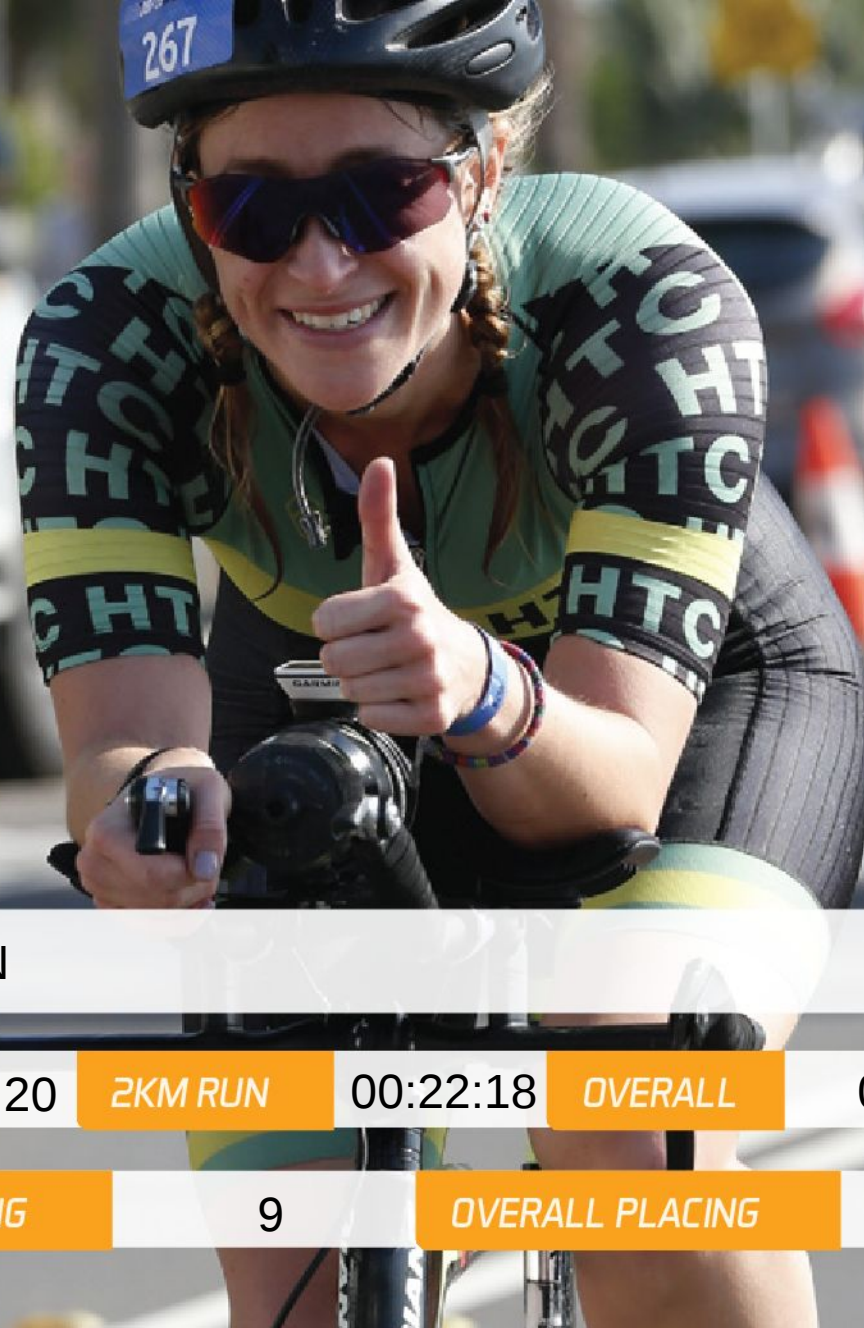




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Leif INGWERSEN

200M SWIM	00:04:39	10KM BIKE	00:16:20	2KM RUN	00:22:18	OVERALL	00:46:42
-----------	----------	-----------	----------	---------	----------	---------	----------

CATEGORY	12-13	CATEGORY PLACING	9	OVERALL PLACING	50
----------	-------	------------------	---	-----------------	----

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