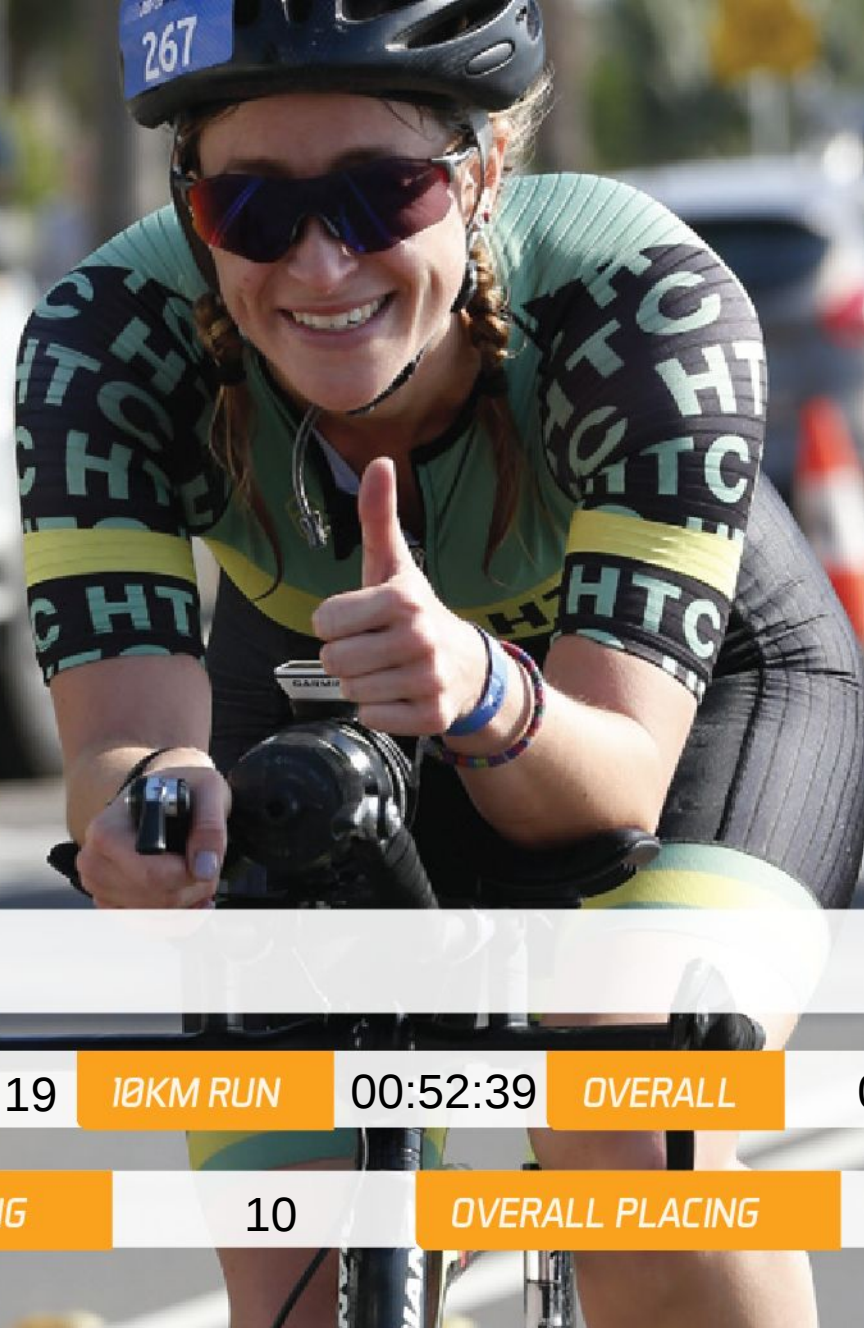




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Nicola SILBERT

1.5KM SWIM

00:30:25

40KM BIKE

01:21:19

10KM RUN

00:52:39

OVERALL

02:51:12

CATEGORY

25-29

CATEGORY PLACING

10

OVERALL PLACING

175

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
Crafting your space

catfish