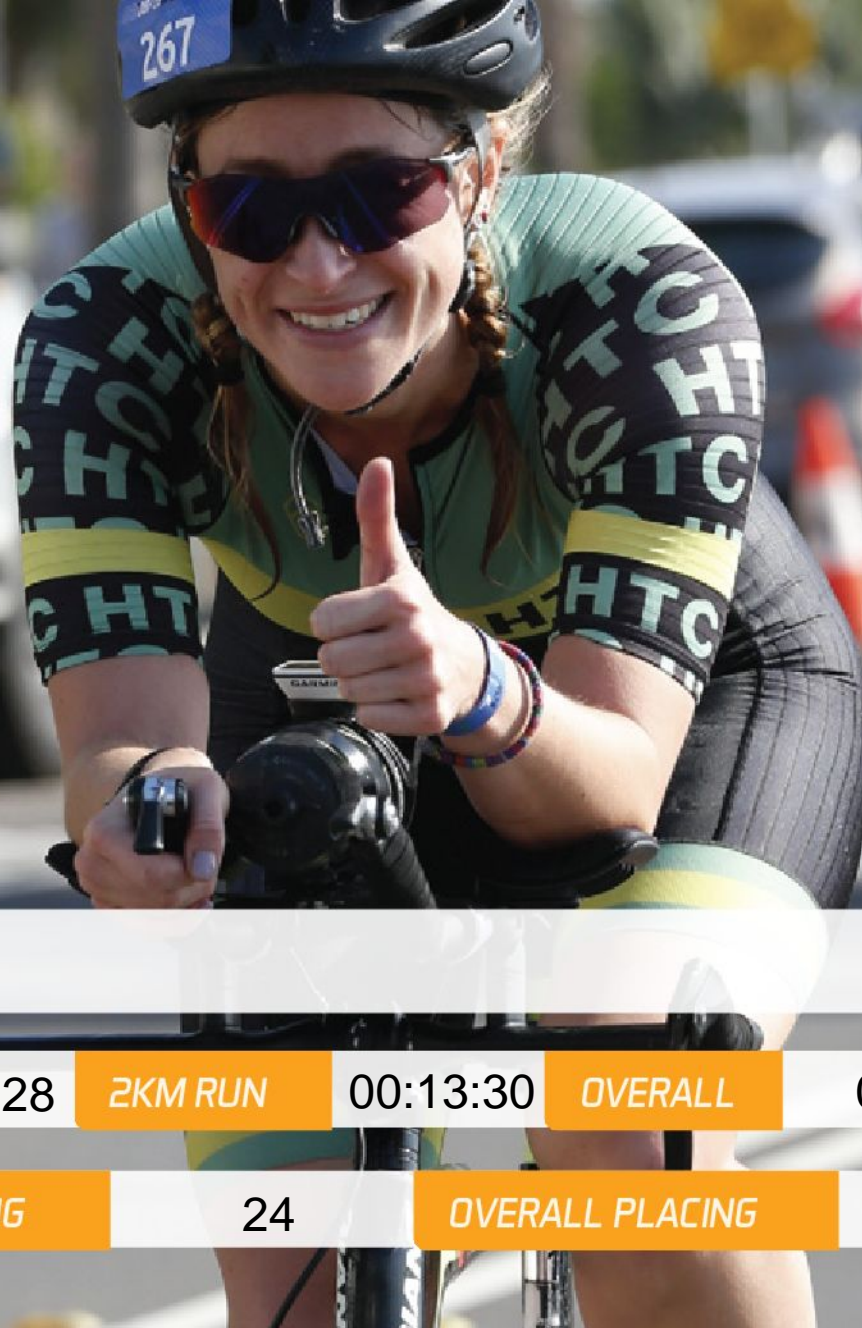




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



## SUPER SPRINT

Emma DANDO

200M SWIM	00:08:42	10KM BIKE	00:26:28	2KM RUN	00:13:30	OVERALL	00:57:55
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CATEGORY	20-29	CATEGORY PLACING	24	OVERALL PLACING	113
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POWERADE.

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

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ZOGGS

EY

PB Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEERS

Mc  
i'm lovin' it™

KIND

soto  
sustainable

catfish