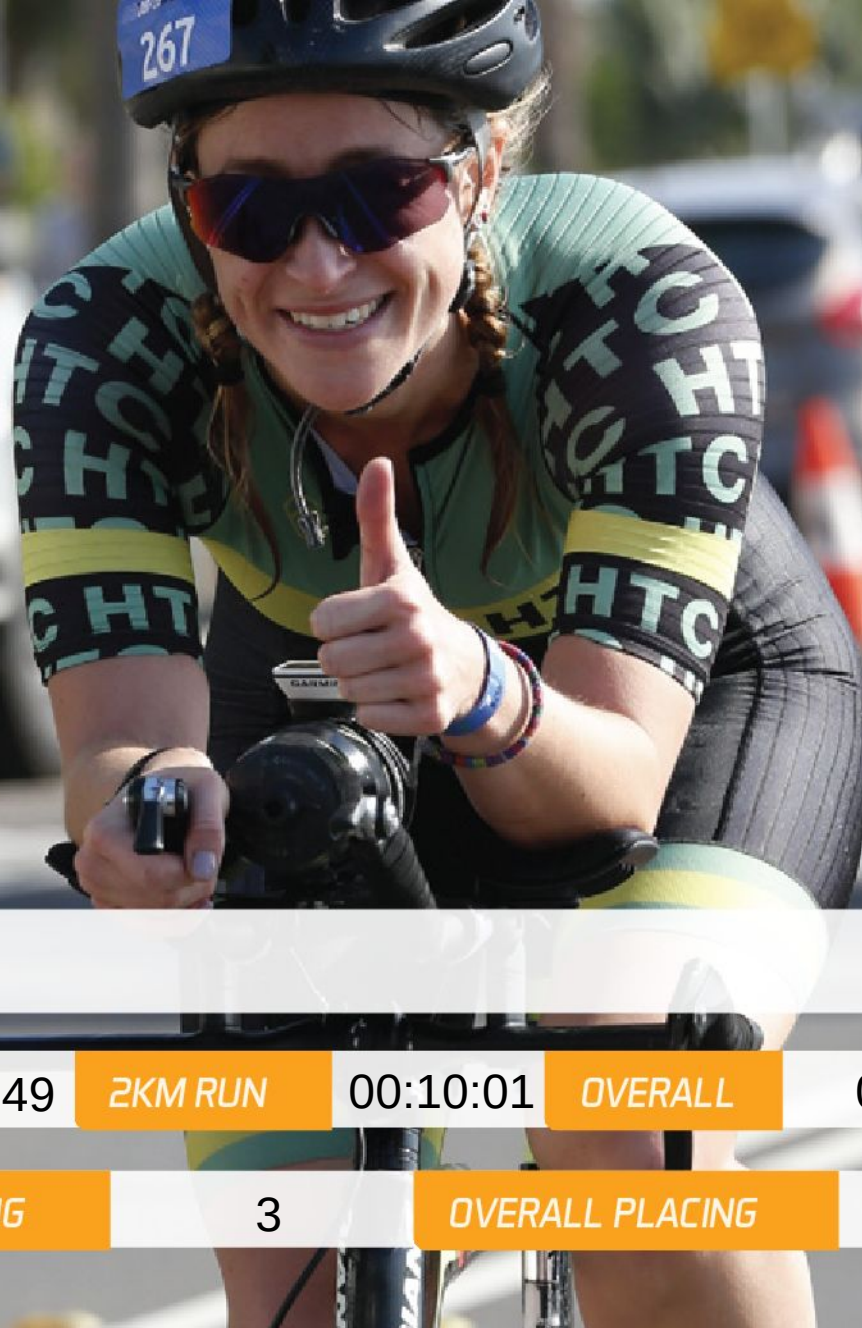




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Scott TROLDAHL

200M SWIM

00:04:55

10KM BIKE

00:20:49

2KM RUN

00:10:01

OVERALL

00:41:34

CATEGORY

20-29

CATEGORY PLACING

3

OVERALL PLACING

24

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