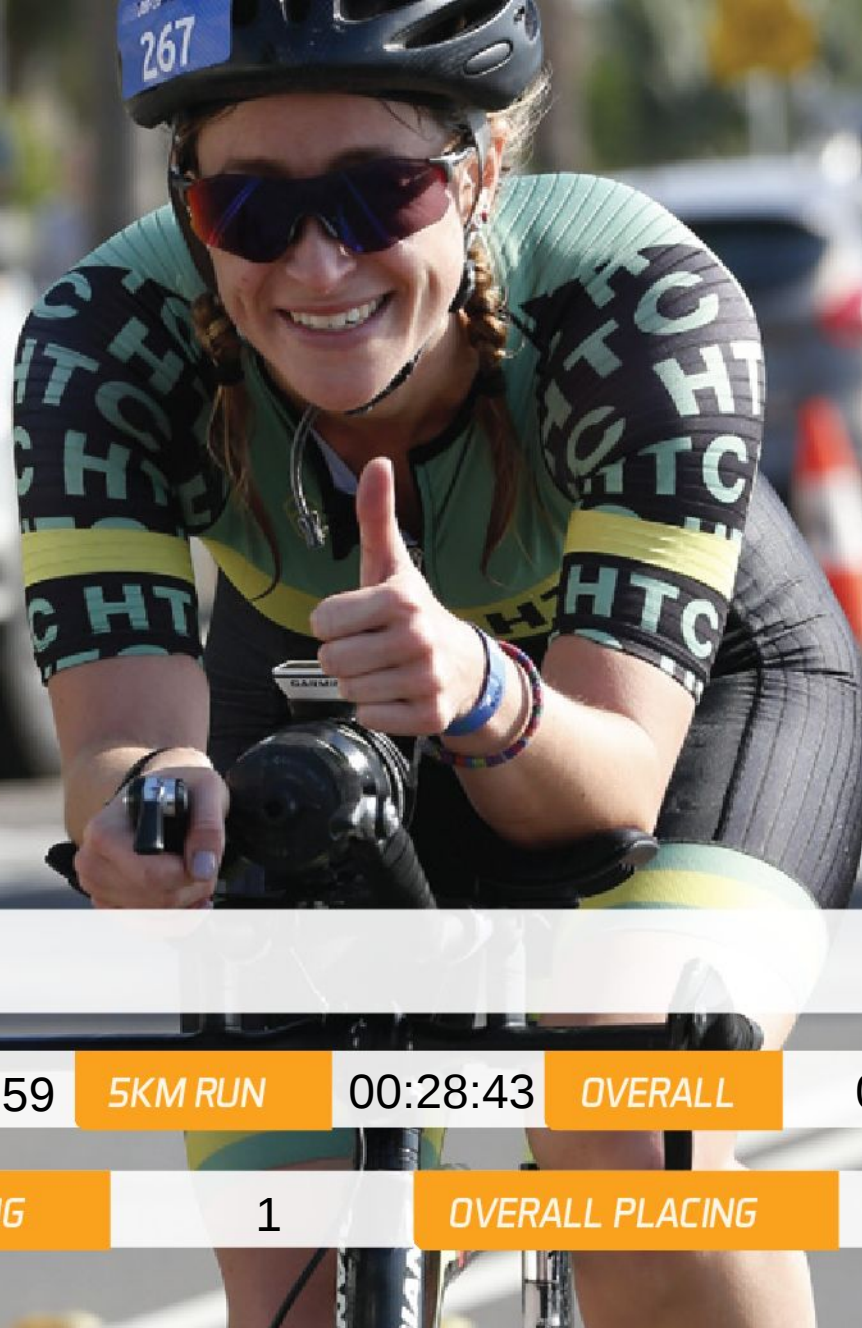




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Narelle QUINN

750M SWIM	00:15:01	20KM BIKE	00:37:59	5KM RUN	00:28:43	OVERALL	01:27:00
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CATEGORY	55-59	CATEGORY PLACING	1	OVERALL PLACING	167
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POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic
Management

A
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NON-ALCOHOLIC BEERS

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KIND

soto
Coughing required

catfish