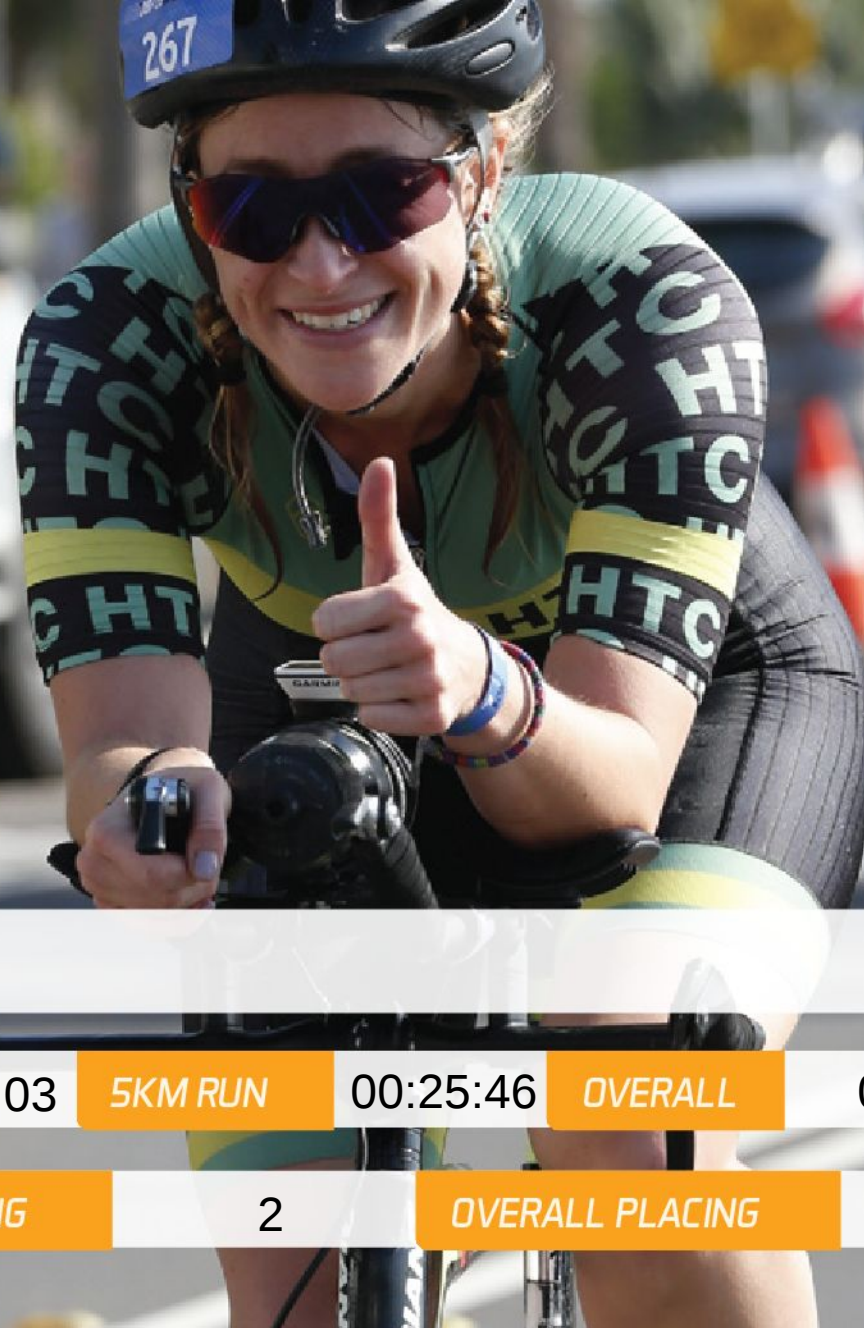




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Elisha BELL

750M SWIM

00:13:59

20KM BIKE

00:39:03

5KM RUN

00:25:46

OVERALL

01:24:31

CATEGORY

35-39

CATEGORY PLACING

2

OVERALL PLACING

126

POWERADE

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B&B
Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
Coughing required

catfish