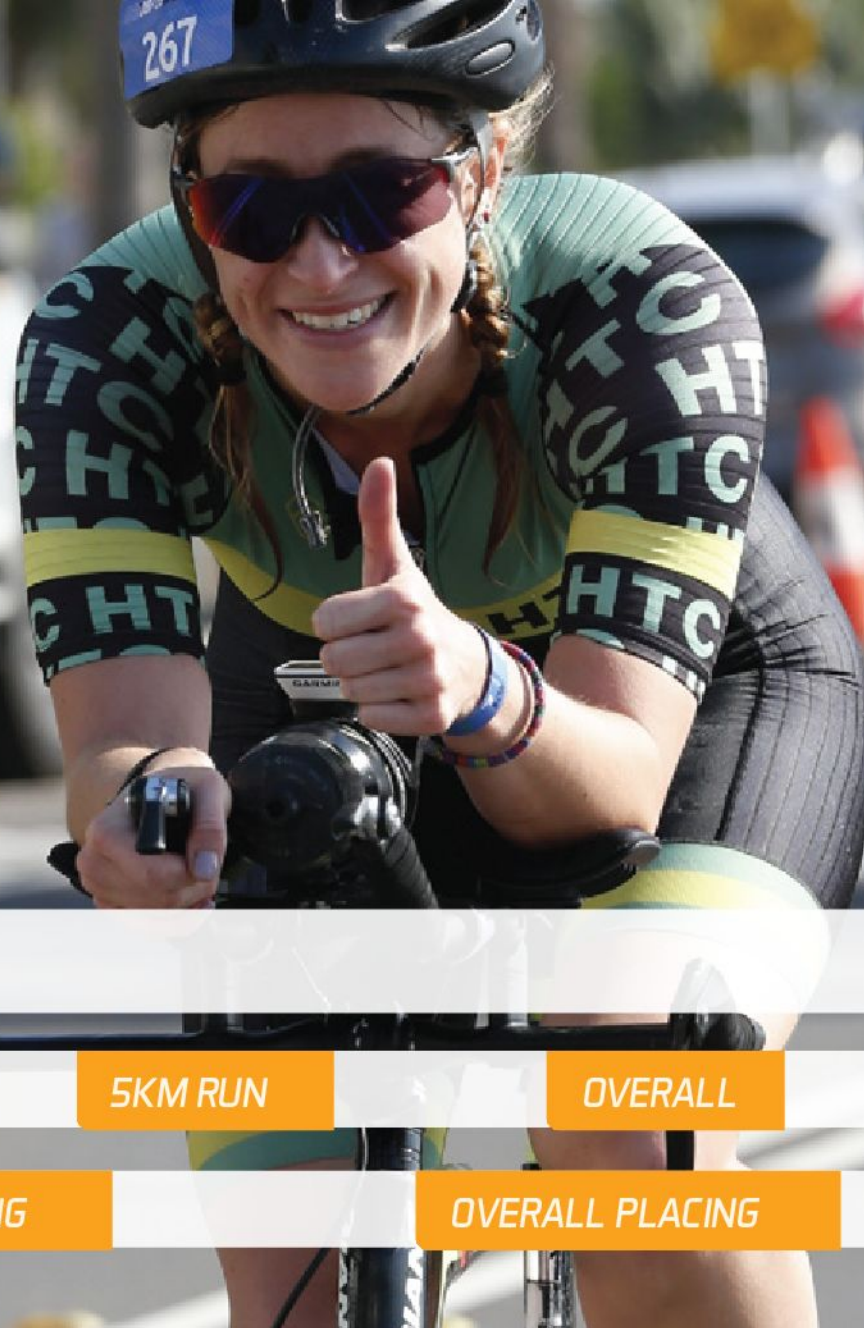




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



**SPRINT**

Emma COSTIN

750M SWIM

20KM BIKE

5KM RUN

OVERALL

CATEGORY

25-29

CATEGORY PLACING

OVERALL PLACING

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  
Coughing required

catfish