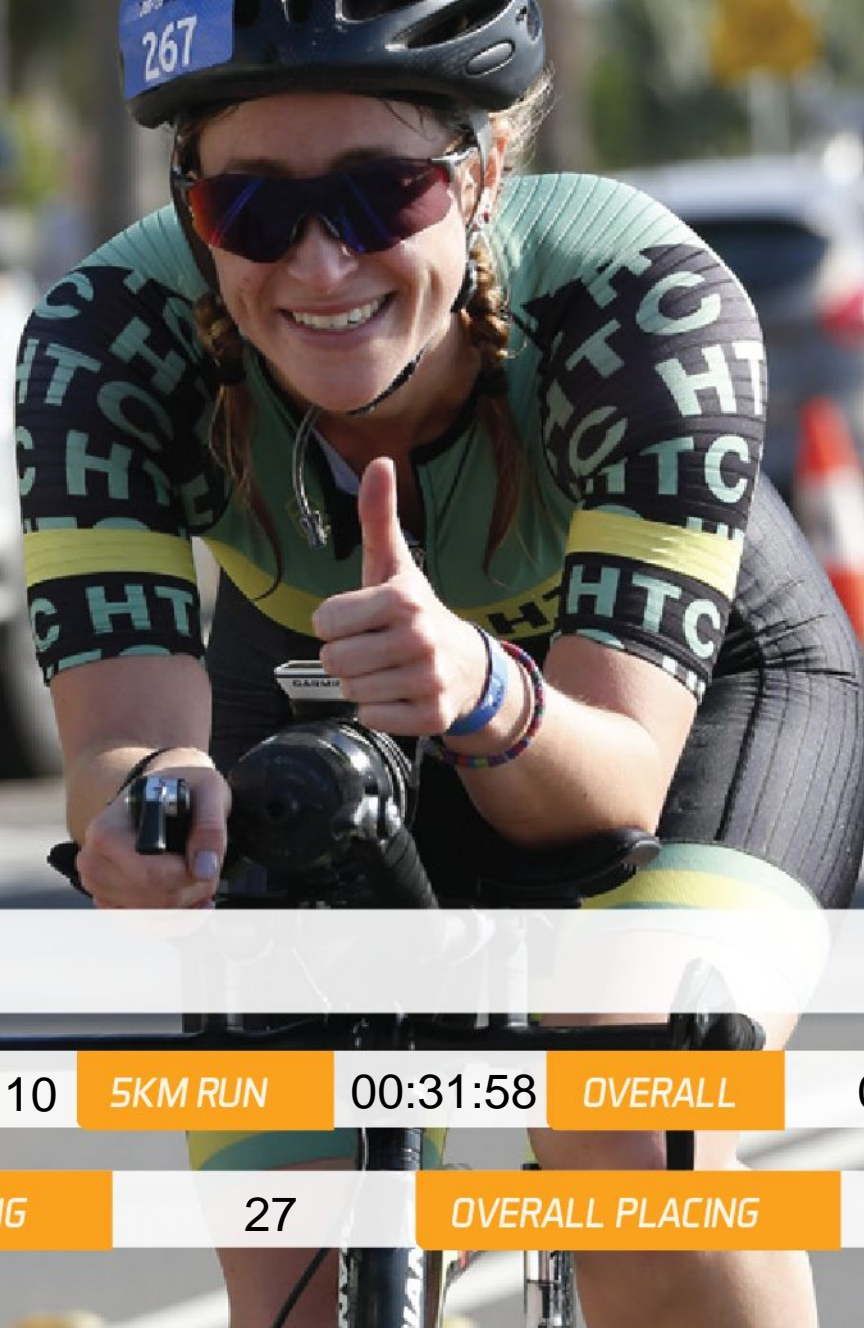




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Emily BANKS

750M SWIM

00:17:25

20KM BIKE

00:50:10

5KM RUN

00:31:58

OVERALL

01:46:58

CATEGORY

25-29

CATEGORY PLACING

27

OVERALL PLACING

429

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
Coughing required

>>>>>
catfish