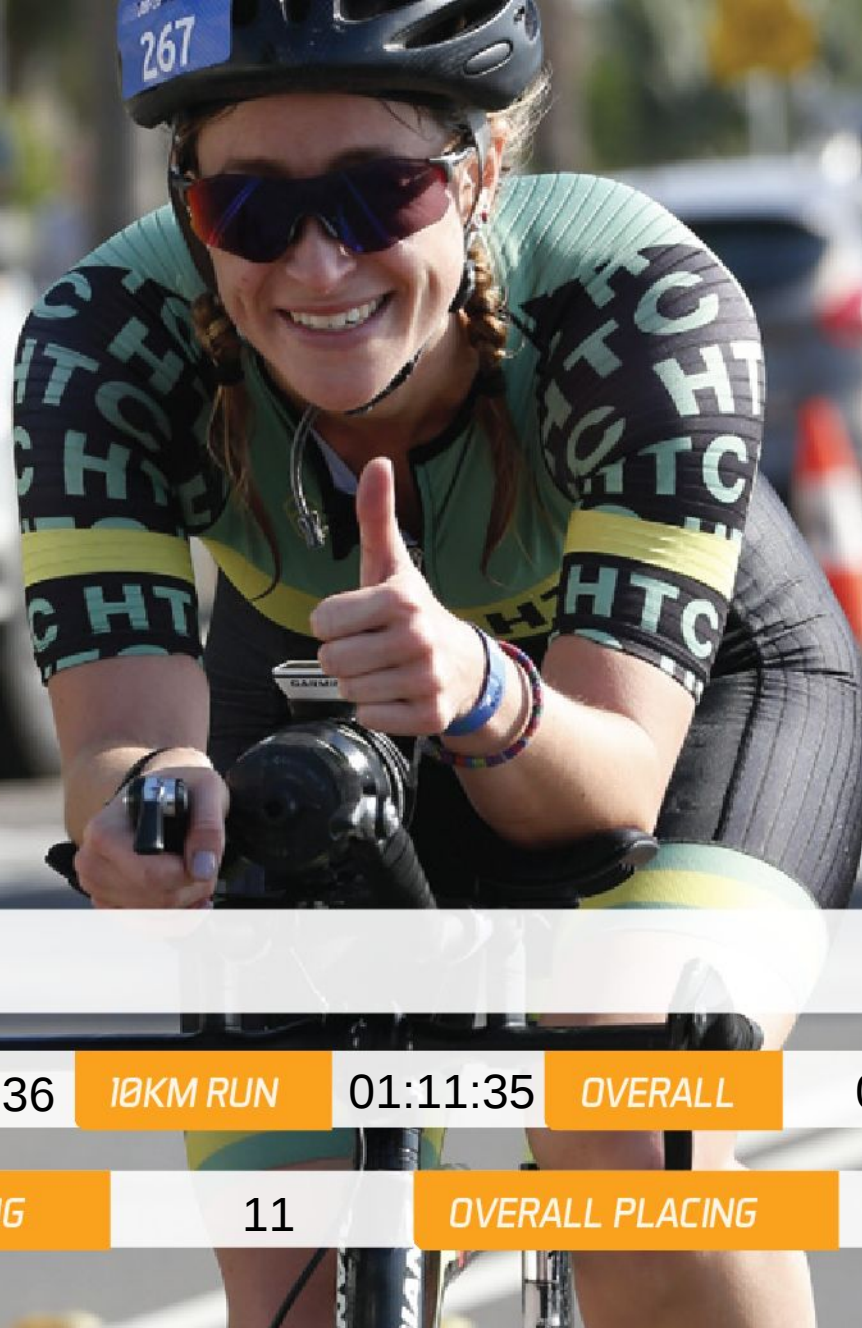




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Rachel KNIGHT

1.5KM SWIM

00:31:35

40KM BIKE

01:29:36

10KM RUN

01:11:35

OVERALL

03:20:20

CATEGORY

30-34

CATEGORY PLACING

11

OVERALL PLACING

300

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
CRAFT BEER

catfish