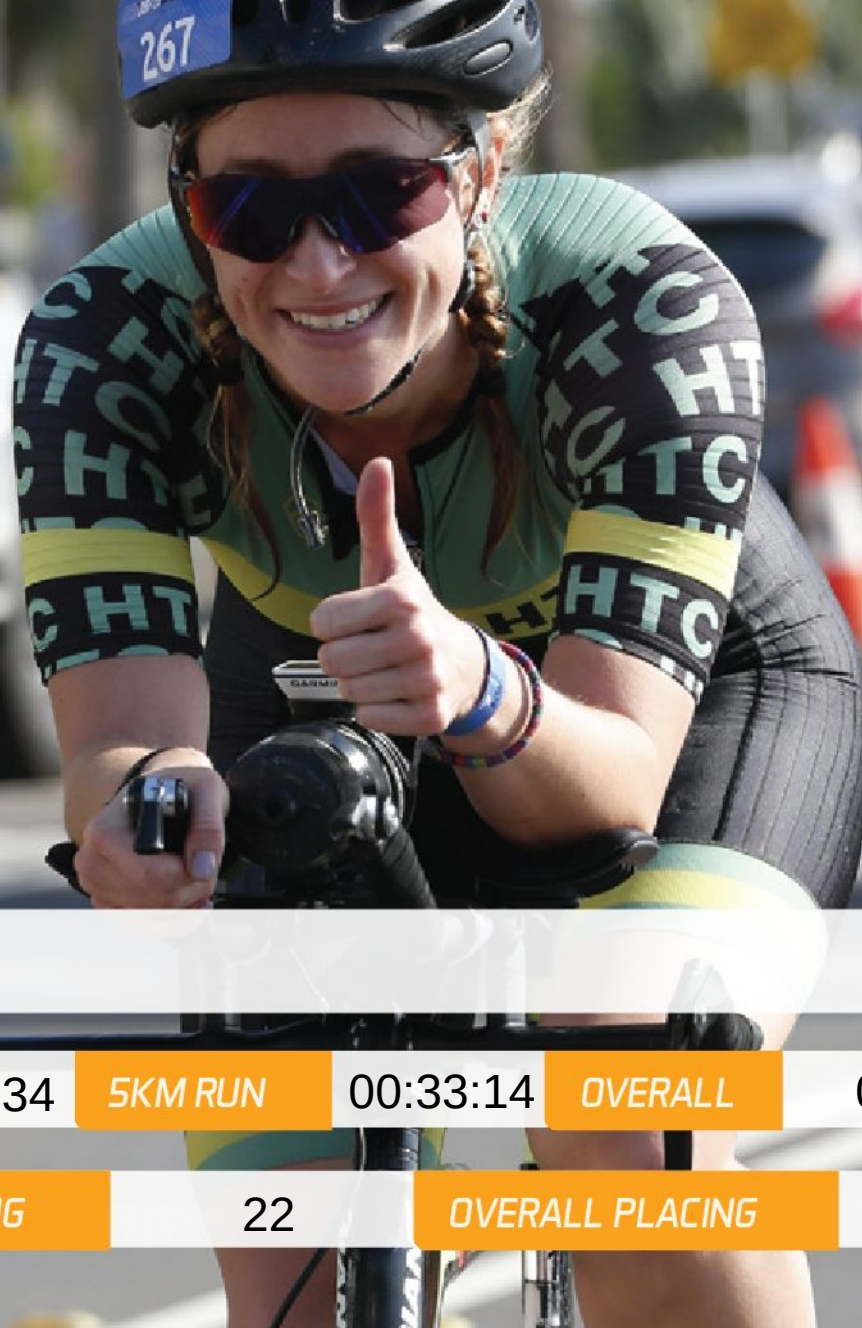




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Ally ORR

750M SWIM

00:19:35

20KM BIKE

00:45:34

5KM RUN

00:33:14

OVERALL

01:45:45

CATEGORY

25-29

CATEGORY PLACING

22

OVERALL PLACING

415

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