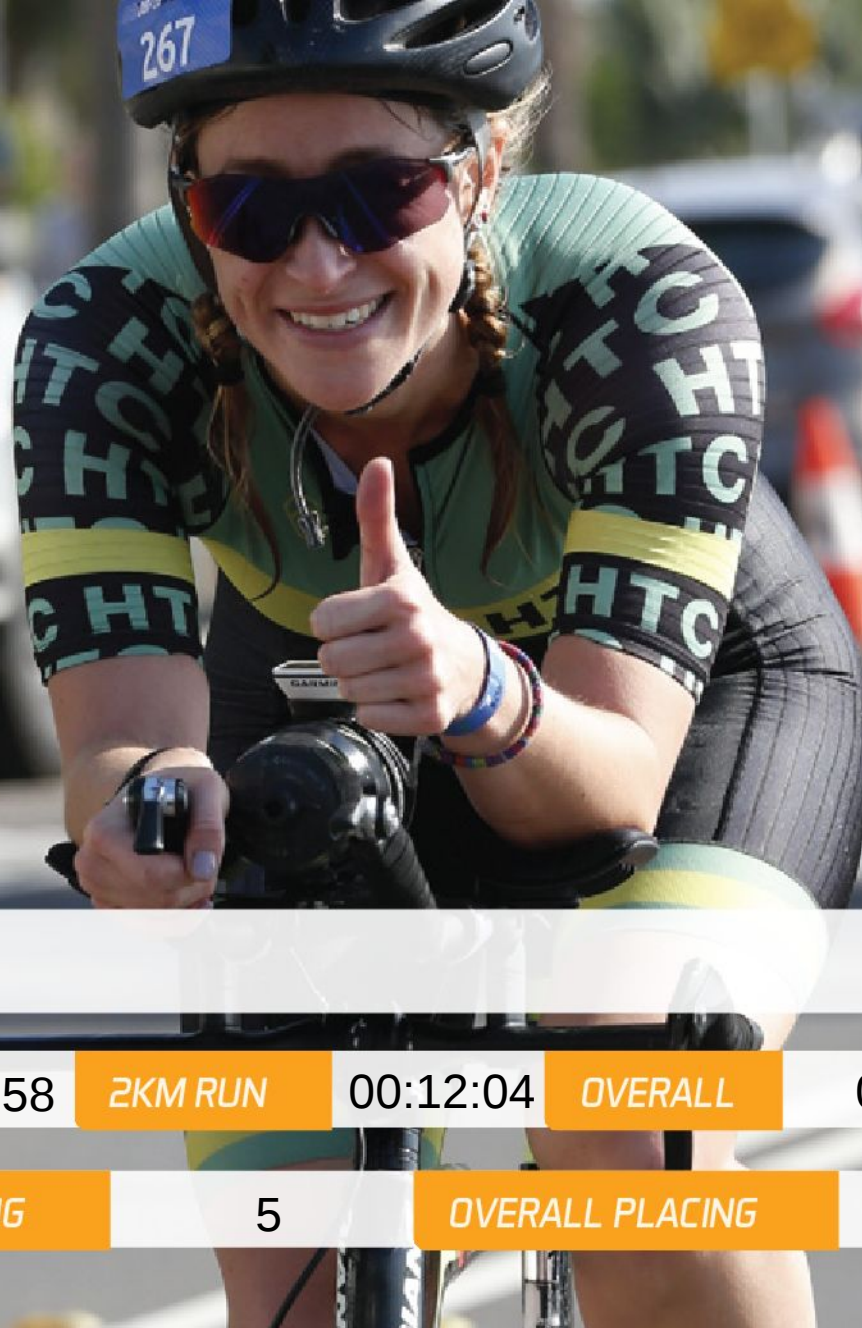




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



TRY A TRI

Emma NELSON

200M SWIM

00:06:32

10KM BIKE

00:24:58

2KM RUN

00:12:04

OVERALL

00:50:13

CATEGORY

30-39

CATEGORY PLACING

5

OVERALL PLACING

19

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEVS

Mc
i'm lovin' it™

KIND

soto
everything is possible

>>>>>
catfish