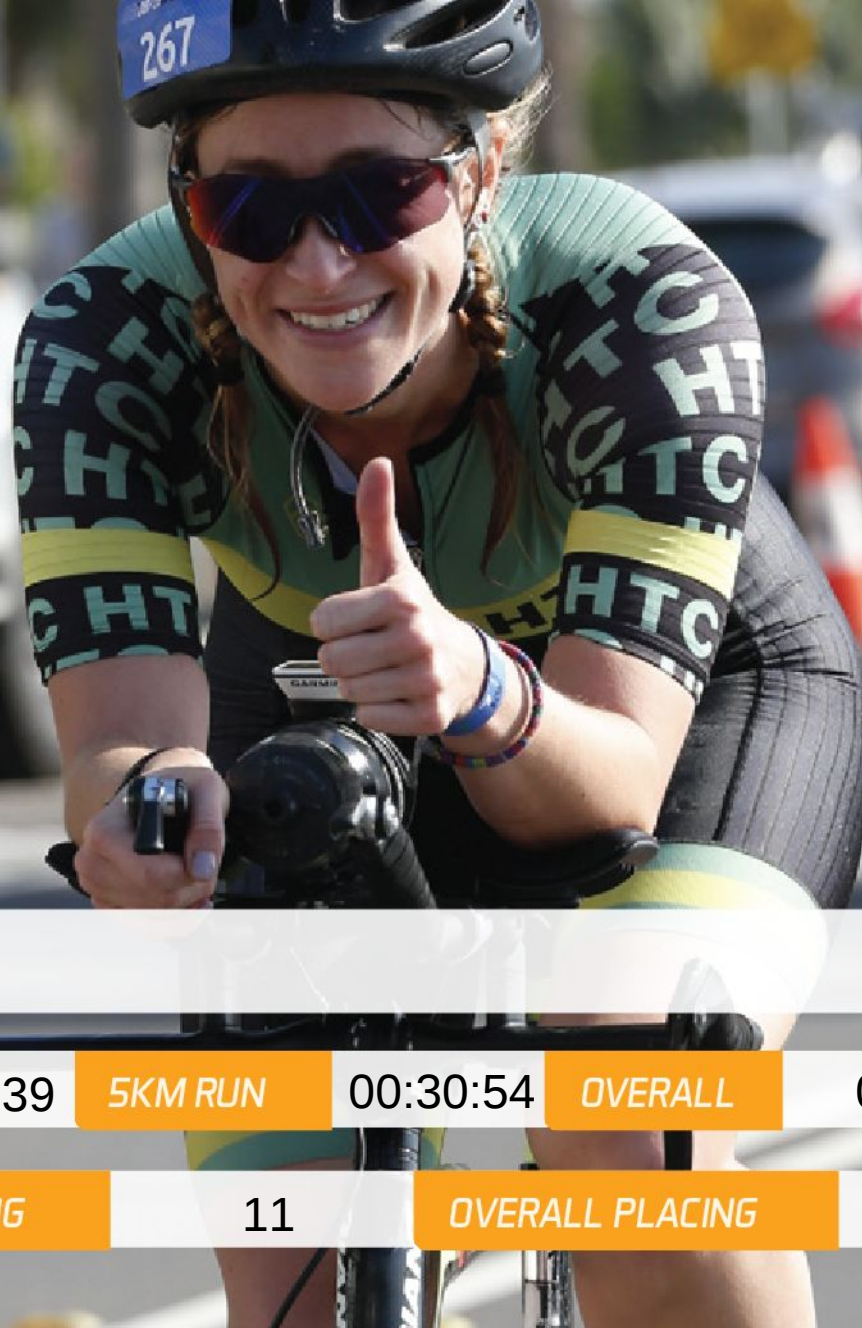




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Emma KEAST

750M SWIM

00:16:18

20KM BIKE

00:38:39

5KM RUN

00:30:54

OVERALL

01:32:51

CATEGORY

30-34

CATEGORY PLACING

11

OVERALL PLACING

257

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