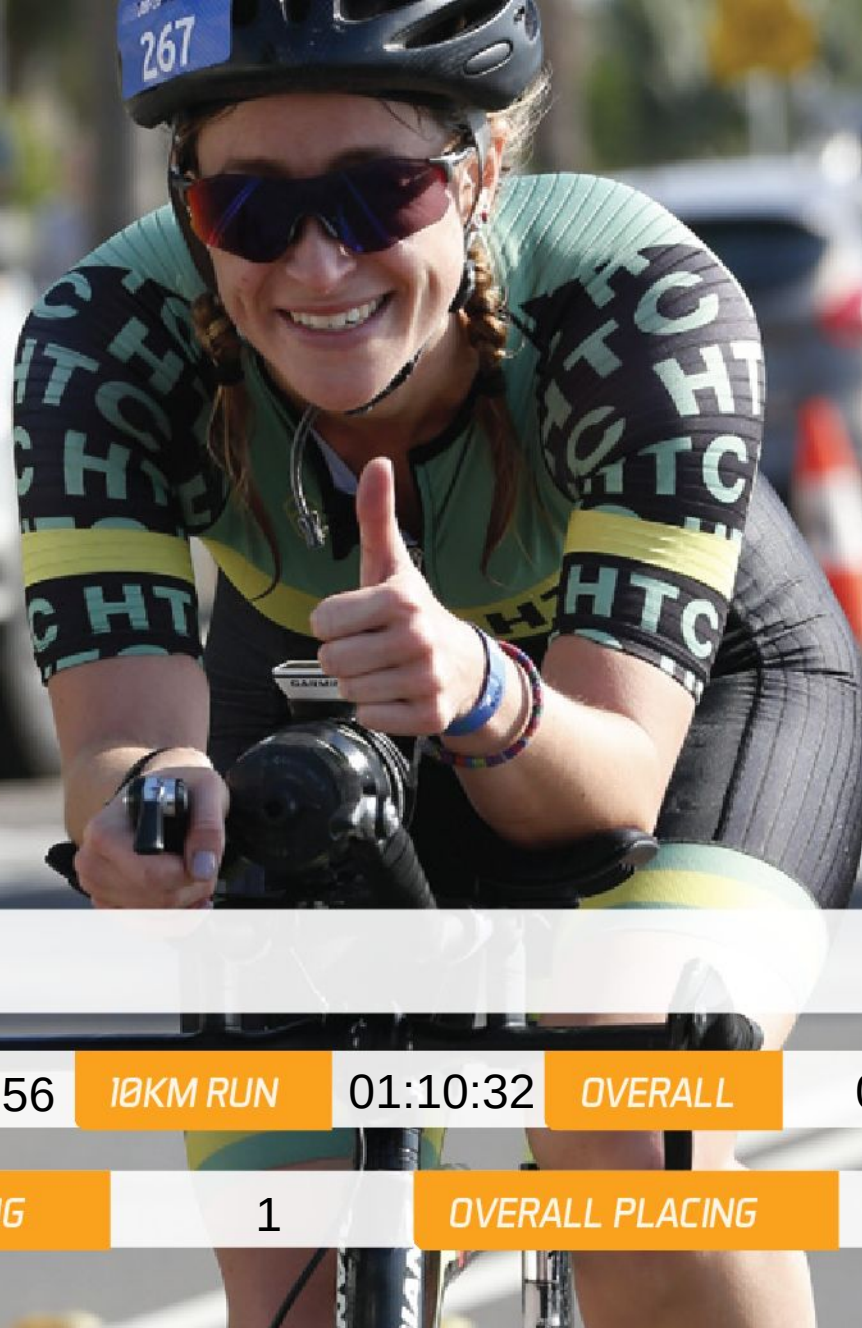




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Cathy ROWNEY

1.5KM SWIM

00:41:20

40KM BIKE

01:35:56

10KM RUN

01:10:32

OVERALL

03:37:14

CATEGORY

55-59

CATEGORY PLACING

1

OVERALL PLACING

323

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

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KIND

soto
sustainable

catfish