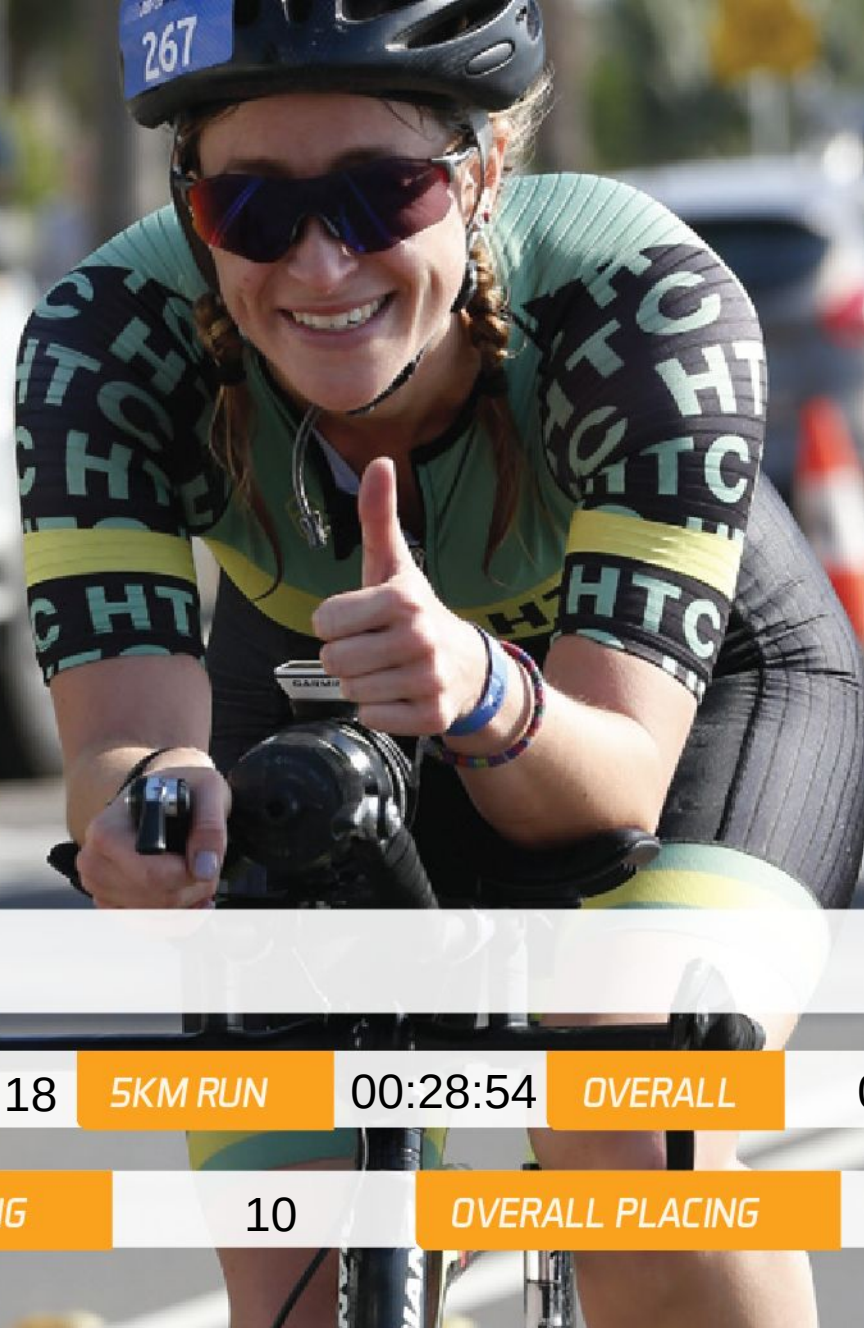




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Emmy LIGGETT

750M SWIM

00:16:27

20KM BIKE

00:41:18

5KM RUN

00:28:54

OVERALL

01:31:40

CATEGORY

30-34

CATEGORY PLACING

10

OVERALL PLACING

237

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