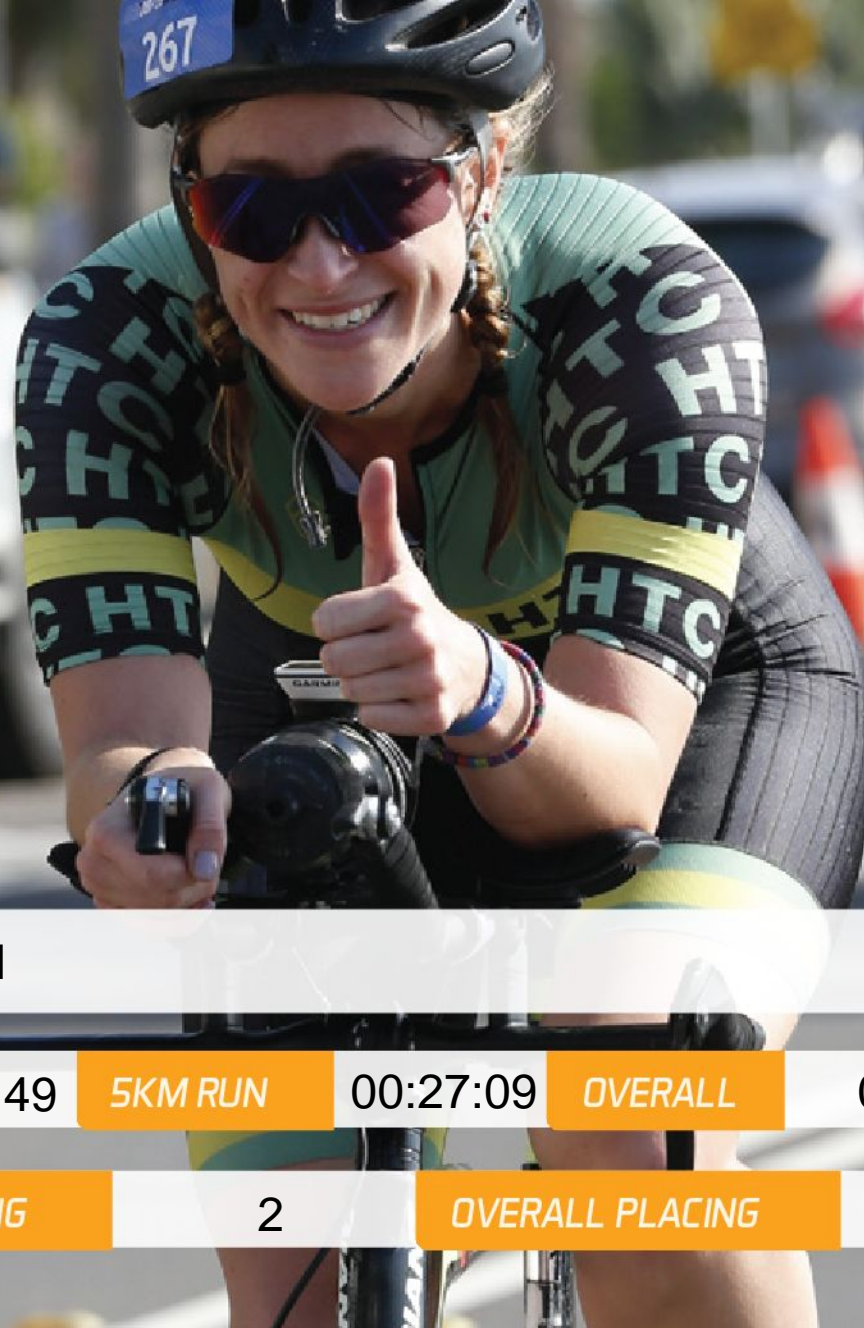




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Emily HITCHMAN

750M SWIM

00:13:30

20KM BIKE

00:39:49

5KM RUN

00:27:09

OVERALL

01:25:04

CATEGORY

20-24

CATEGORY PLACING

2

OVERALL PLACING

137

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