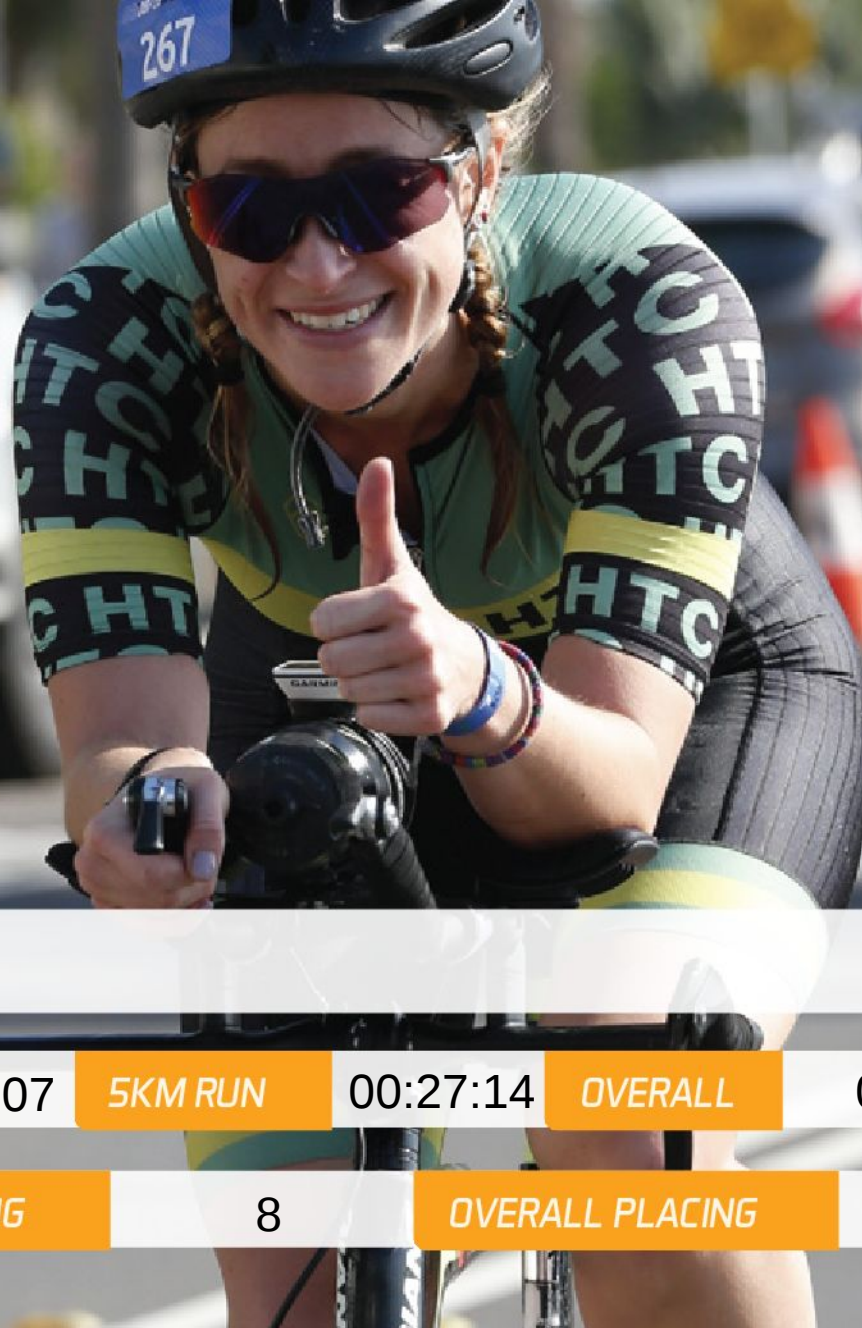




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Emma HATHER

750M SWIM

00:16:45

20KM BIKE

00:43:07

5KM RUN

00:27:14

OVERALL

01:33:39

CATEGORY

20-24

CATEGORY PLACING

8

OVERALL PLACING

267

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish