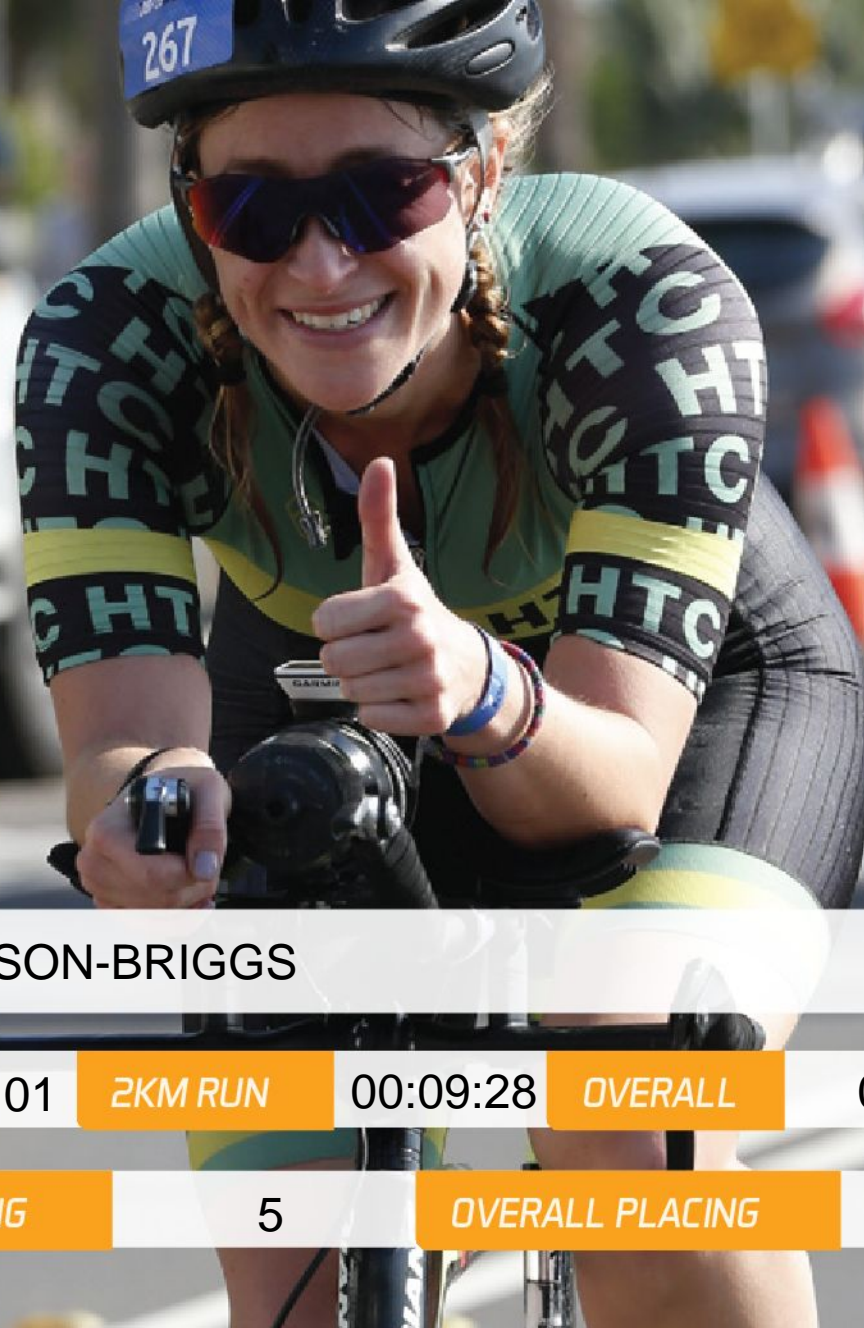




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Manon GUNDERSON-BRIGGS

200M SWIM

00:06:23

10KM BIKE

00:24:01

2KM RUN

00:09:28

OVERALL

00:45:55

CATEGORY

20-29

CATEGORY PLACING

5

OVERALL PLACING

44

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
sustainable

catfish