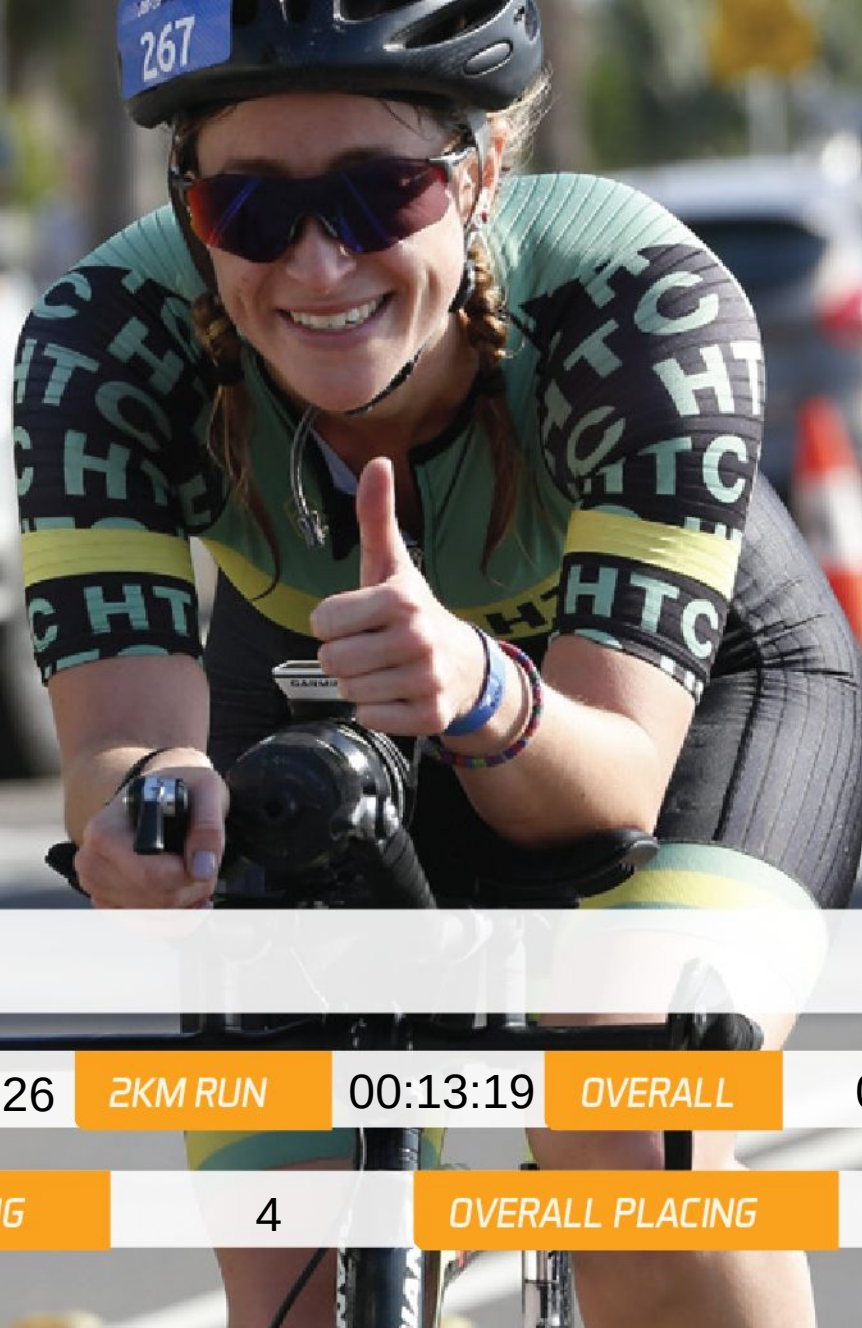




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Kate JONES

200M SWIM

00:07:37

10KM BIKE

00:27:26

2KM RUN

00:13:19

OVERALL

00:55:10

CATEGORY

RYM

CATEGORY PLACING

4

OVERALL PLACING

103

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