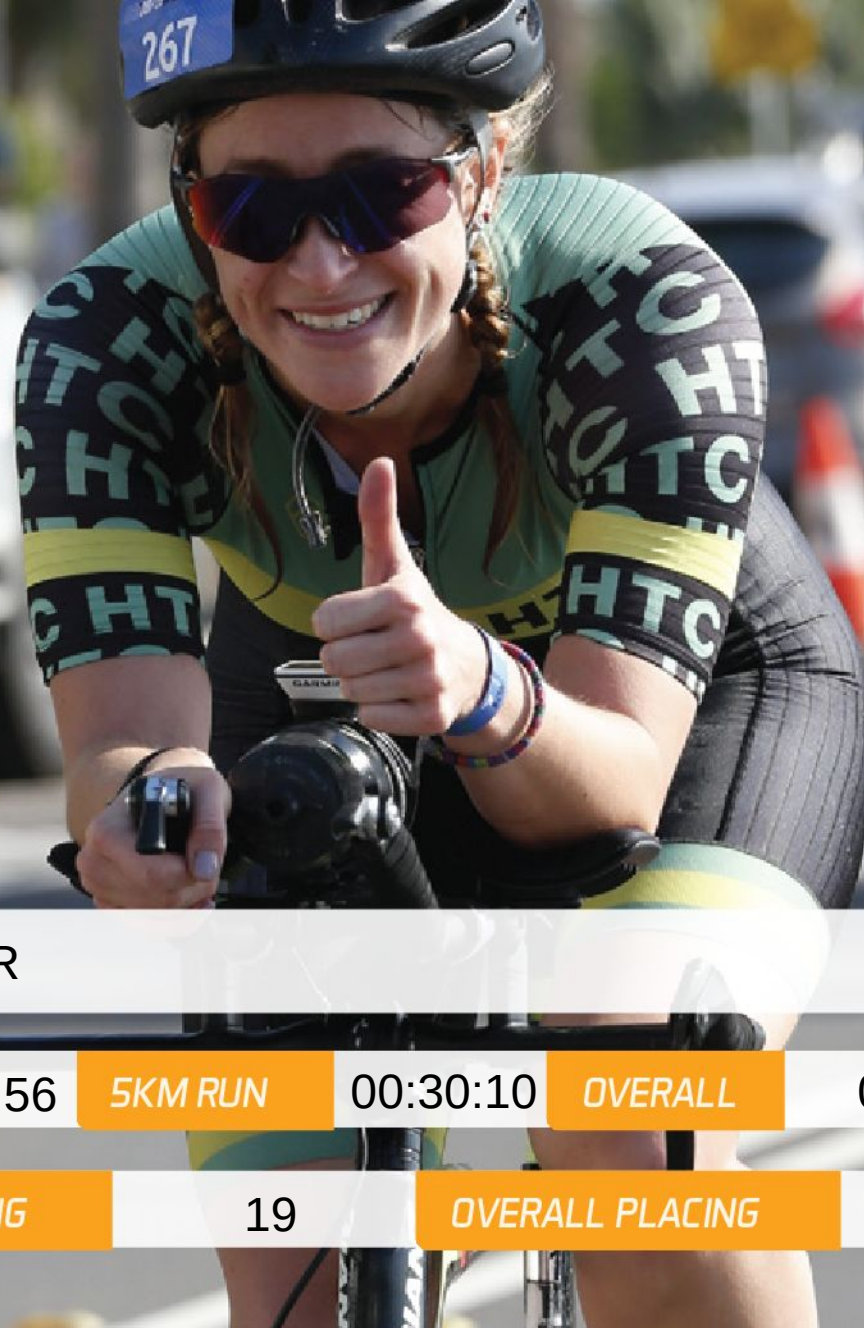




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Stephanie RYDER

750M SWIM	00:18:52	20KM BIKE	00:43:56	5KM RUN	00:30:10	OVERALL	01:40:56
-----------	----------	-----------	----------	---------	----------	---------	----------

CATEGORY	30-34	CATEGORY PLACING	19	OVERALL PLACING	365
----------	-------	------------------	----	-----------------	-----

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