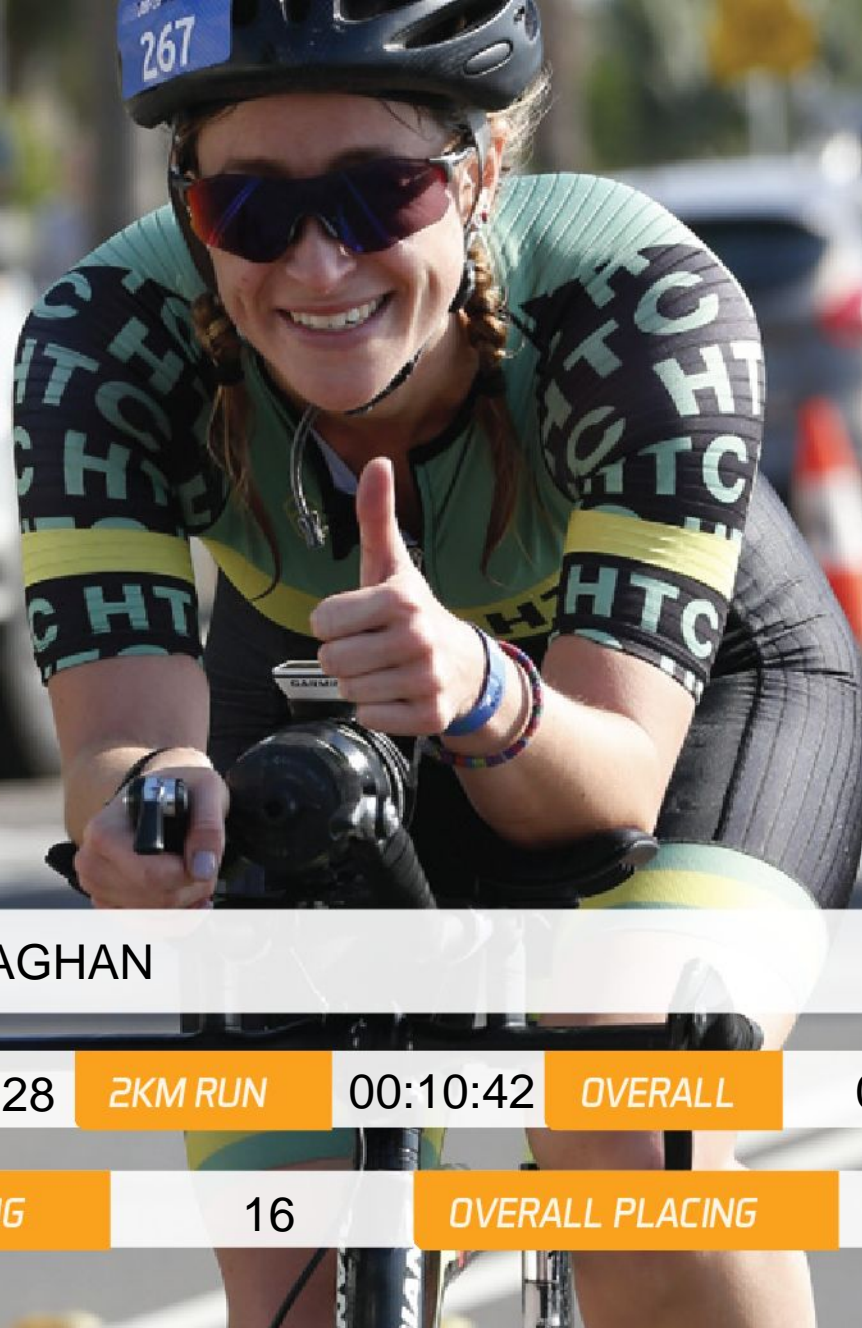




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



## TRY A TRI

Shannon OCALLAGHAN

200M SWIM	00:08:45	10KM BIKE	00:32:28	2KM RUN	00:10:42	OVERALL	01:15:31
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CATEGORY	20-29	CATEGORY PLACING	16	OVERALL PLACING	53
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POWERADE.

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEVS

Mc  
i'm lovin' it™

KIND

soto  
everything is possible

catfish