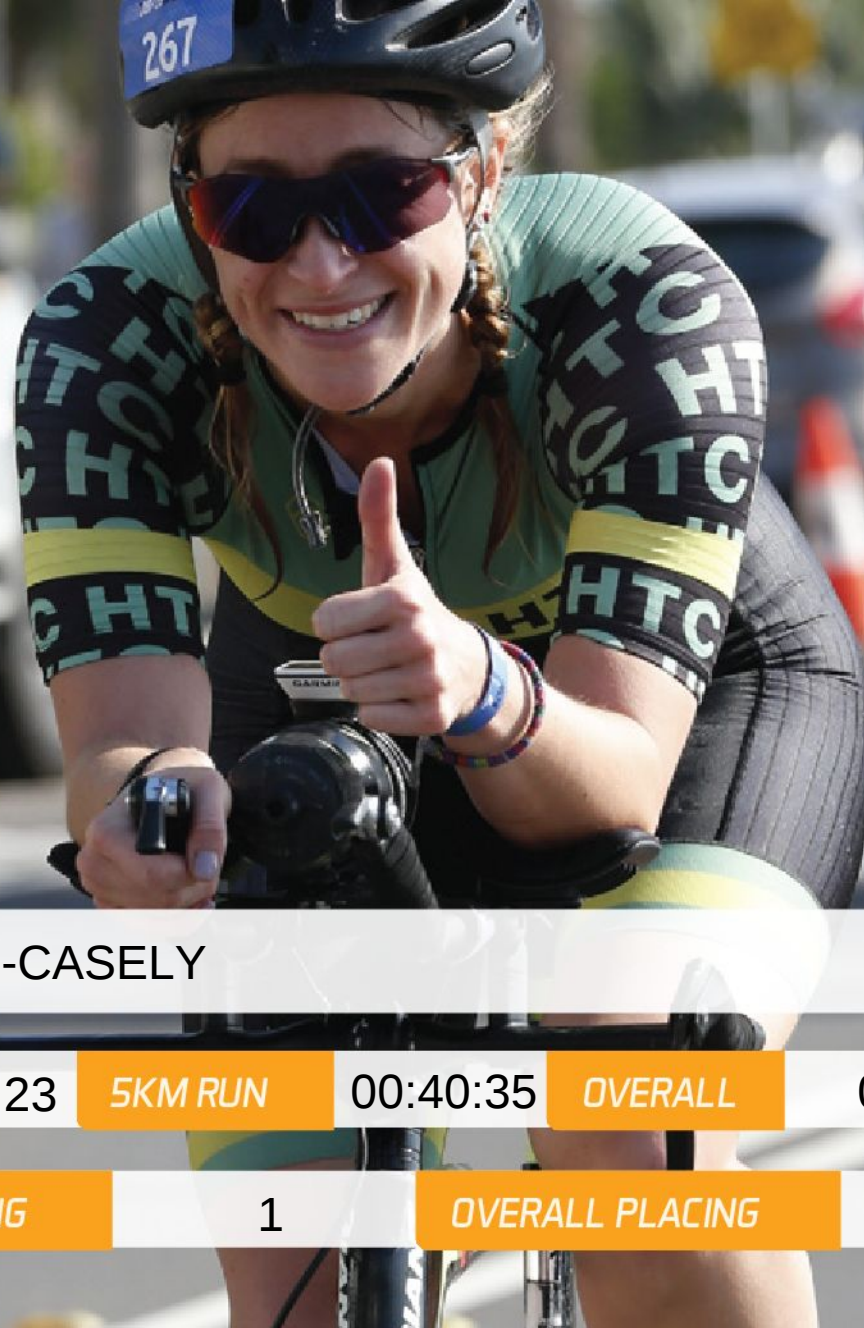




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Helen MAYNARD-CASELY

750M SWIM

00:17:55

20KM BIKE

00:43:23

5KM RUN

00:40:35

OVERALL

01:49:09

CATEGORY

Athena

CATEGORY PLACING

1

OVERALL PLACING

451

POWERADE

Destination
WOLLONGONG

Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

Traffic
Management

ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
CRAFTING INSPIRATION

catfish