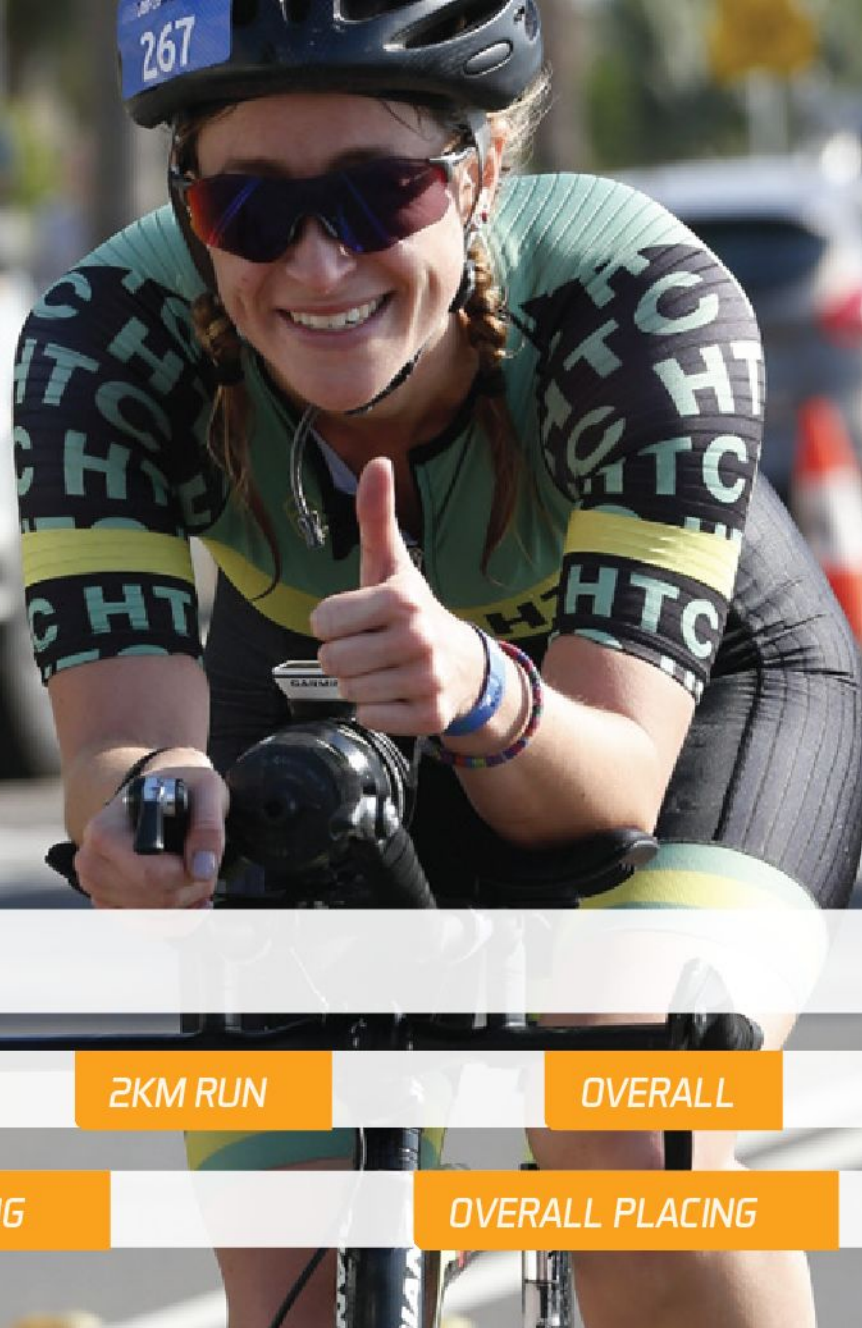




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



TRY A TRI

Ashleigh MILLS

200M SWIM

10KM BIKE

2KM RUN

OVERALL

CATEGORY

30-39

CATEGORY PLACING

OVERALL PLACING

POWERADE

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEVS

McDonald's  
i'm lovin' it™

KIND

soto  
everything is possible

catfish