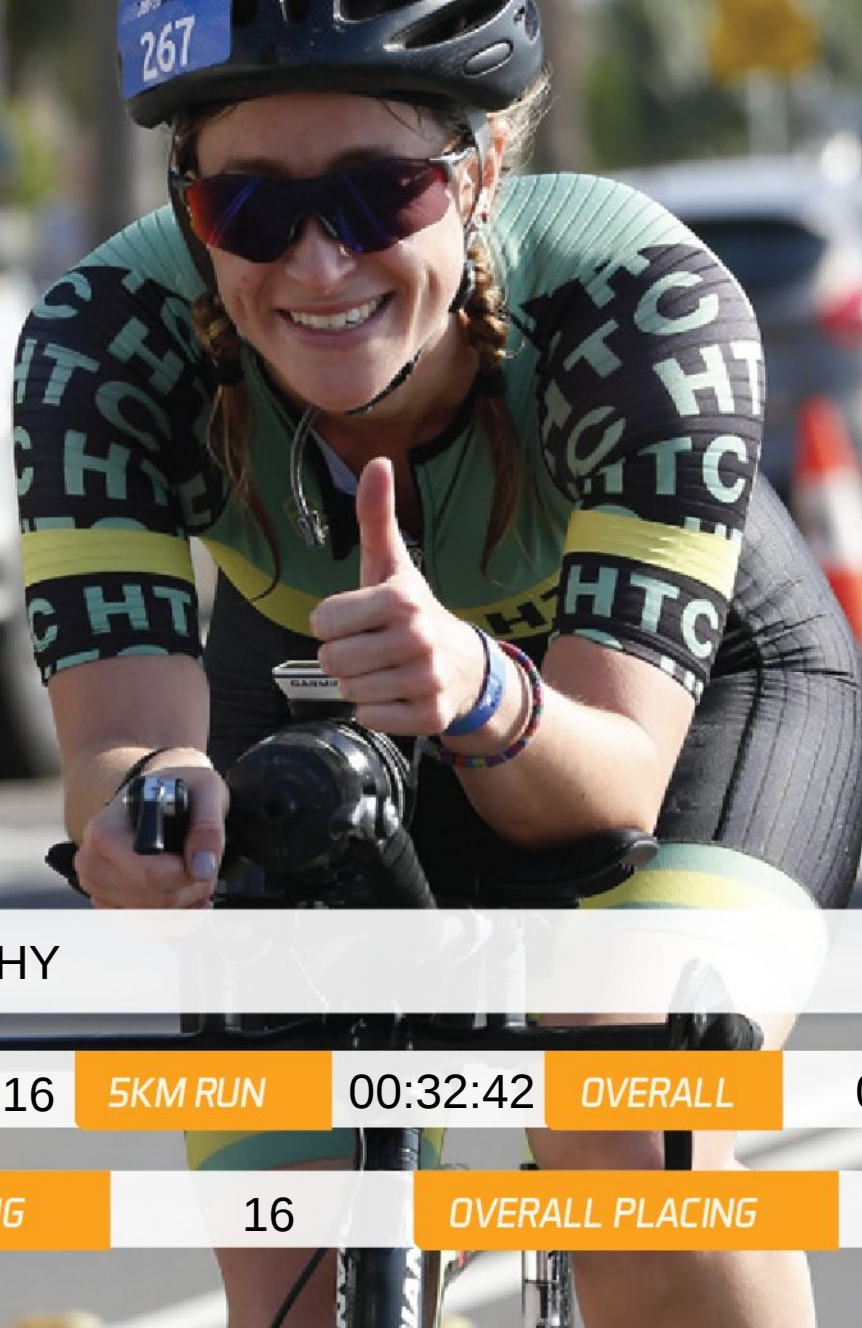




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Josephine MURPHY

750M SWIM

00:17:56

20KM BIKE

00:44:16

5KM RUN

00:32:42

OVERALL

01:40:24

CATEGORY

25-29

CATEGORY PLACING

16

OVERALL PLACING

353

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