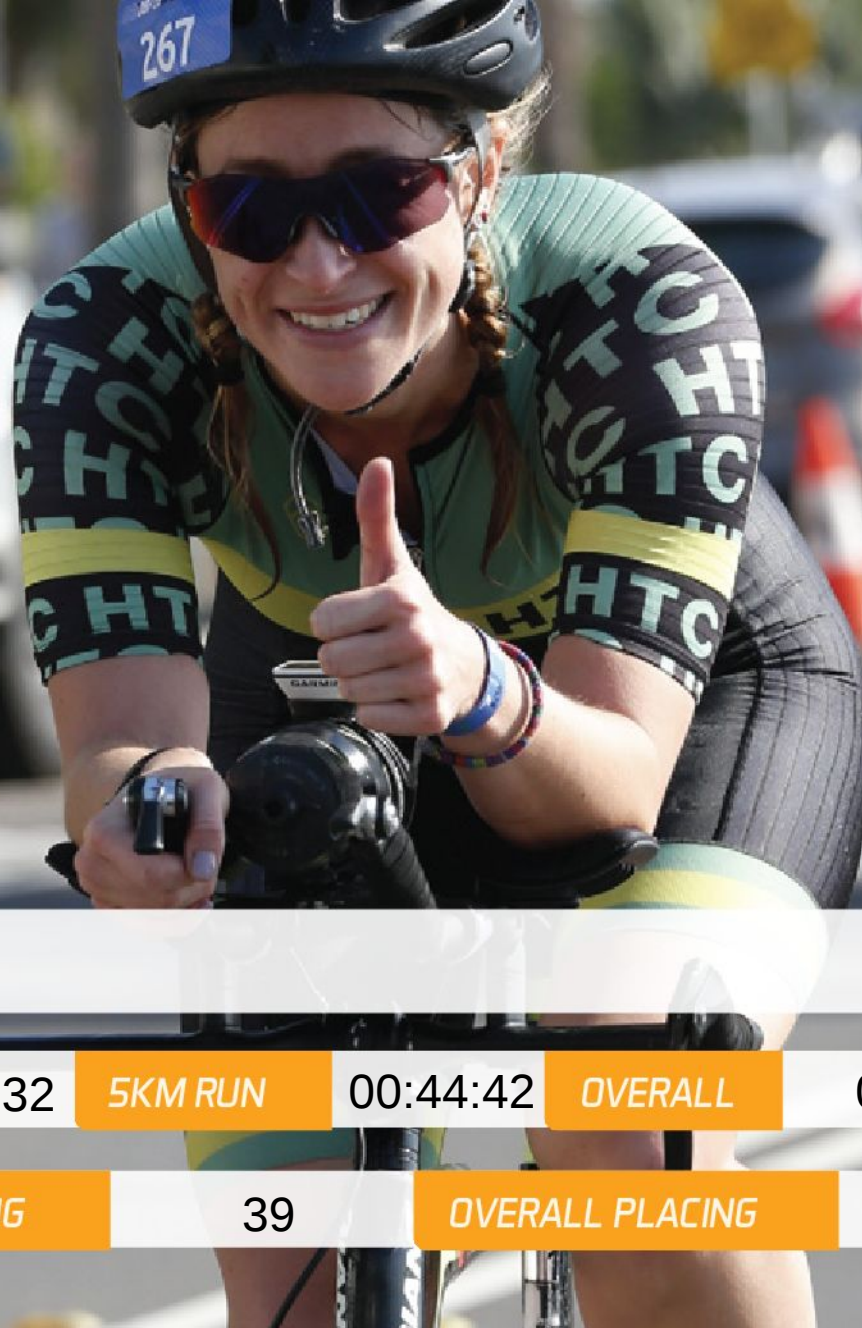




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Sinead ROWE

750M SWIM

00:21:50

20KM BIKE

00:50:32

5KM RUN

00:44:42

OVERALL

02:06:00

CATEGORY

25-29

CATEGORY PLACING

39

OVERALL PLACING

509

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