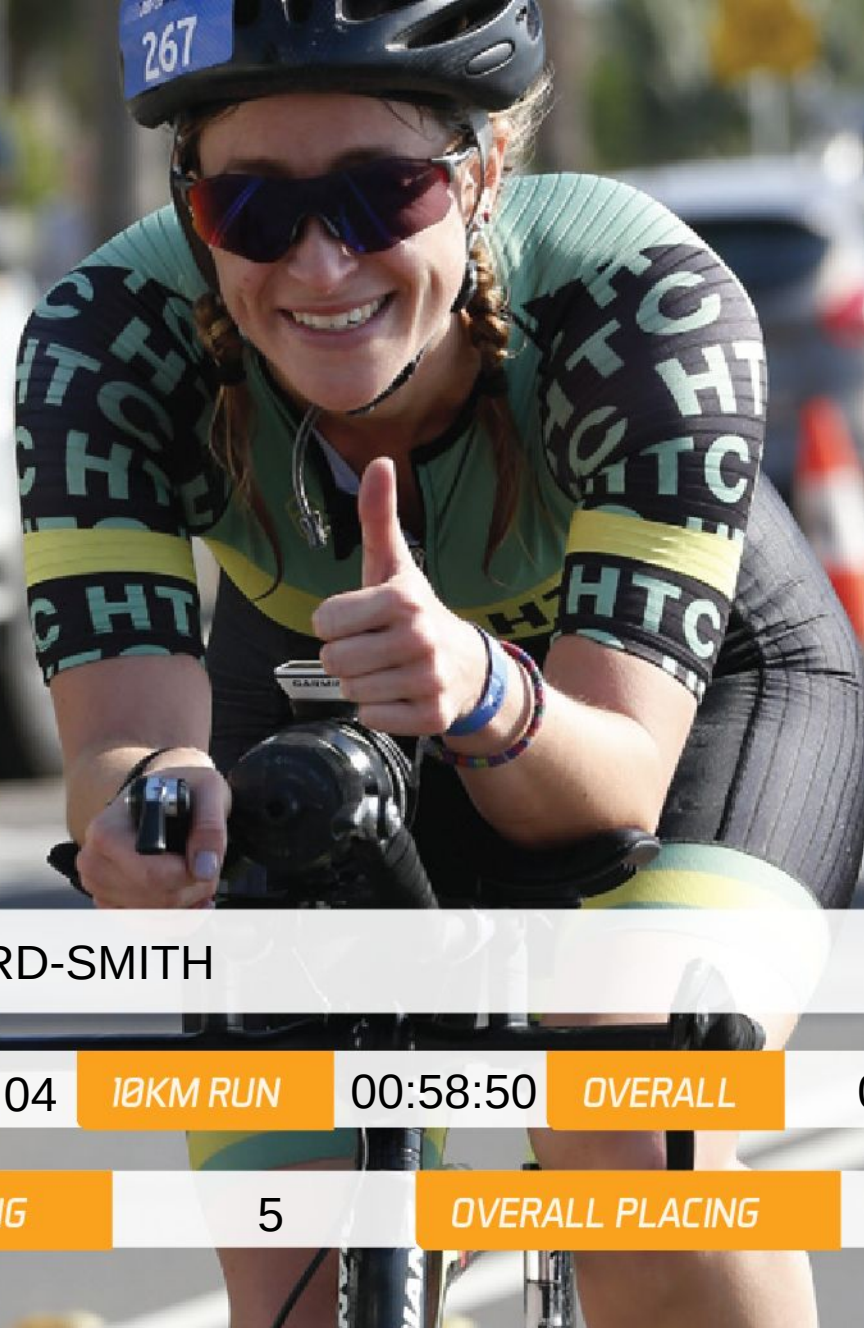




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Amelia SHEPHERD-SMITH

1.5KM SWIM

00:31:04

40KM BIKE

01:15:04

10KM RUN

00:58:50

OVERALL

02:50:20

CATEGORY

45-49

CATEGORY PLACING

5

OVERALL PLACING

171

POWERADE.

Destination
WOLLONGONG

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Peoplecare

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PD Traffic
Management

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catfish