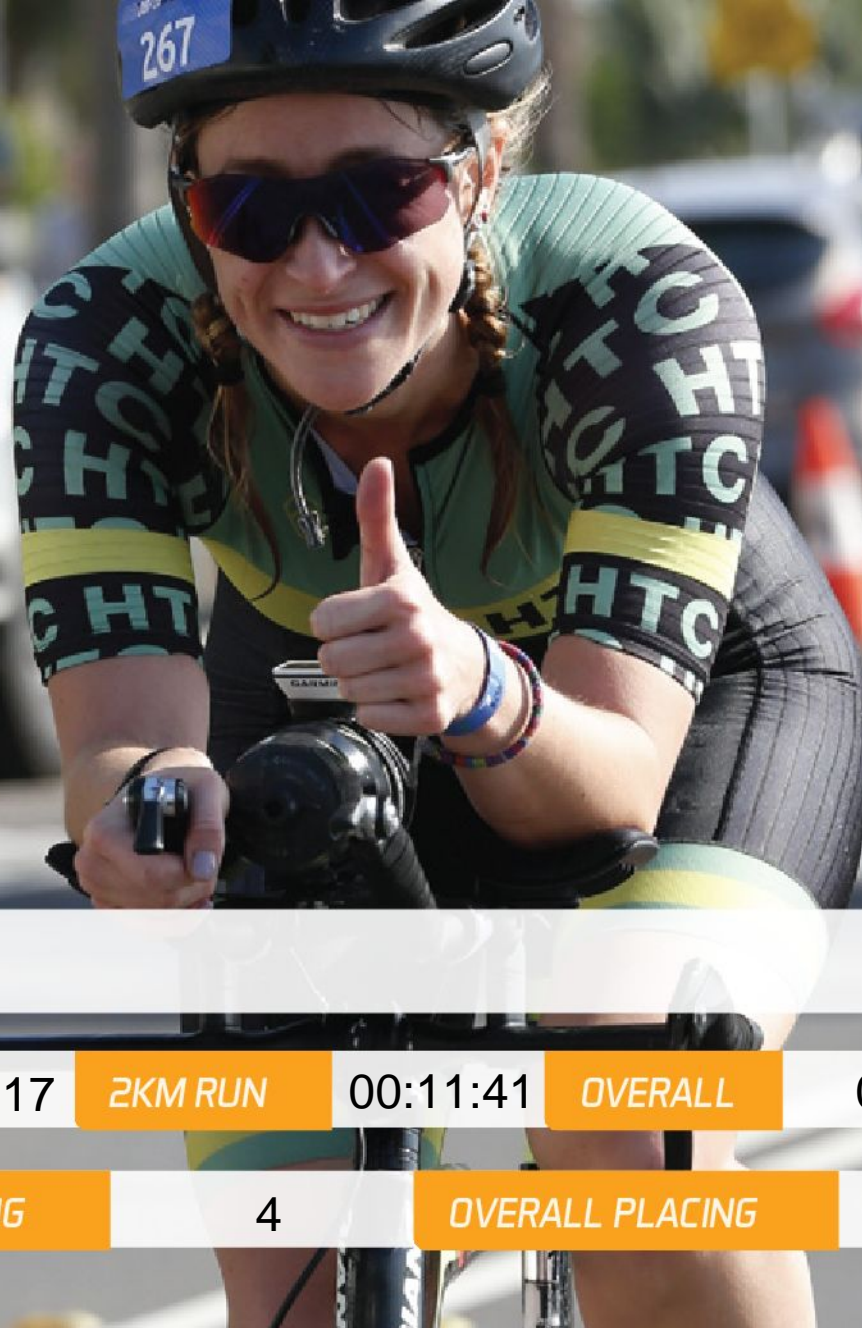




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



## TRY A TRI

Alisa WILCOCK

200M SWIM

00:06:34

10KM BIKE

00:26:17

2KM RUN

00:11:41

OVERALL

00:52:45

CATEGORY

40-49

CATEGORY PLACING

4

OVERALL PLACING

26

POWERADE

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEVS

Mc  
i'm lovin' it™

KIND

soto  
everything required

>>>>>  
catfish