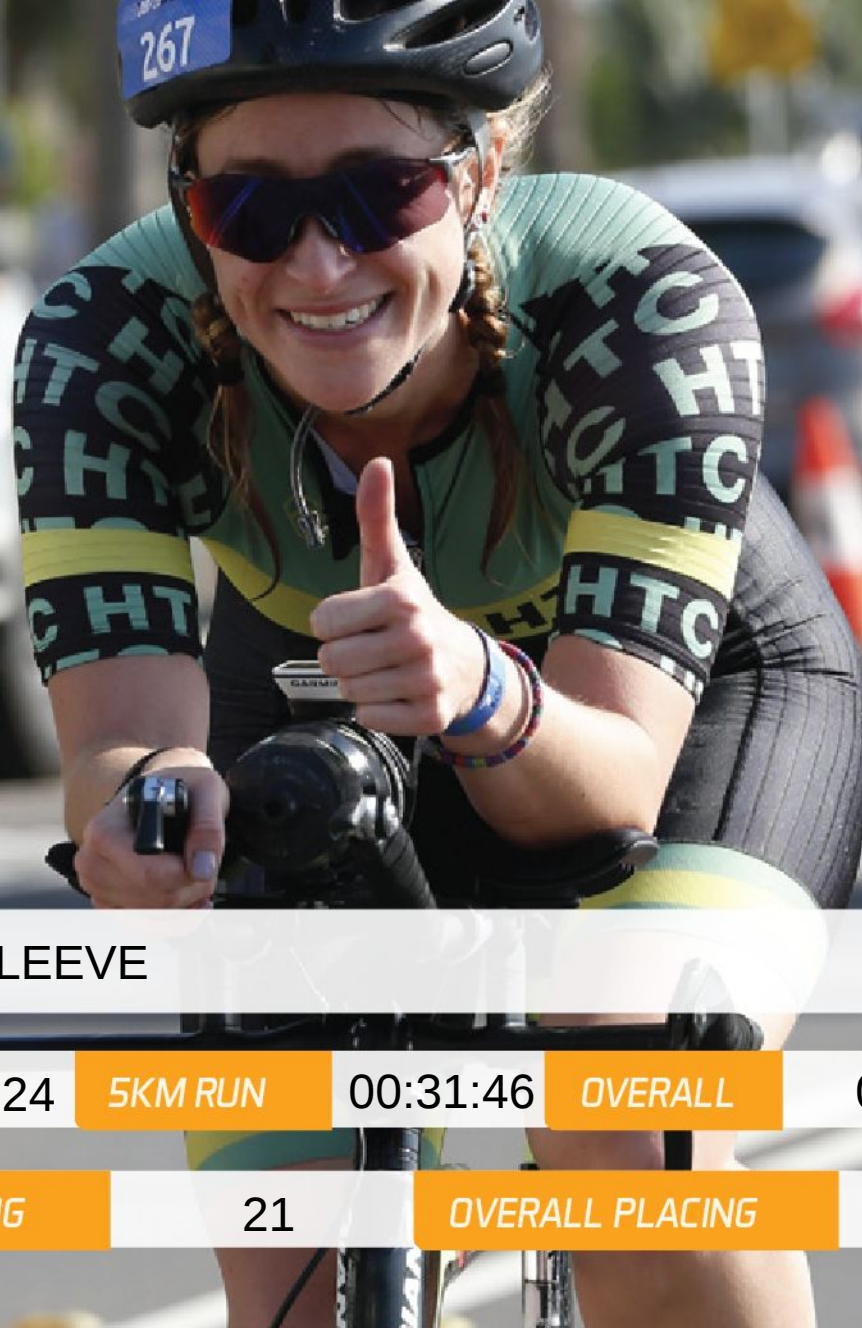




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Kirsten GILDERSLEEVE

750M SWIM

00:17:12

20KM BIKE

00:45:24

5KM RUN

00:31:46

OVERALL

01:42:44

CATEGORY

30-34

CATEGORY PLACING

21

OVERALL PLACING

384

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