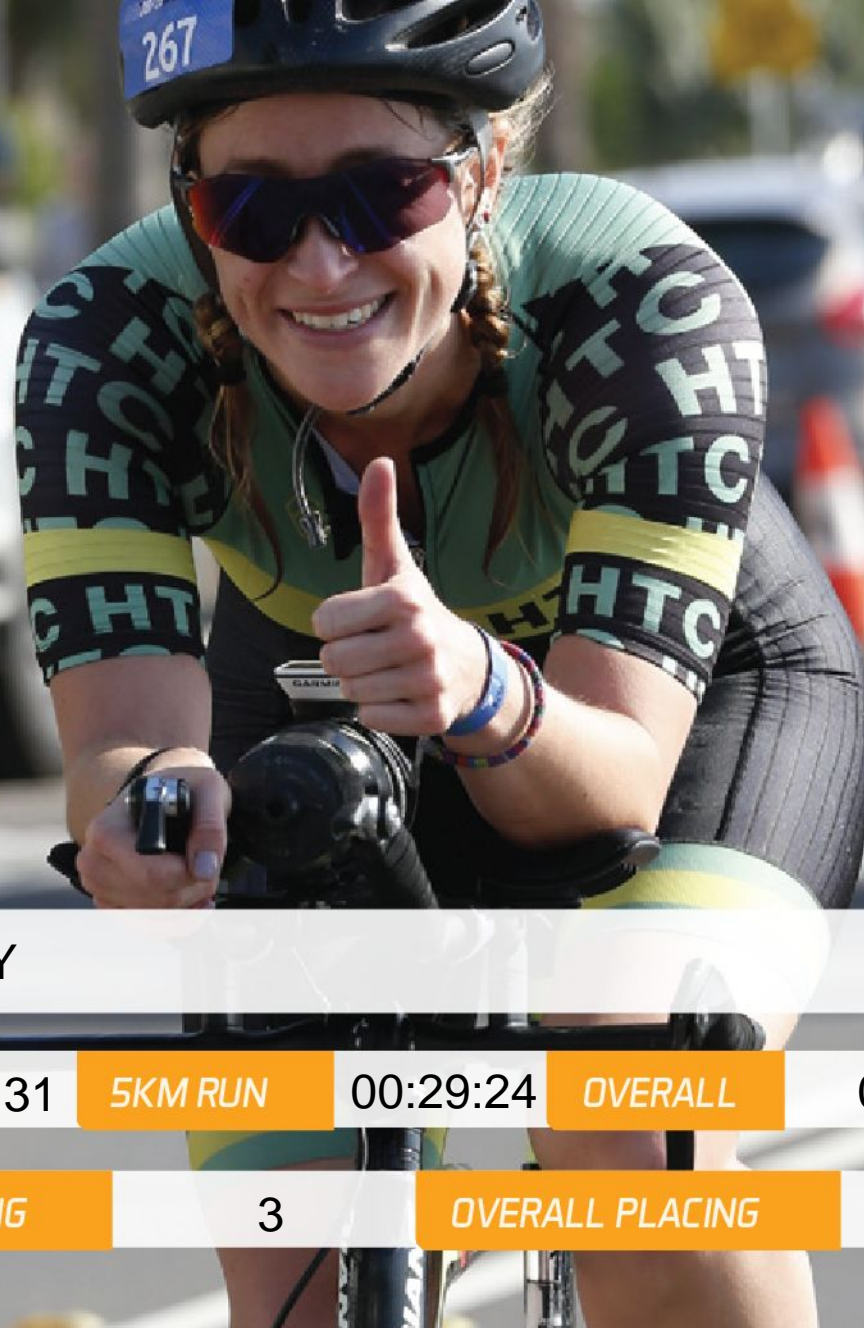




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Rachel KENNEDY

750M SWIM

00:15:00

20KM BIKE

00:37:31

5KM RUN

00:29:24

OVERALL

01:27:51

CATEGORY

35-39

CATEGORY PLACING

3

OVERALL PLACING

182

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