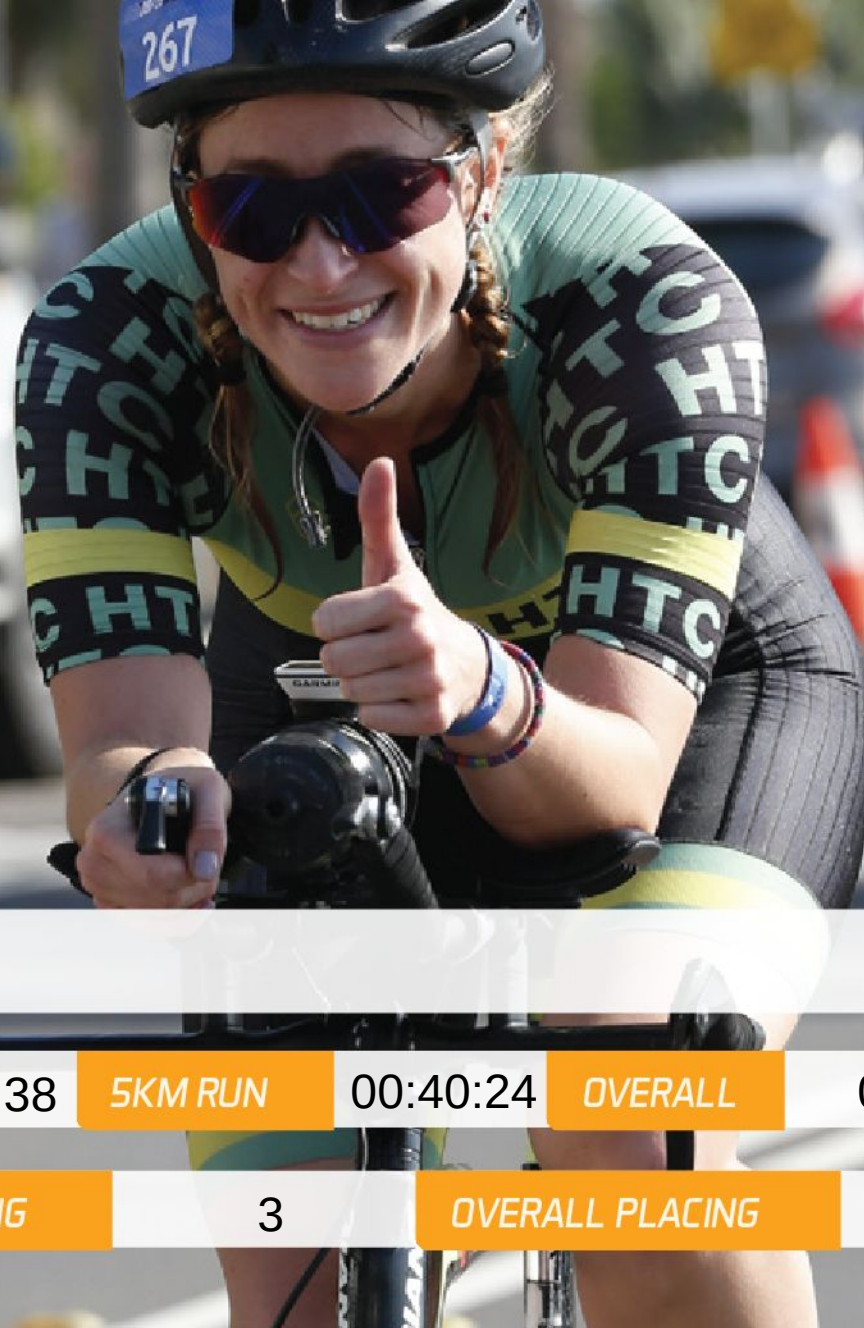




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Joanne GRAY

750M SWIM

00:20:52

20KM BIKE

00:47:38

5KM RUN

00:40:24

OVERALL

01:59:29

CATEGORY

60-64

CATEGORY PLACING

3

OVERALL PLACING

495

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish