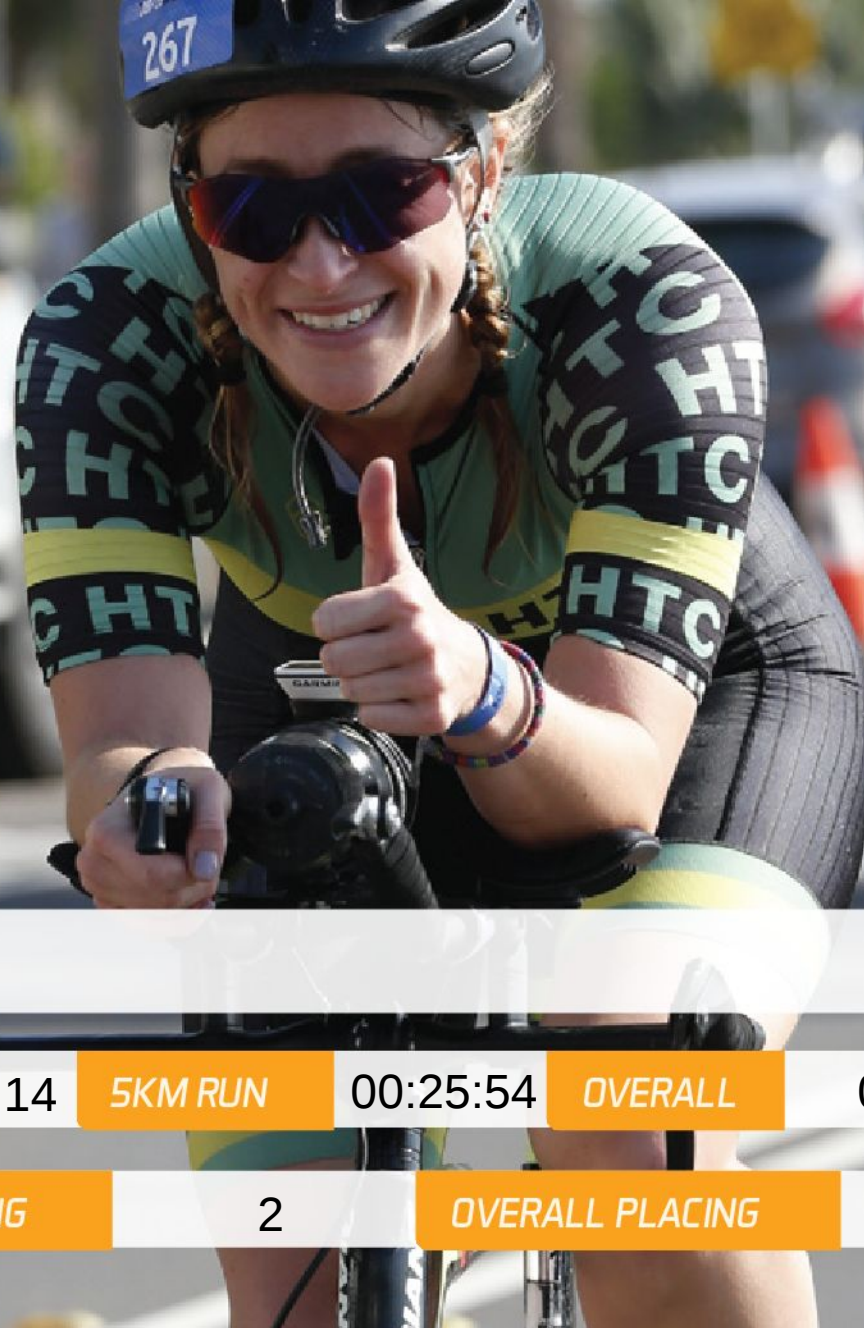




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Erica WILLIAMS

750M SWIM

00:13:31

20KM BIKE

00:40:14

5KM RUN

00:25:54

OVERALL

01:25:15

CATEGORY

25-29

CATEGORY PLACING

2

OVERALL PLACING

138

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