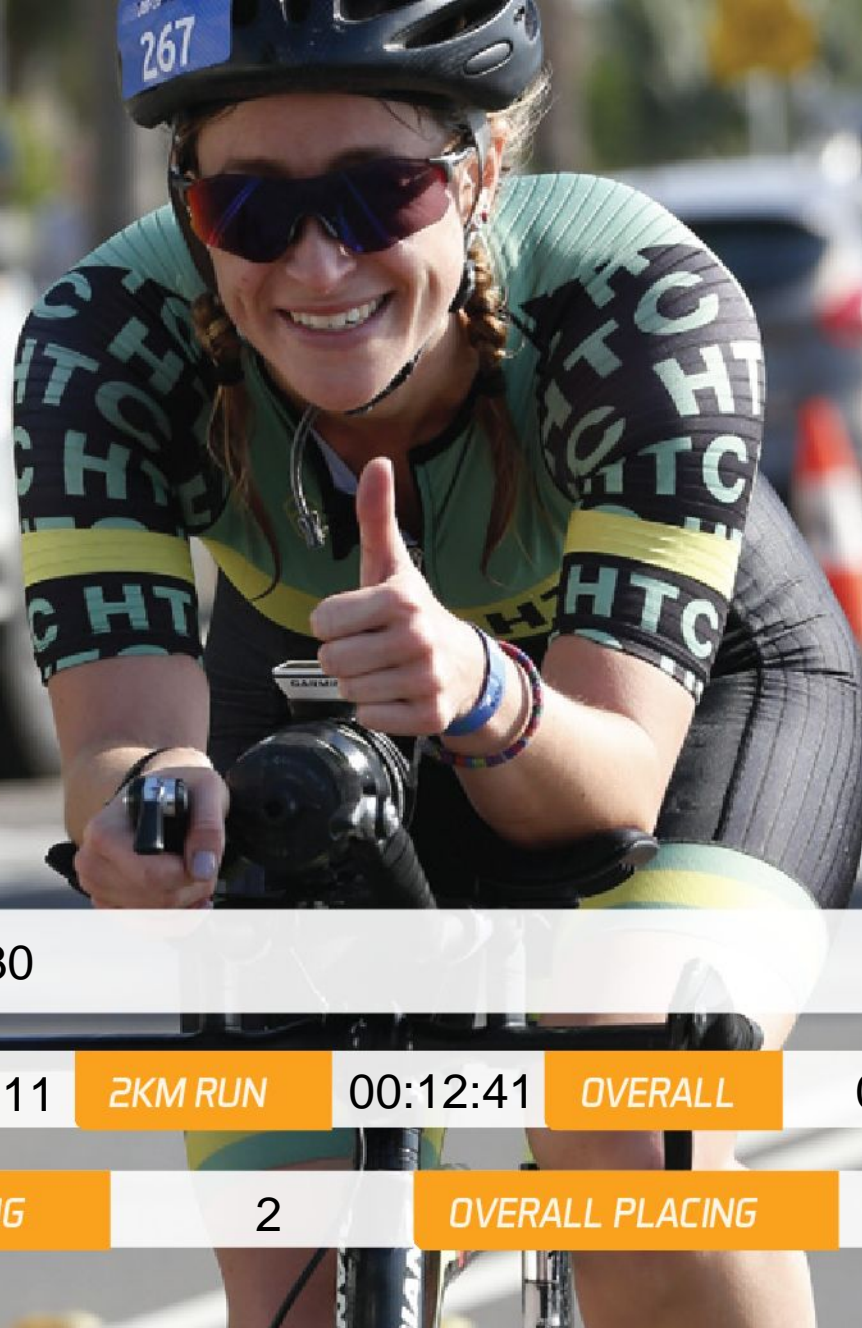




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



## SUPER SPRINT

TEAM Suddenly 30

200M SWIM

00:07:26

10KM BIKE

00:20:11

2KM RUN

00:12:41

OVERALL

00:45:30

CATEGORY

Relay

CATEGORY PLACING

2

OVERALL PLACING

2

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