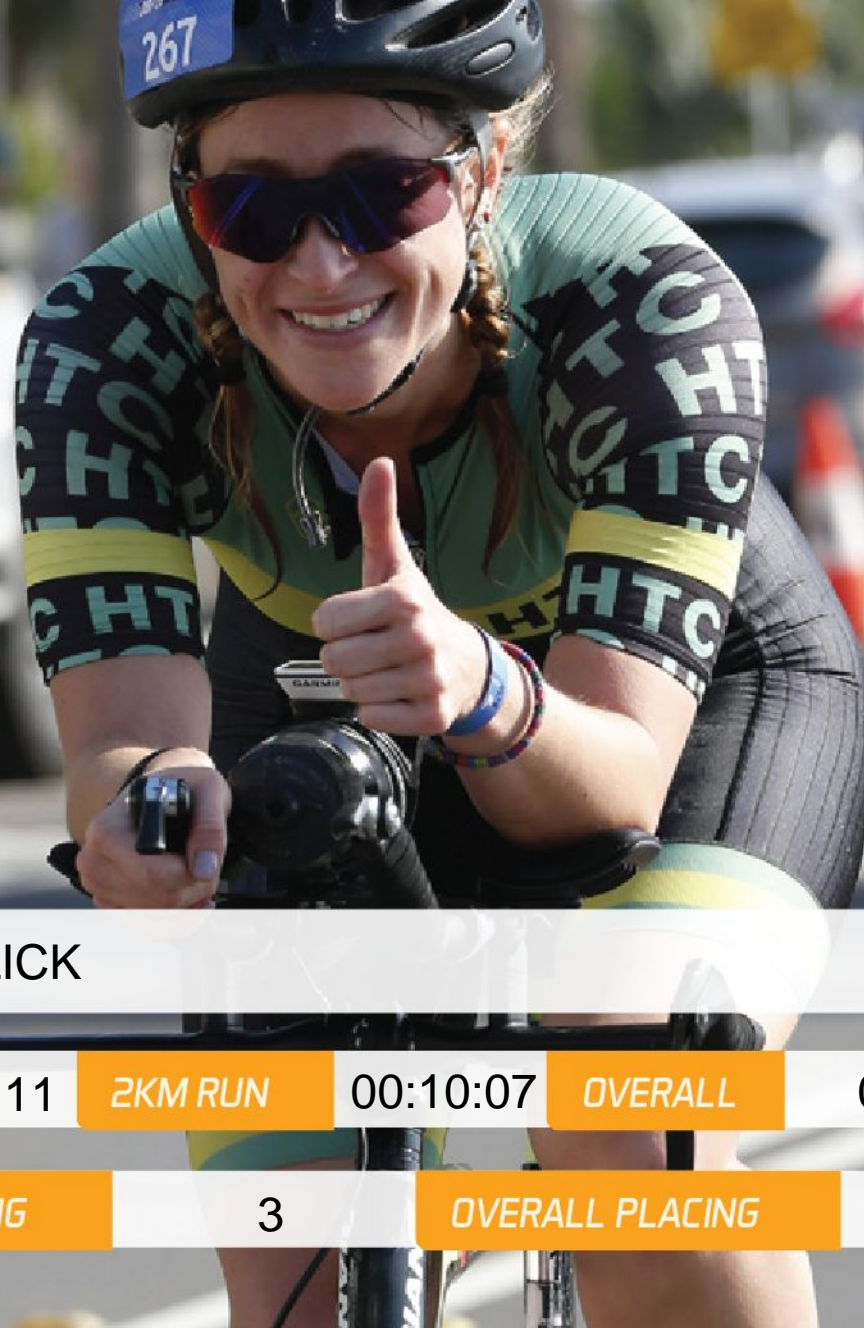




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Shannon KOWALICK

200M SWIM	00:08:25	10KM BIKE	00:22:11	2KM RUN	00:10:07	OVERALL	00:47:58
-----------	----------	-----------	----------	---------	----------	---------	----------

CATEGORY	30-39	CATEGORY PLACING	3	OVERALL PLACING	59
----------	-------	------------------	---	-----------------	----

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