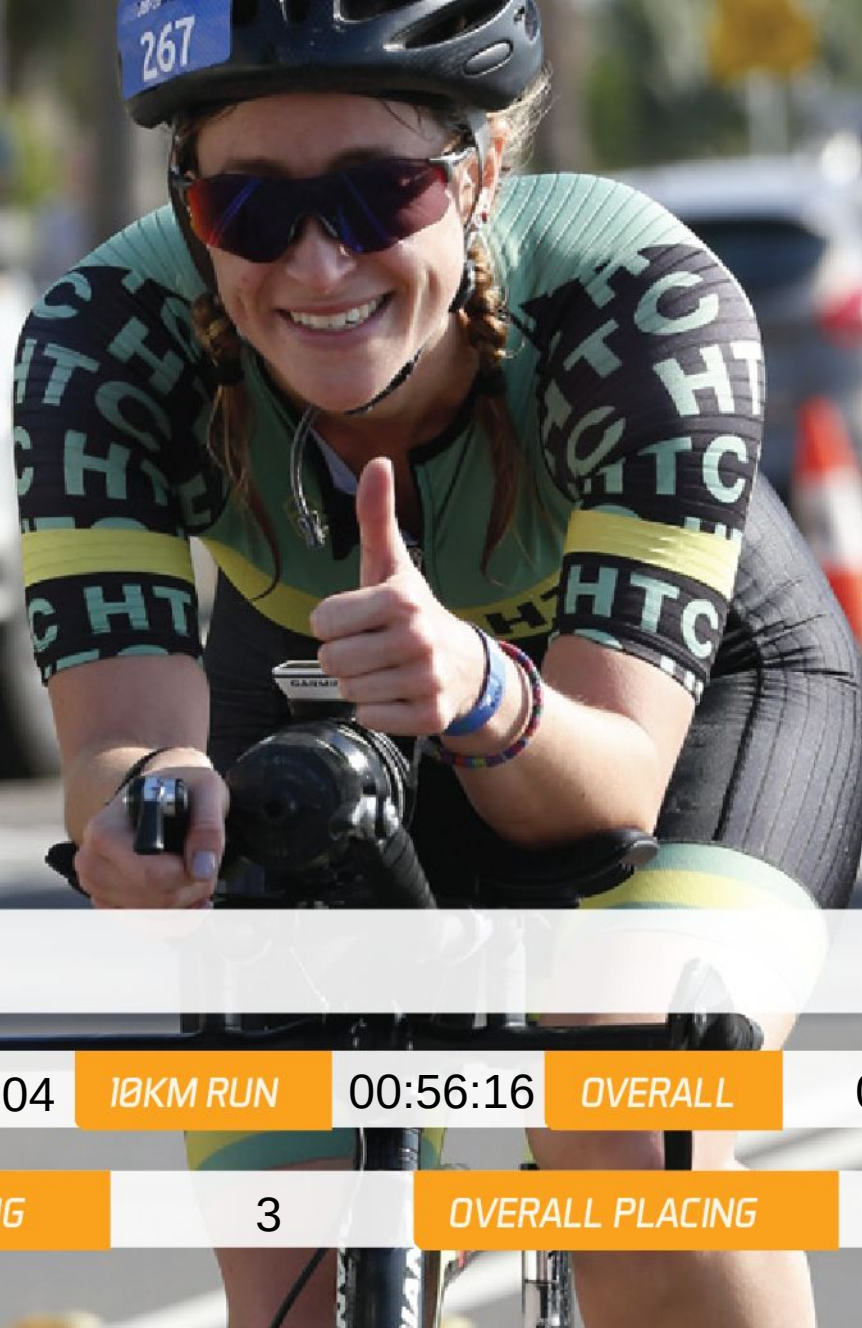




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Nicole COX

1.5KM SWIM

00:30:08

40KM BIKE

01:16:04

10KM RUN

00:56:16

OVERALL

02:48:12

CATEGORY

45-49

CATEGORY PLACING

3

OVERALL PLACING

158

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

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KIND

soto
sustainable

catfish