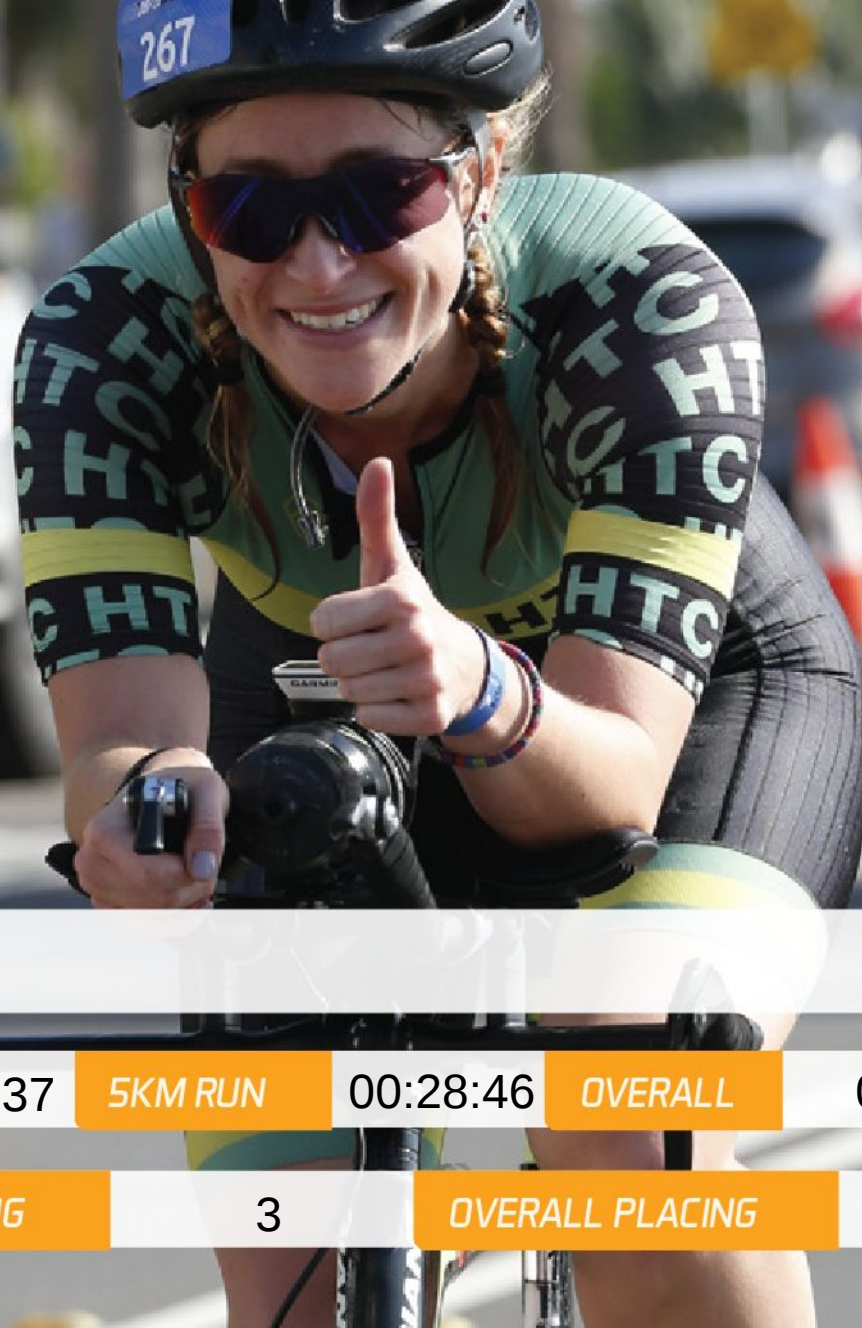




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Sam BARLOW

750M SWIM

00:18:10

20KM BIKE

00:37:37

5KM RUN

00:28:46

OVERALL

01:29:06

CATEGORY

RYM

CATEGORY PLACING

3

OVERALL PLACING

201

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish