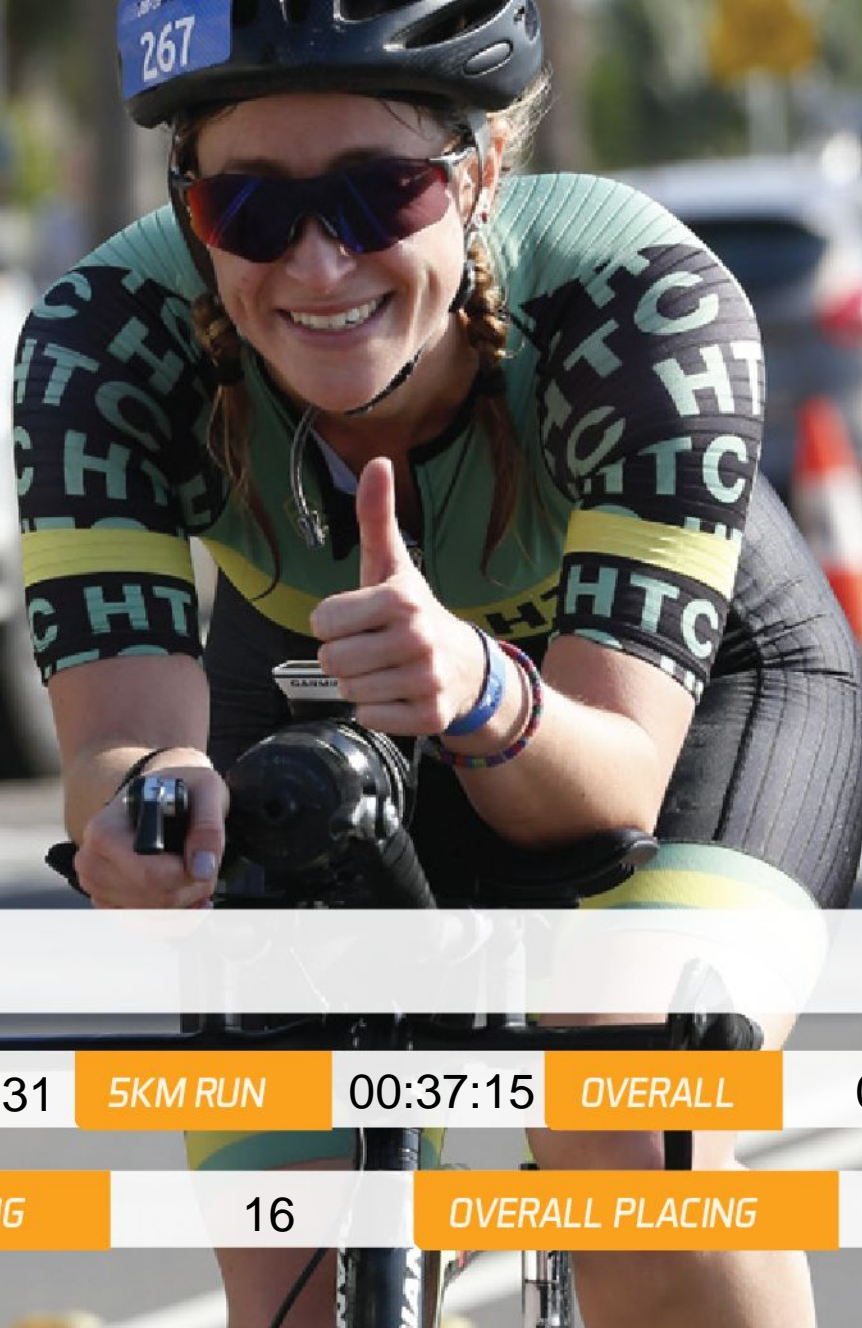




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Erin SHEEHAN

750M SWIM

00:17:21

20KM BIKE

00:44:31

5KM RUN

00:37:15

OVERALL

01:47:33

CATEGORY

40-44

CATEGORY PLACING

16

OVERALL PLACING

435

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish