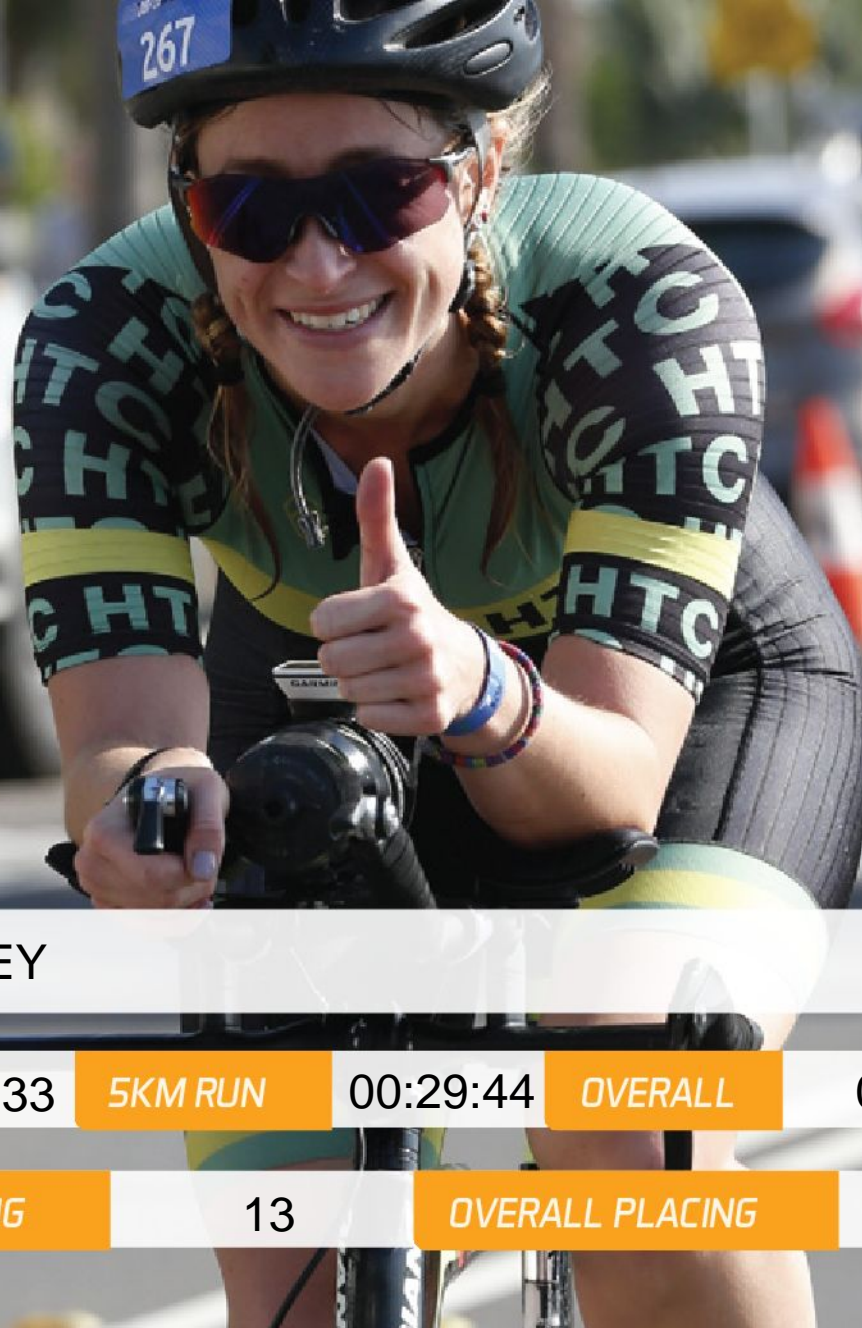




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Catriona SOUTHEY

750M SWIM	00:17:14	20KM BIKE	00:48:33	5KM RUN	00:29:44	OVERALL	01:43:09
-----------	----------	-----------	----------	---------	----------	---------	----------

CATEGORY	40-44	CATEGORY PLACING	13	OVERALL PLACING	390
----------	-------	------------------	----	-----------------	-----

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish