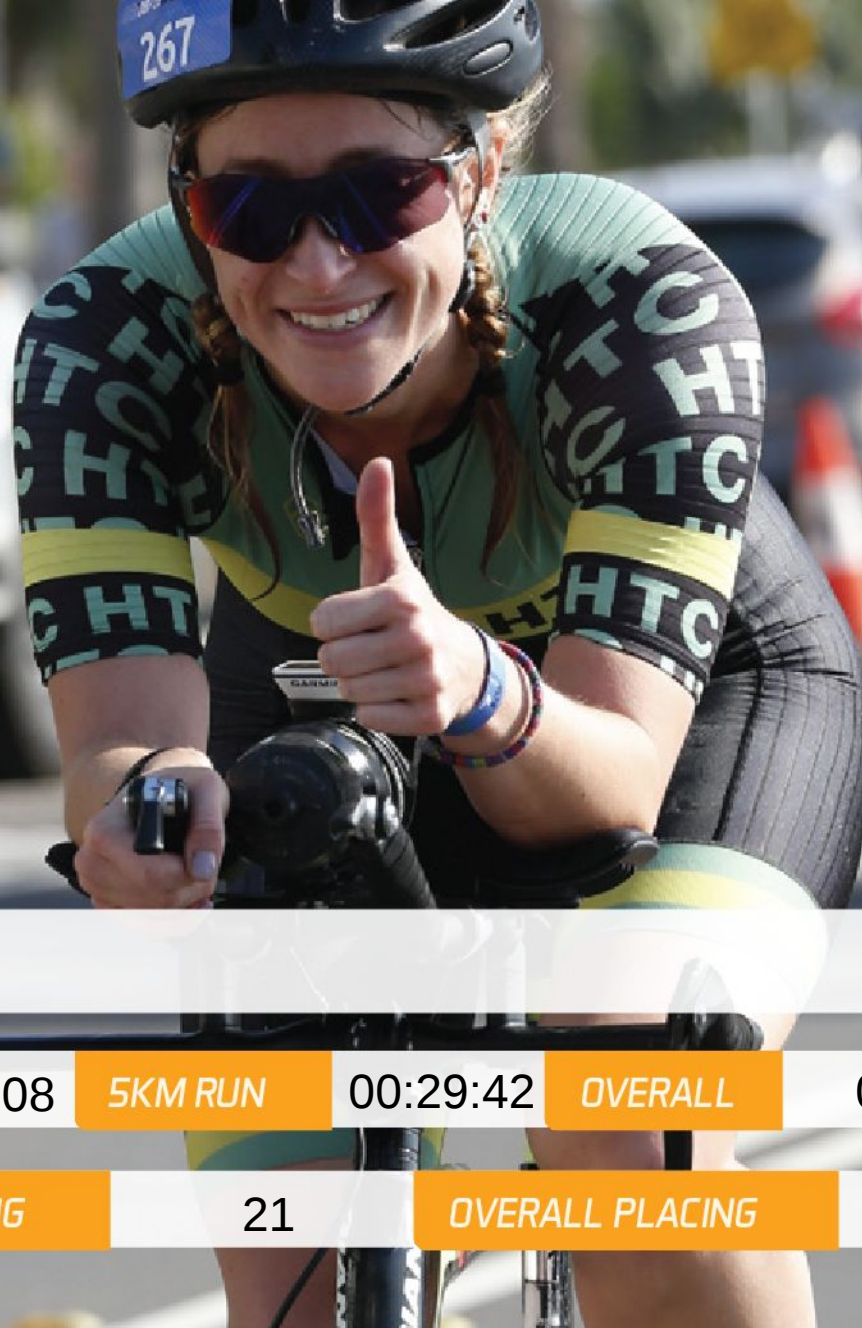




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Theresa LARKIN

750M SWIM

00:21:01

20KM BIKE

00:56:08

5KM RUN

00:29:42

OVERALL

01:57:05

CATEGORY

40-44

CATEGORY PLACING

21

OVERALL PLACING

491

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
Coughing required

catfish