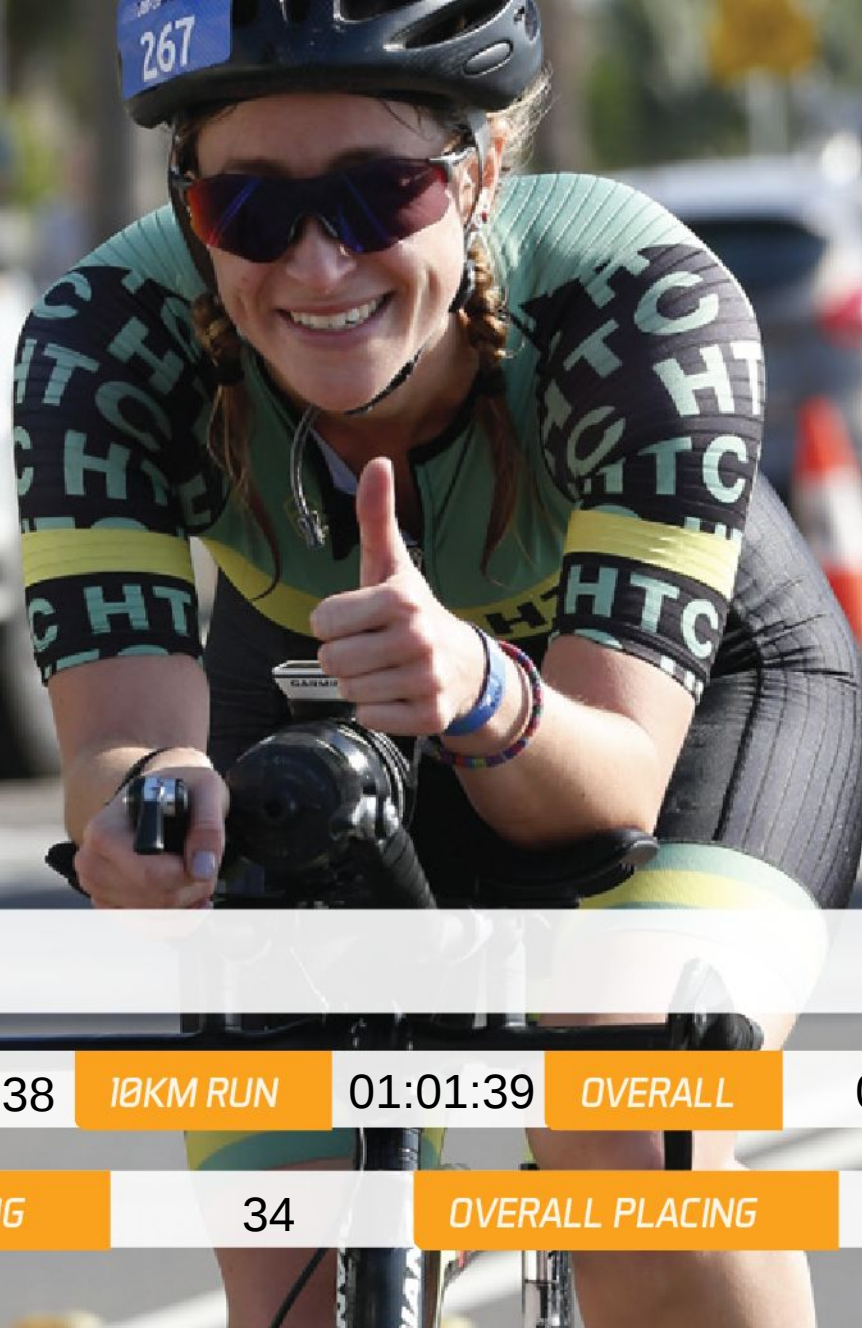




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Sam CHAPPLE

1.5KM SWIM

00:27:15

40KM BIKE

01:29:38

10KM RUN

01:01:39

OVERALL

03:11:08

CATEGORY

25-29

CATEGORY PLACING

34

OVERALL PLACING

276

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

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EY

PD Traffic
Management

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Crafting your space

catfish