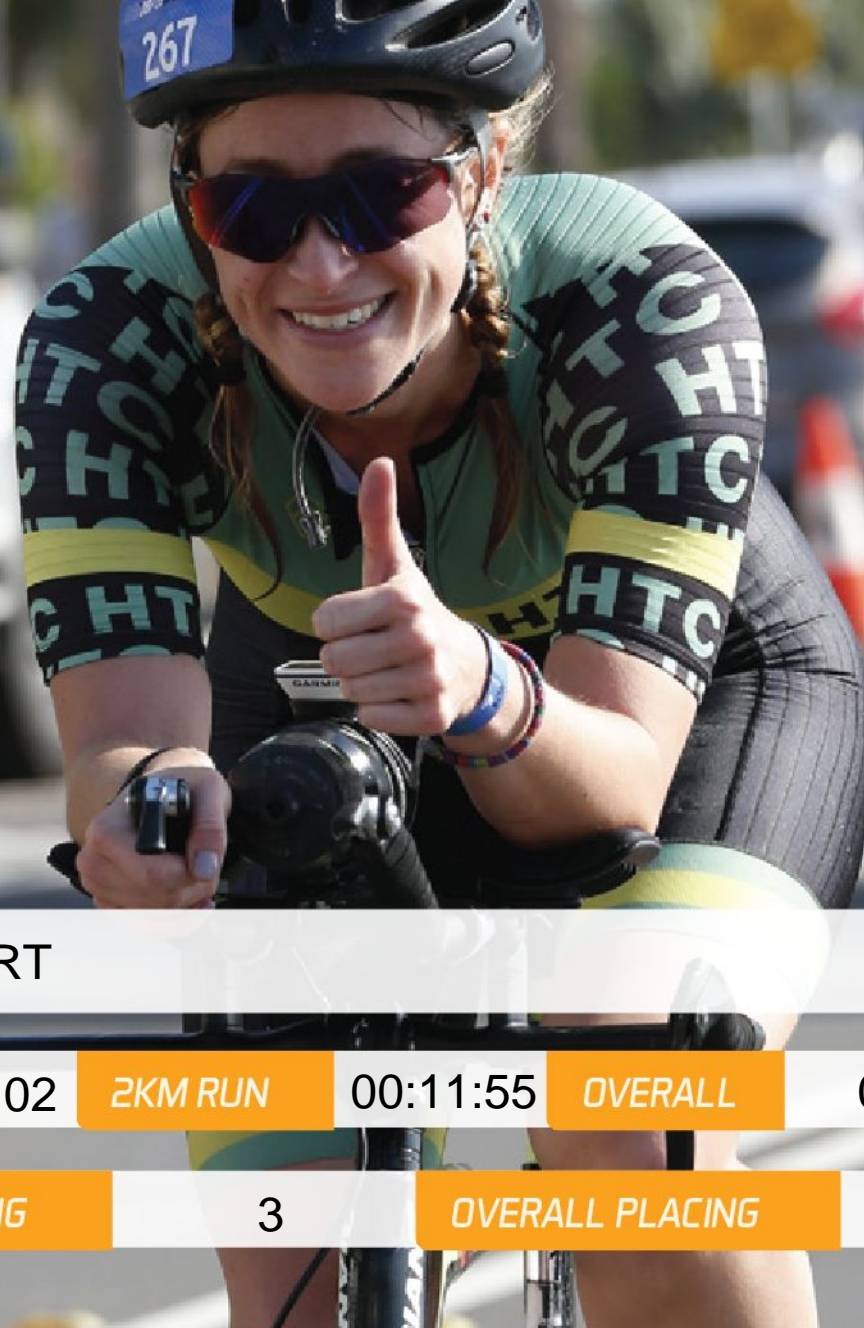




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Carina MARQUART

200M SWIM

00:06:45

10KM BIKE

00:22:02

2KM RUN

00:11:55

OVERALL

00:47:51

CATEGORY

50-59

CATEGORY PLACING

3

OVERALL PLACING

58

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
sustainable

catfish