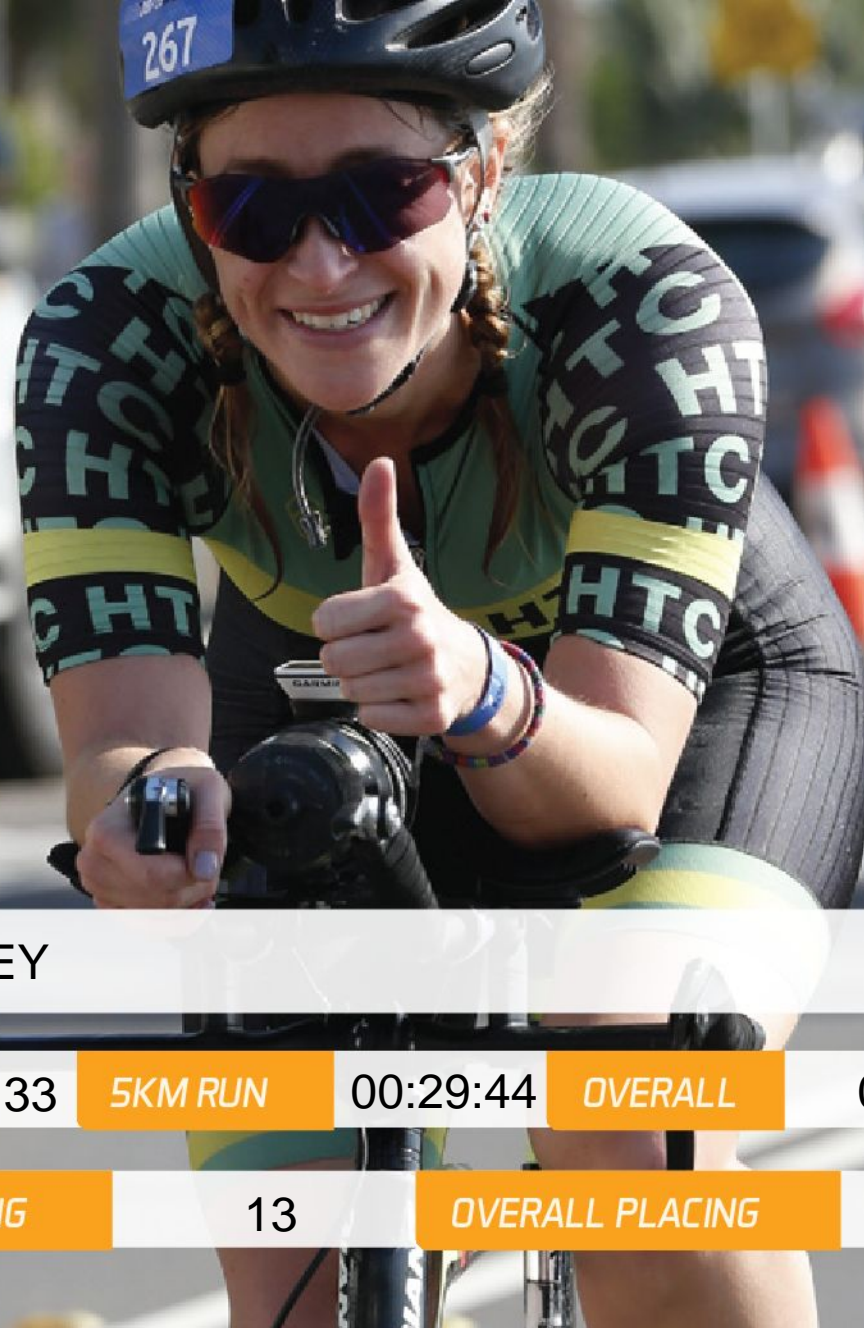




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



## SPRINT

Catriona SOUTHEY

750M SWIM	00:17:14	20KM BIKE	00:48:33	5KM RUN	00:29:44	OVERALL	01:43:09
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CATEGORY	40-44	CATEGORY PLACING	13	OVERALL PLACING	390
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POWERADE.

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEERS

McDonald's  
i'm lovin' it™

KIND

soto  
Coughing required

catfish