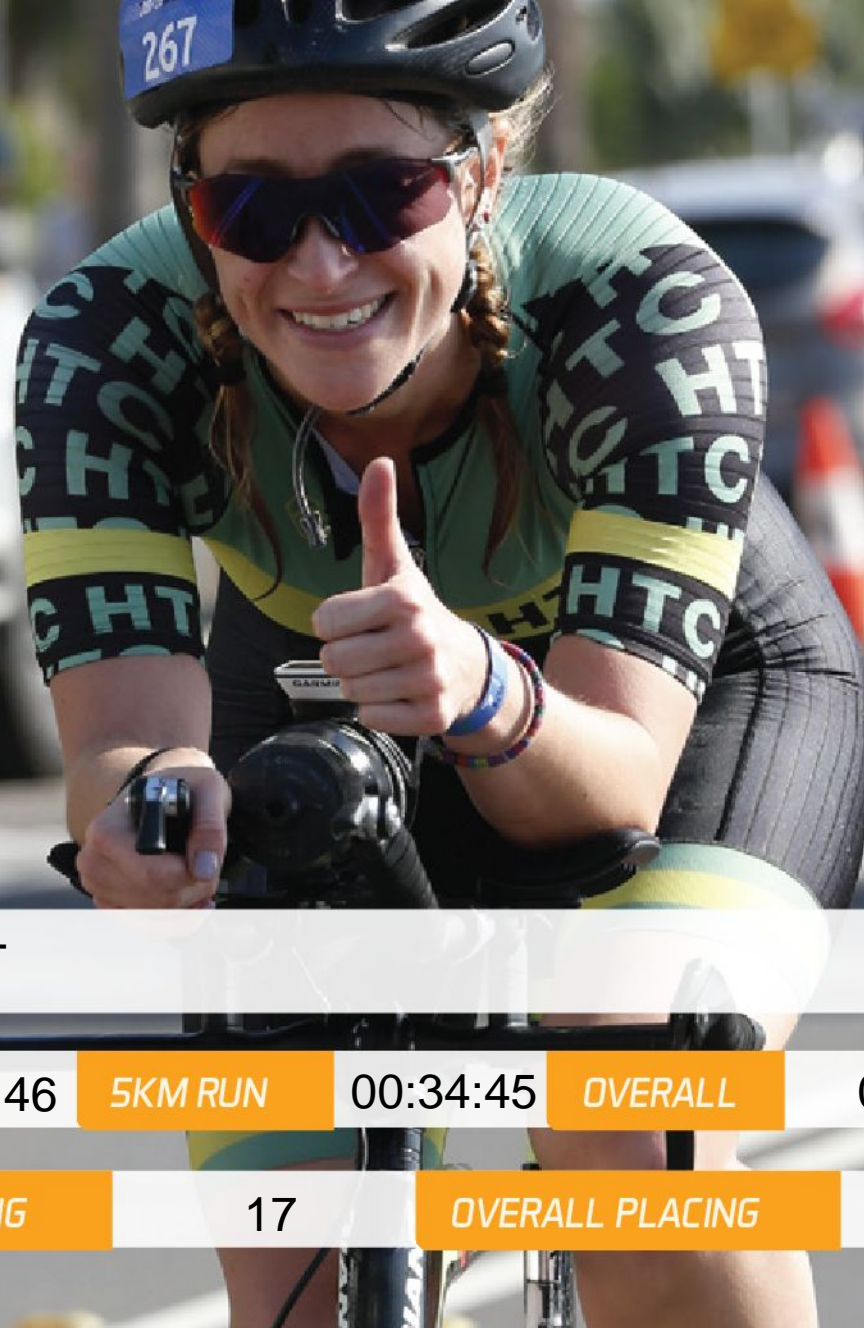




TRI THE GONG

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

McDonald's
i'm lovin' it™

KIND

soto
Coughing required

catfish