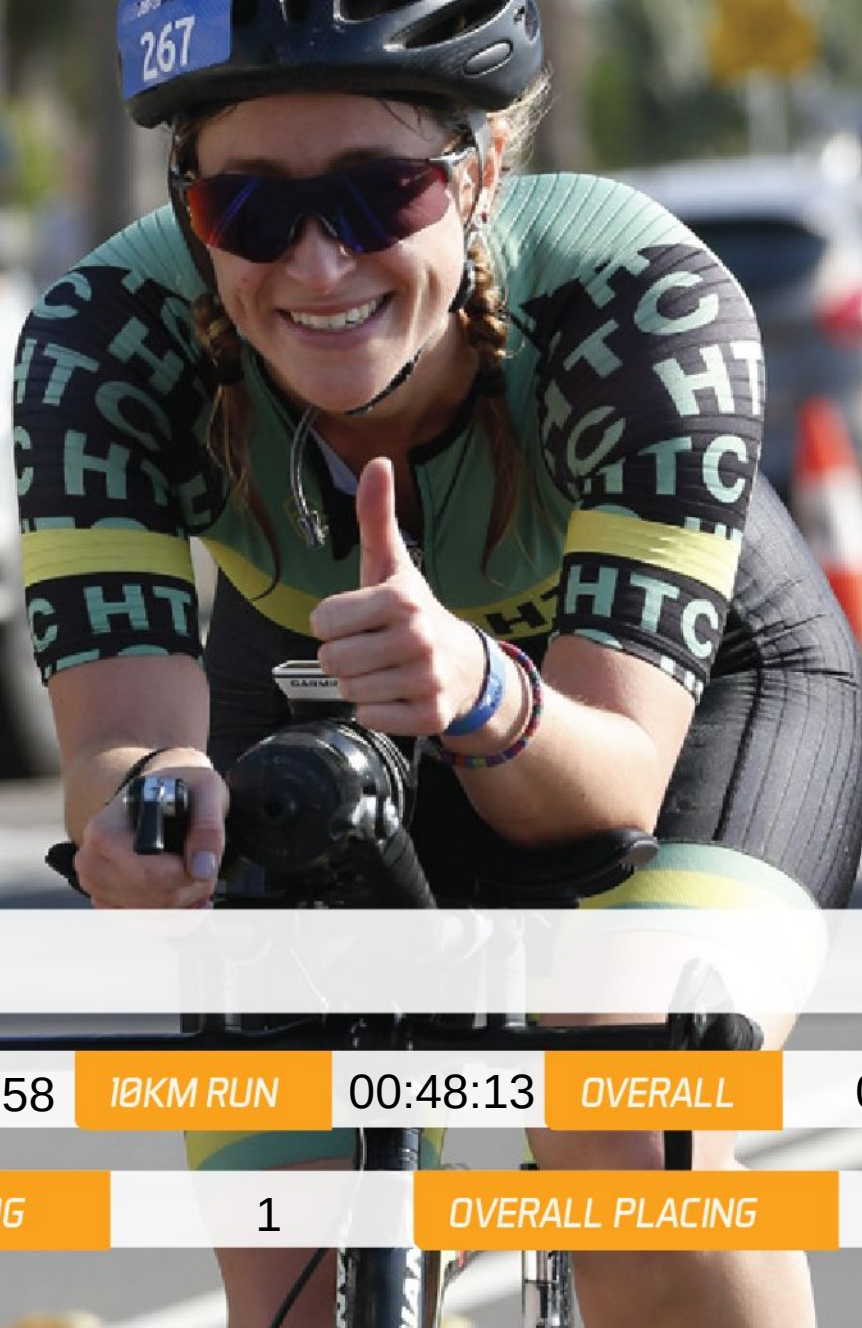




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Ellen GLENNAN

1.5KM SWIM

00:29:06

40KM BIKE

01:11:58

10KM RUN

00:48:13

OVERALL

02:34:30

CATEGORY

50-54

CATEGORY PLACING

1

OVERALL PLACING

73

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
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KIND

soto
Crafting your space

catfish