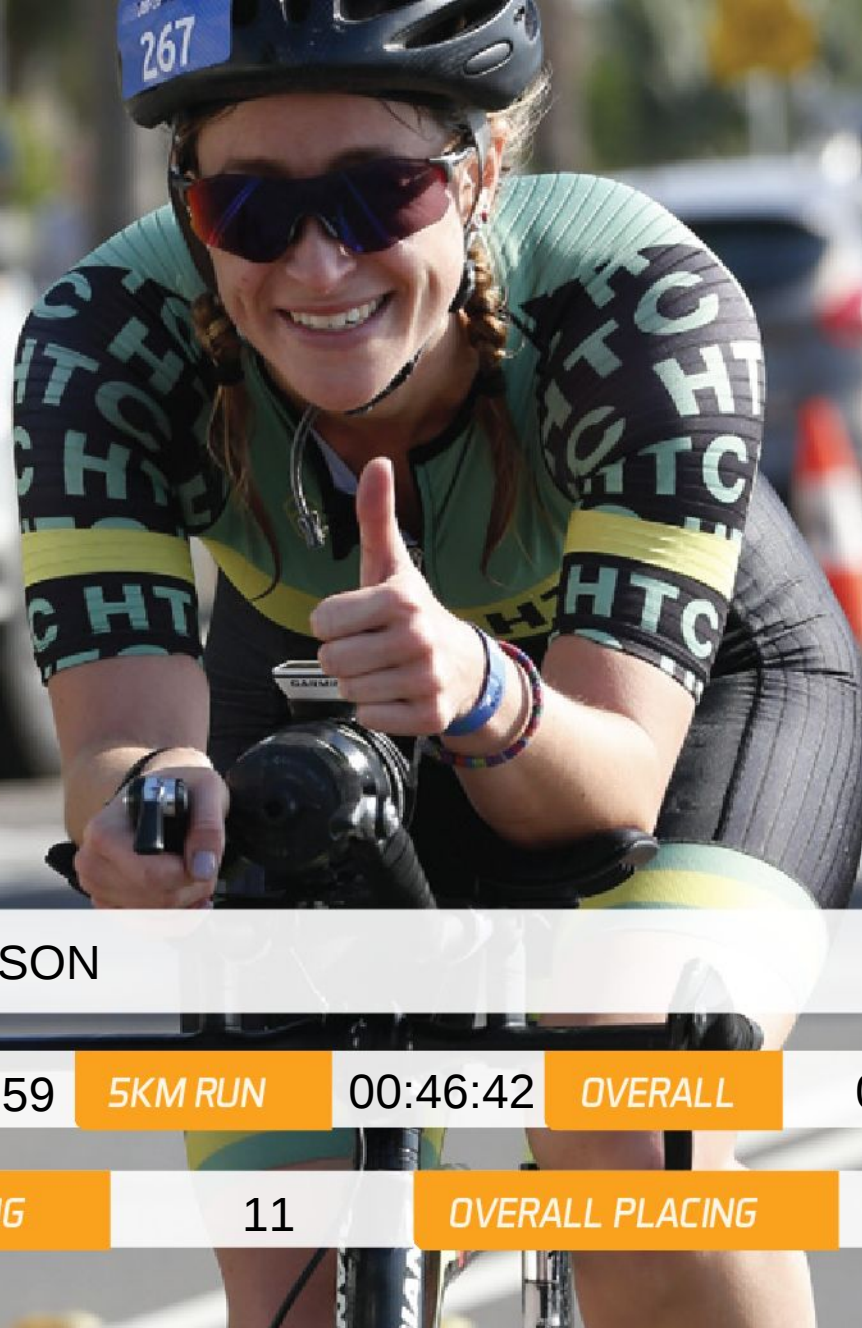




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Charlene FERGUSON

750M SWIM

00:19:53

20KM BIKE

00:48:59

5KM RUN

00:46:42

OVERALL

02:05:02

CATEGORY

45-49

CATEGORY PLACING

11

OVERALL PLACING

507

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B&B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
Coughing required

catfish