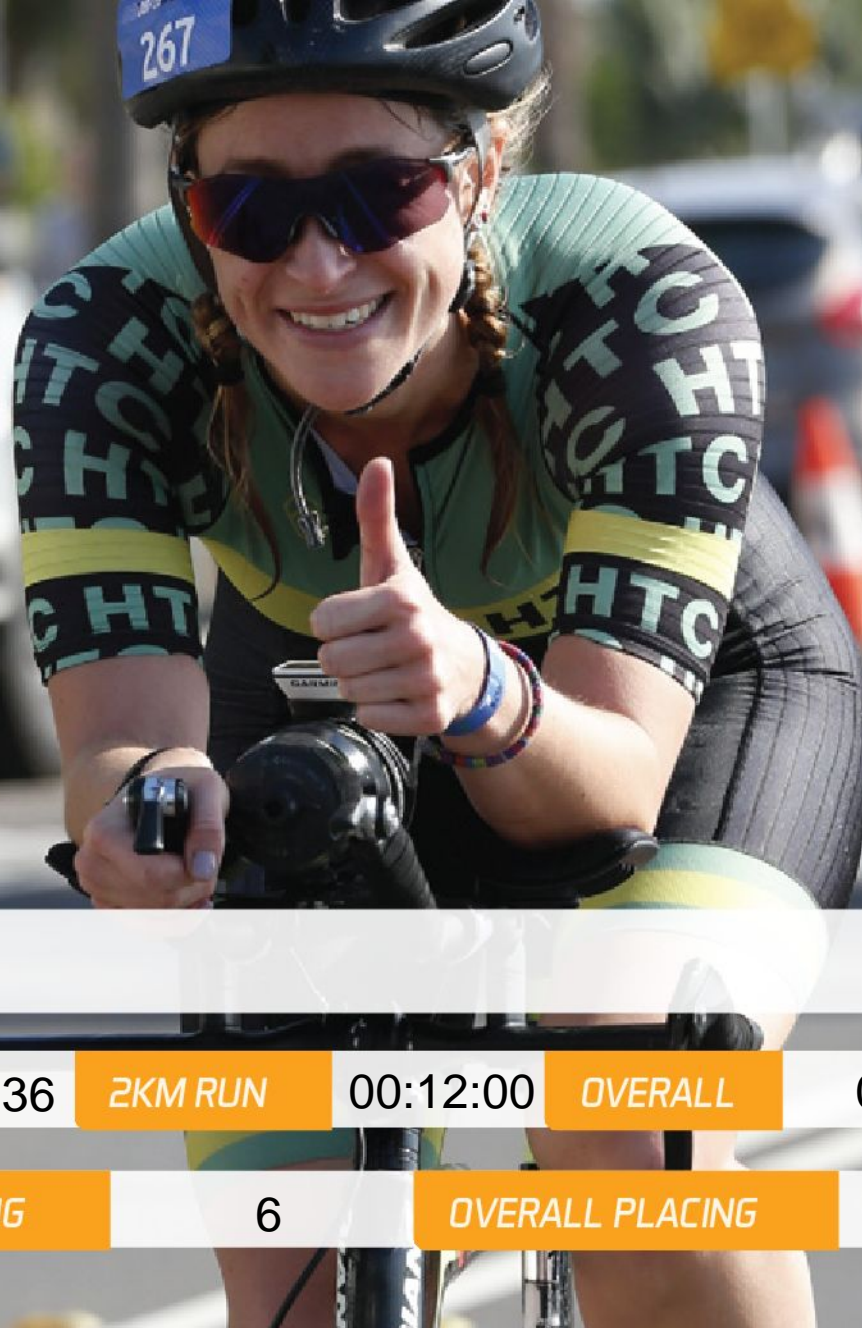




TRI THE GONG

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

McDonald's
i'm lovin' it™

KIND

soto
sustainable

catfish