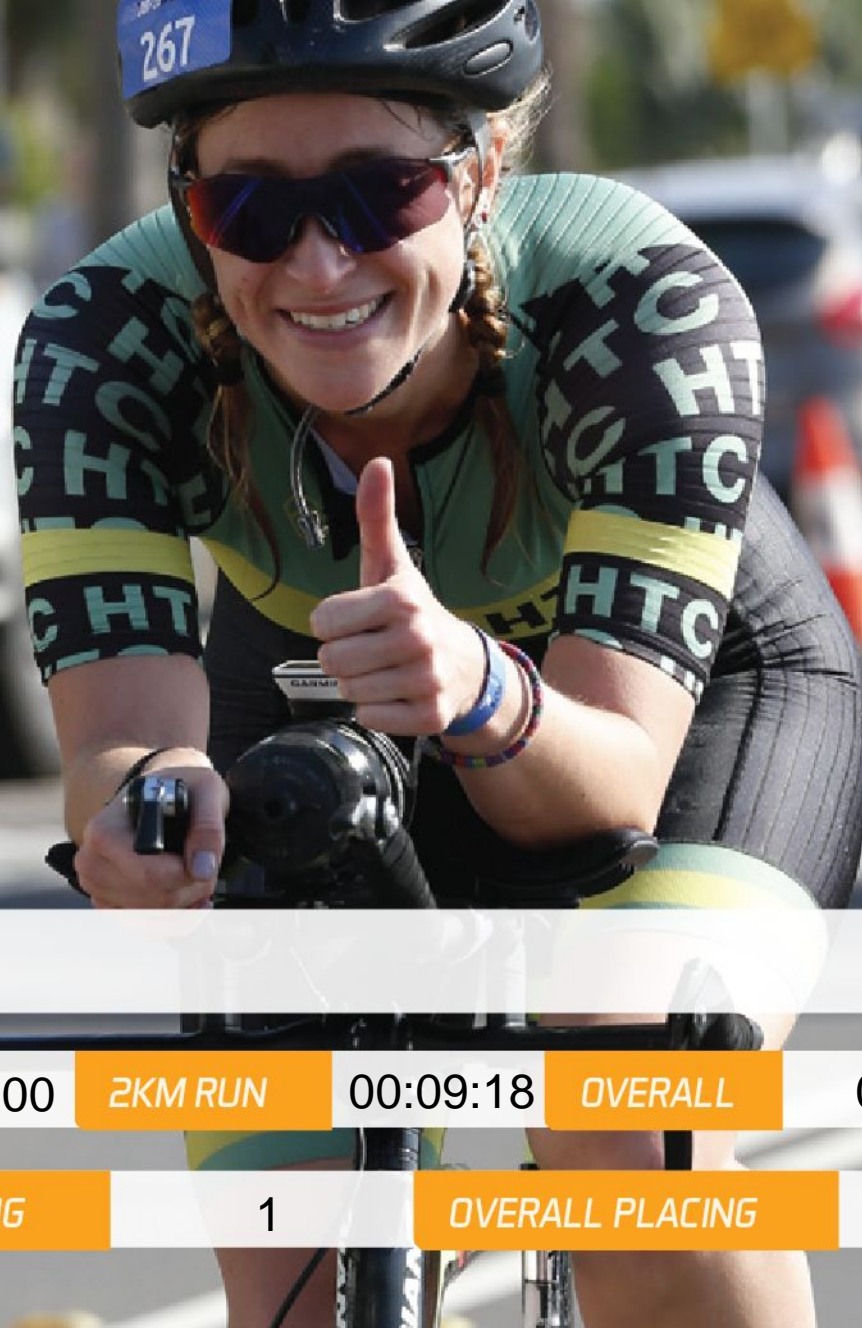




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



## SUPER SPRINT

Team KWIK

200M SWIM

00:05:24

10KM BIKE

00:21:00

2KM RUN

00:09:18

OVERALL

00:41:22

CATEGORY

Relay

CATEGORY PLACING

1

OVERALL PLACING

1

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