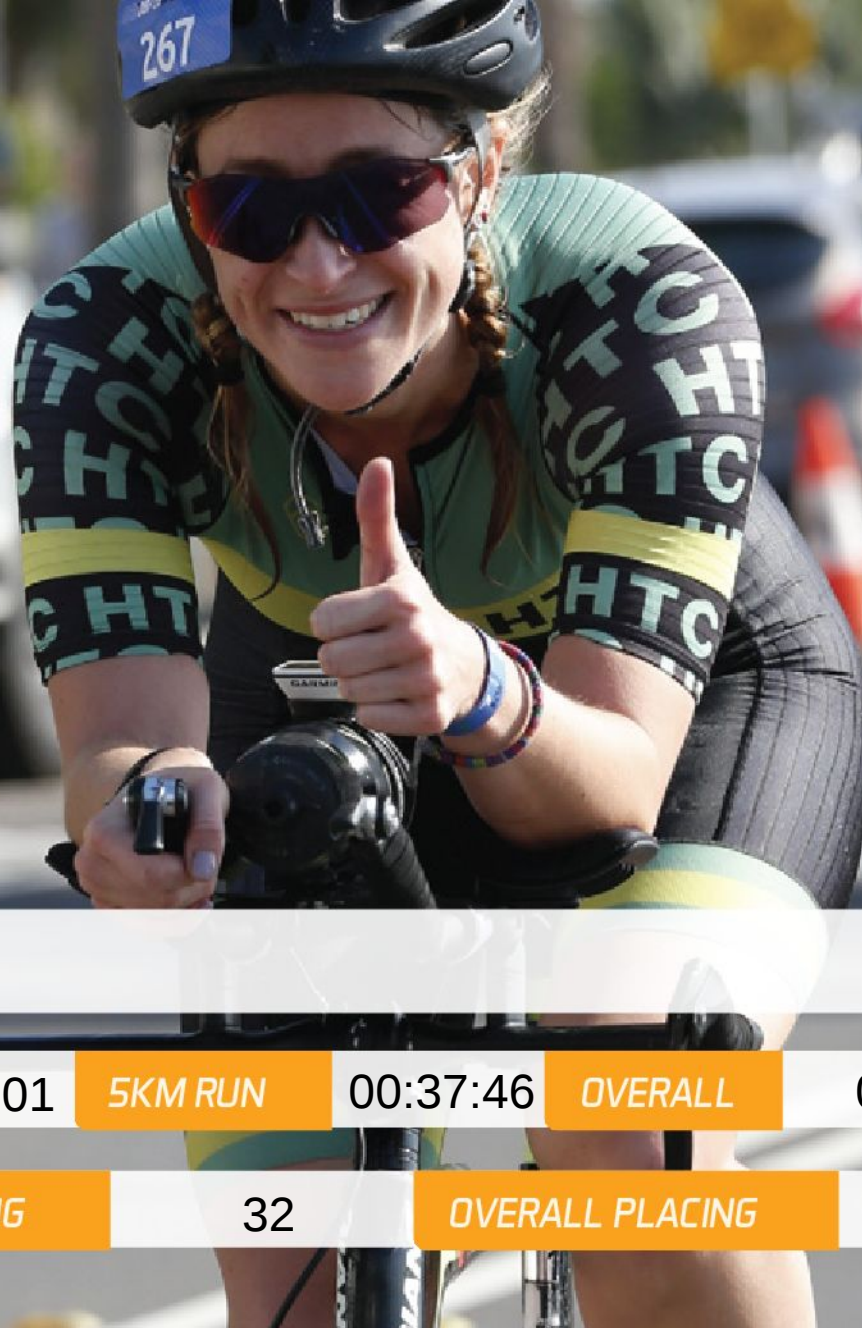




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Christine ROCHE

750M SWIM

00:29:28

20KM BIKE

00:49:01

5KM RUN

00:37:46

OVERALL

02:02:23

CATEGORY

30-34

CATEGORY PLACING

32

OVERALL PLACING

504

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