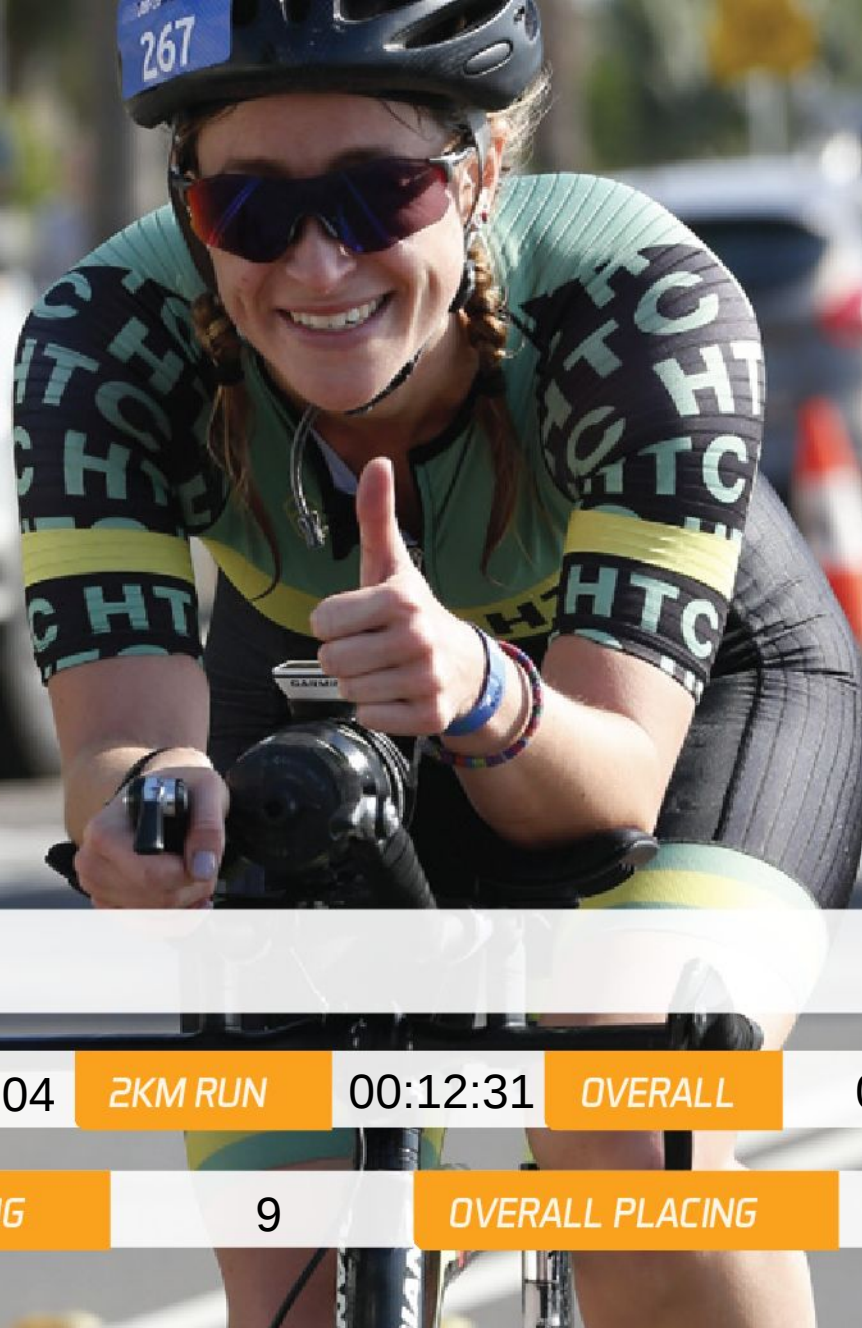




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Lily PORTER

200M SWIM	00:06:44	10KM BIKE	00:23:04	2KM RUN	00:12:31	OVERALL	00:48:50
CATEGORY	20-29	CATEGORY PLACING	9	OVERALL PLACING	66		

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

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KIND

soto
sustainable

catfish