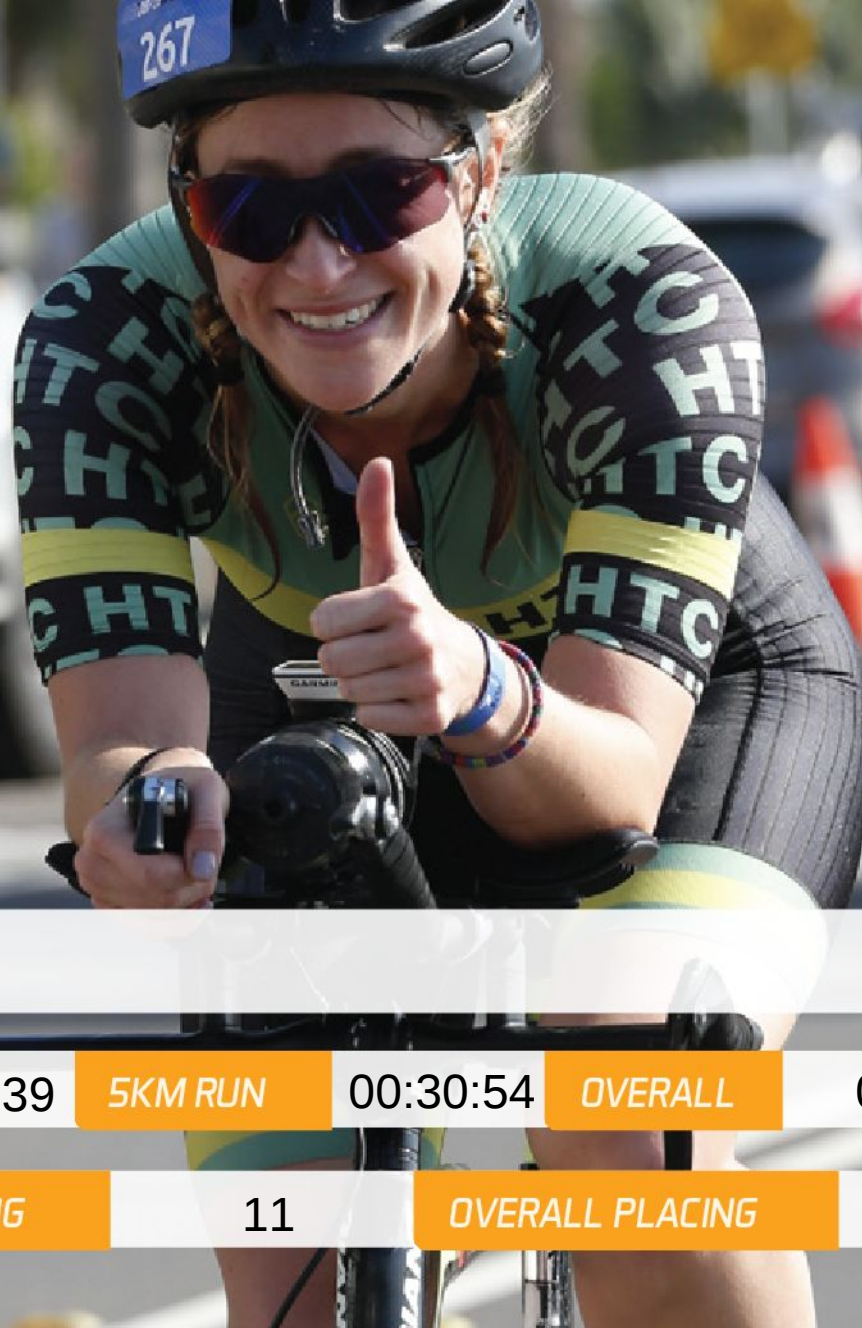




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Emma KEAST

750M SWIM	00:16:18	20KM BIKE	00:38:39	5KM RUN	00:30:54	OVERALL	01:32:51
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CATEGORY	30-34	CATEGORY PLACING	11	OVERALL PLACING	257
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POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish