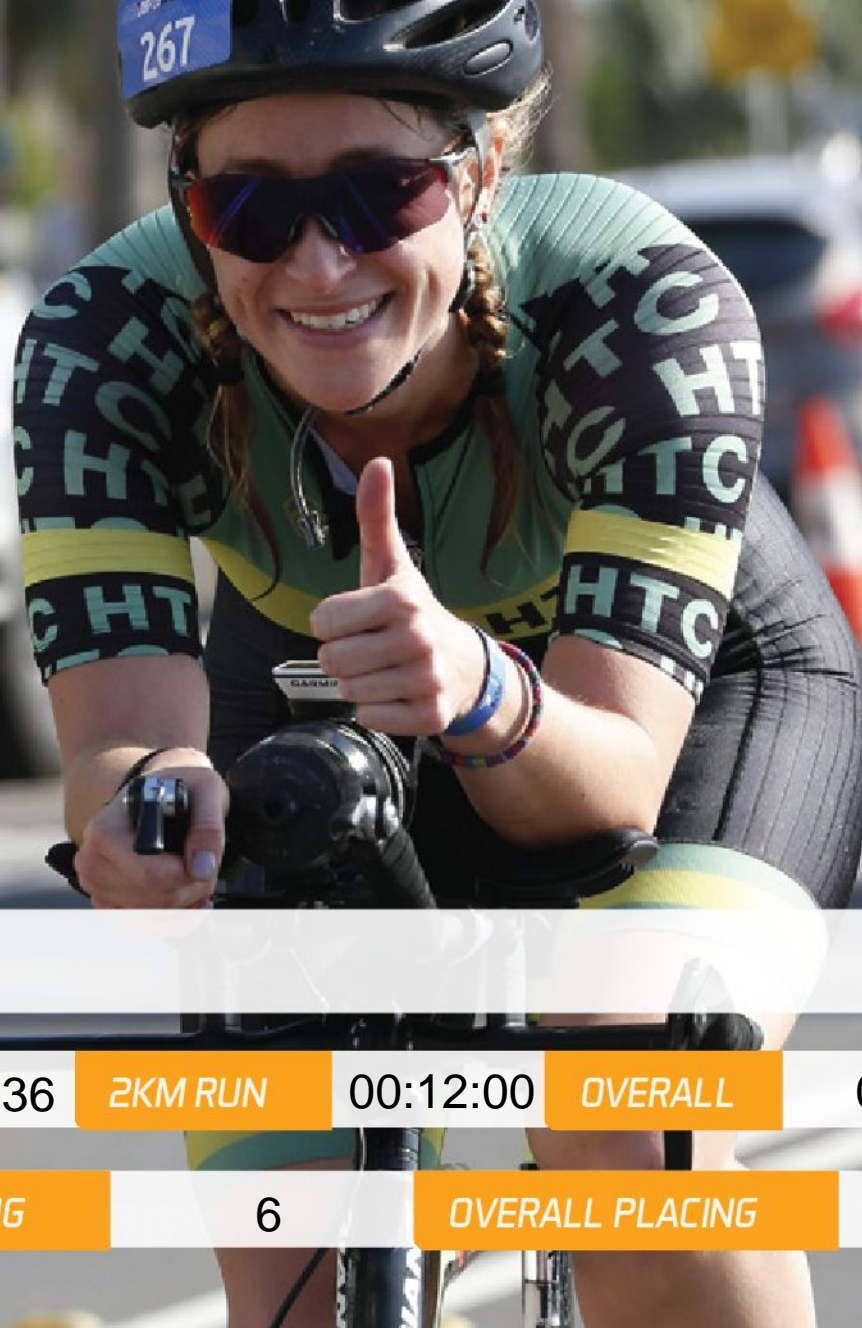




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



## SUPER SPRINT

Maribeth COLE

200M SWIM

00:06:09

10KM BIKE

00:22:36

2KM RUN

00:12:00

OVERALL

00:47:42

CATEGORY

40-49

CATEGORY PLACING

6

OVERALL PLACING

57

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  
sustainable

catfish