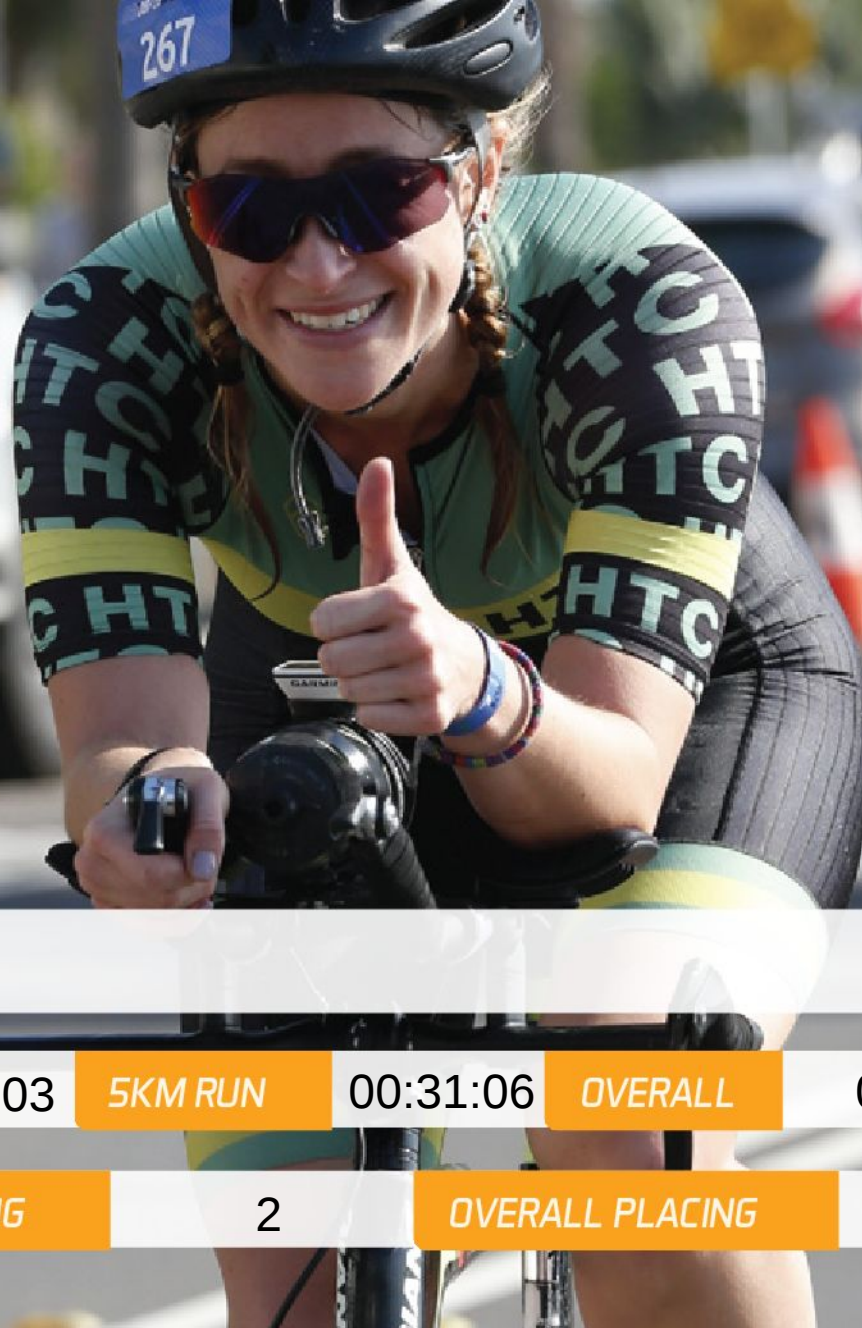




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Catherine WEST

750M SWIM

00:13:52

20KM BIKE

00:37:03

5KM RUN

00:31:06

OVERALL

01:28:19

CATEGORY

50-54

CATEGORY PLACING

2

OVERALL PLACING

188

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish