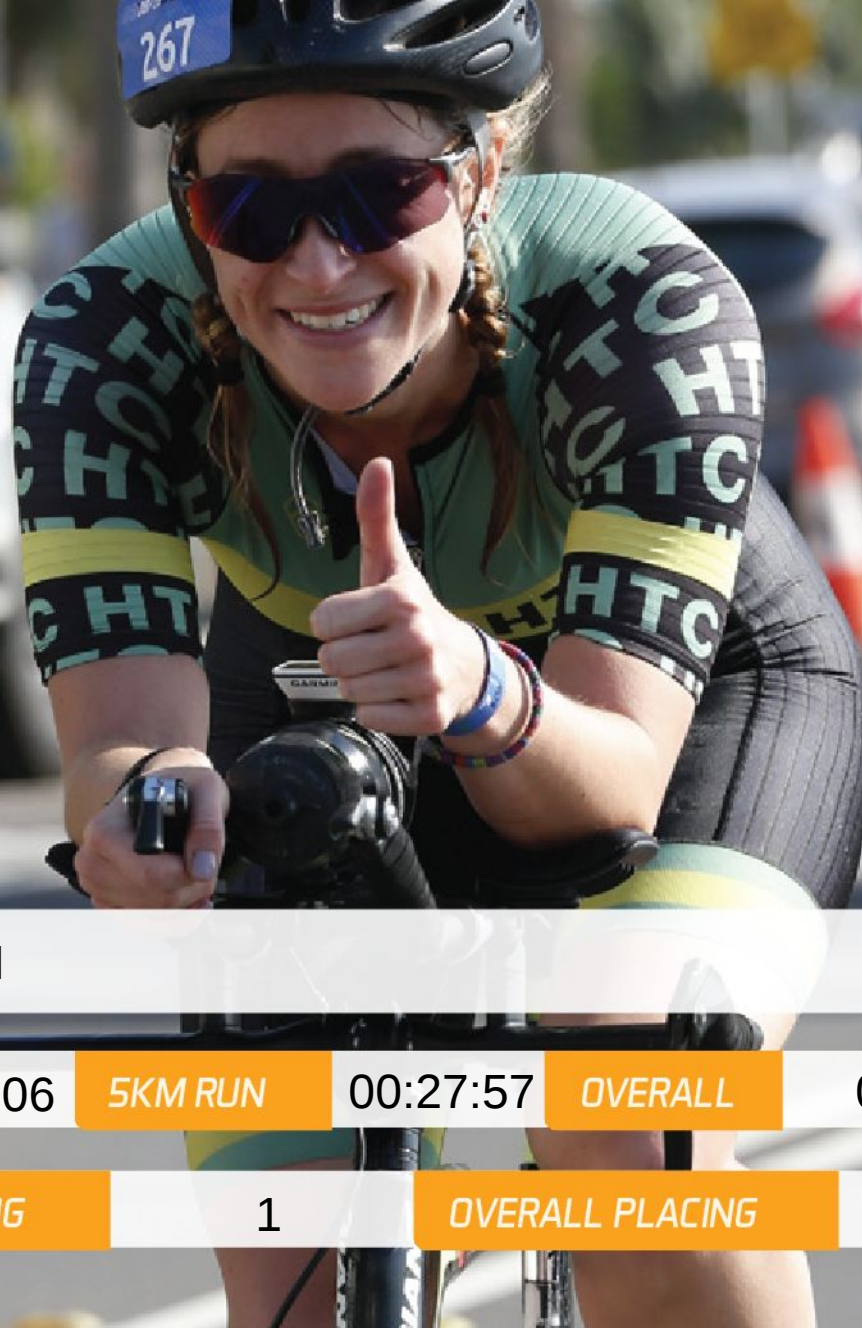




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Helen SOLOMON

750M SWIM

00:24:50

20KM BIKE

00:44:06

5KM RUN

00:27:57

OVERALL

01:43:32

CATEGORY

RYM

CATEGORY PLACING

1

OVERALL PLACING

394

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
Climbing required

catfish