

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Lynda FORD

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

*As part of the Wollongong Triathlon Festival 23<sup>rd</sup> April 2023*

750M SWIM SPLIT

20KM BIKE SPLIT

5KM RUN SPLIT

OVERALL TIME

50-54

CATEGORY

CATEGORY PLACING

OVERALL PLACING