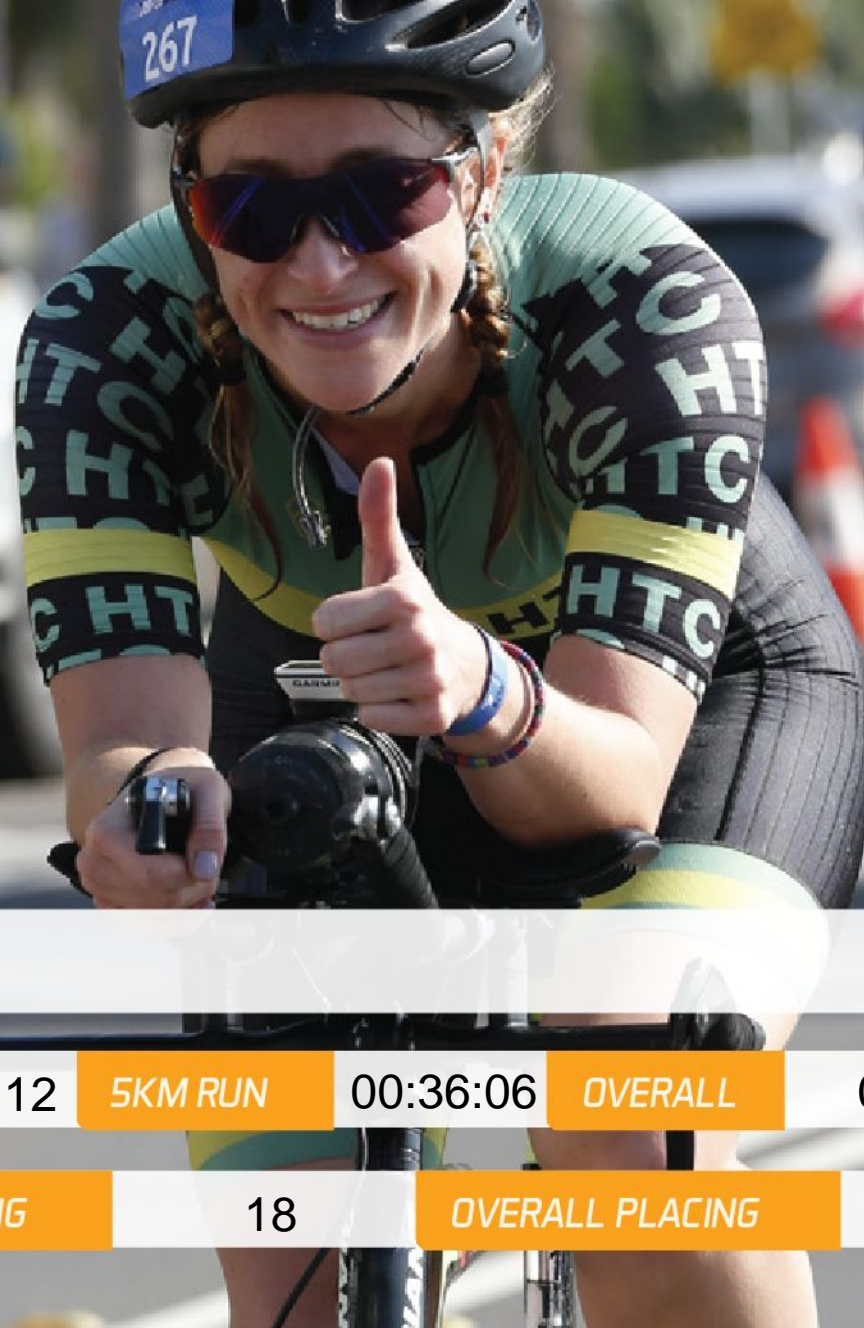




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



## SPRINT

Caitlin GILLIS

750M SWIM

00:15:25

20KM BIKE

00:42:12

5KM RUN

00:36:06

OVERALL

01:40:36

CATEGORY

30-34

CATEGORY PLACING

18

OVERALL PLACING

358

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  
CRAFTING REQUIRED

catfish