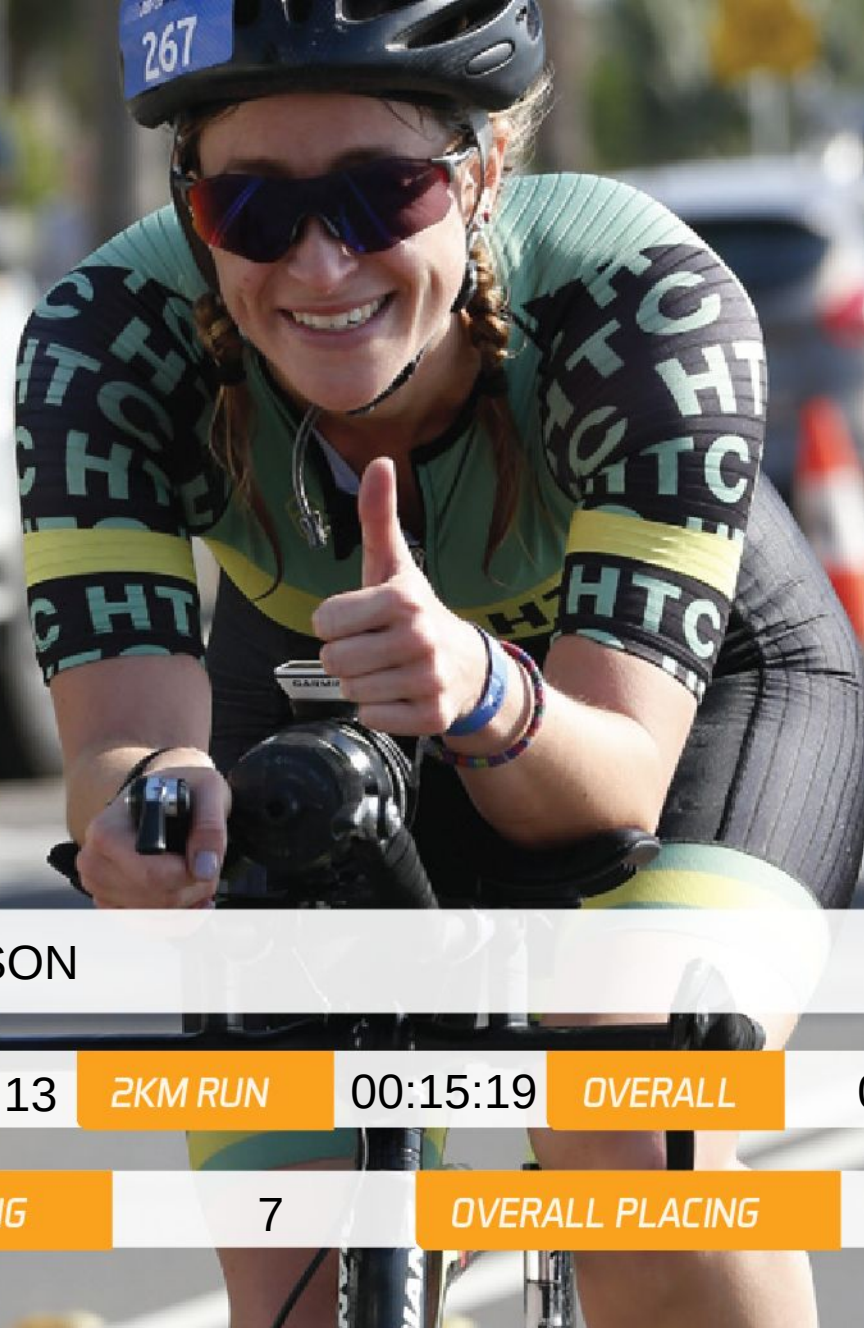




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Annette THOMPSON

200M SWIM

00:06:15

10KM BIKE

00:20:13

2KM RUN

00:15:19

OVERALL

00:49:08

CATEGORY

40-49

CATEGORY PLACING

7

OVERALL PLACING

68

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
sustainable design

catfish