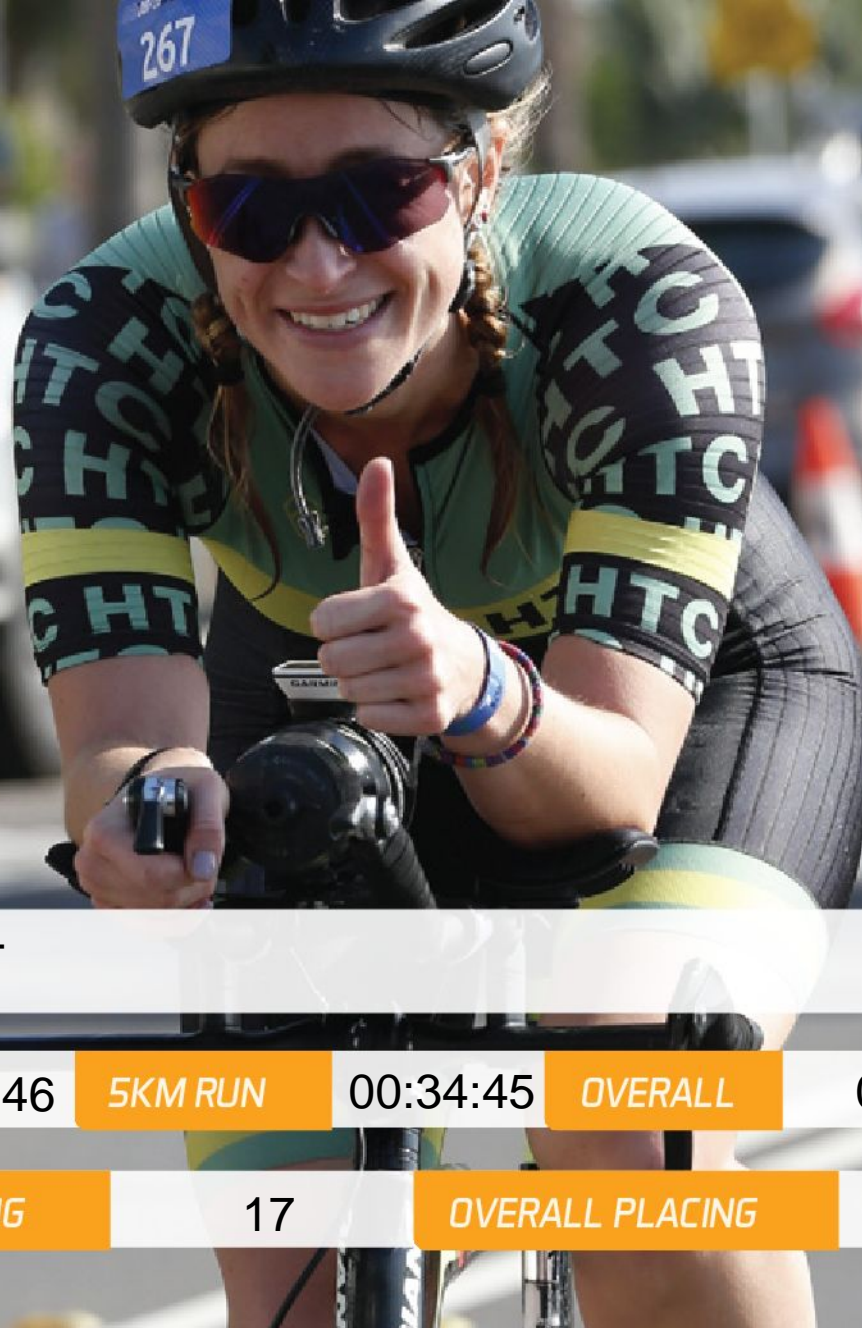




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



## SPRINT

Prudence GUEST

750M SWIM

00:14:43

20KM BIKE

00:41:46

5KM RUN

00:34:45

OVERALL

01:38:51

CATEGORY

30-34

CATEGORY PLACING

17

OVERALL PLACING

333

POWERADE.

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEERS

Mc  
i'm lovin' it™

KIND

soto  
Coughing required

>>>>>  
catfish