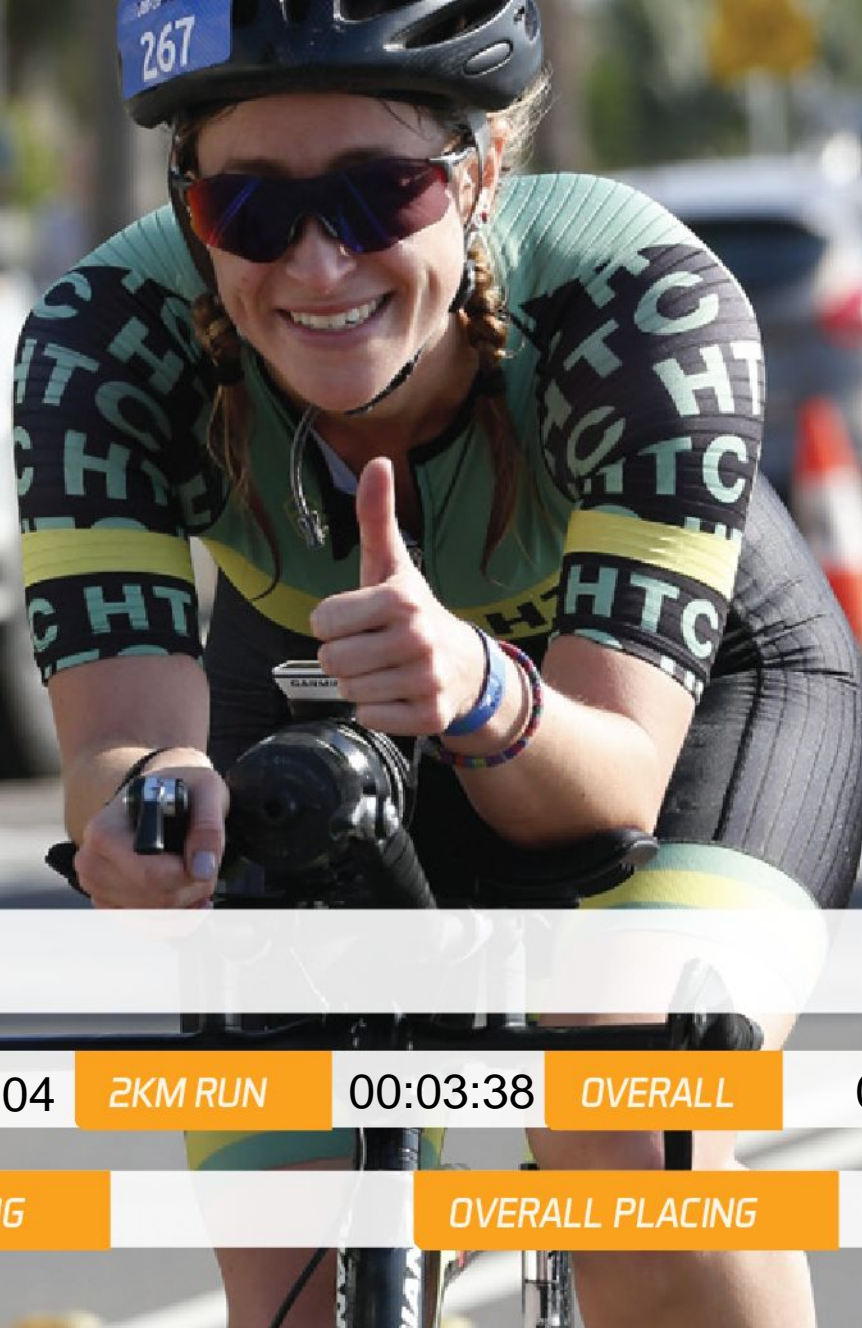




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



## SUPER SPRINT

Megan ROSS

200M SWIM

00:06:54

10KM BIKE

00:24:04

2KM RUN

00:03:38

OVERALL

00:40:46

CATEGORY

40-49

CATEGORY PLACING

OVERALL PLACING

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