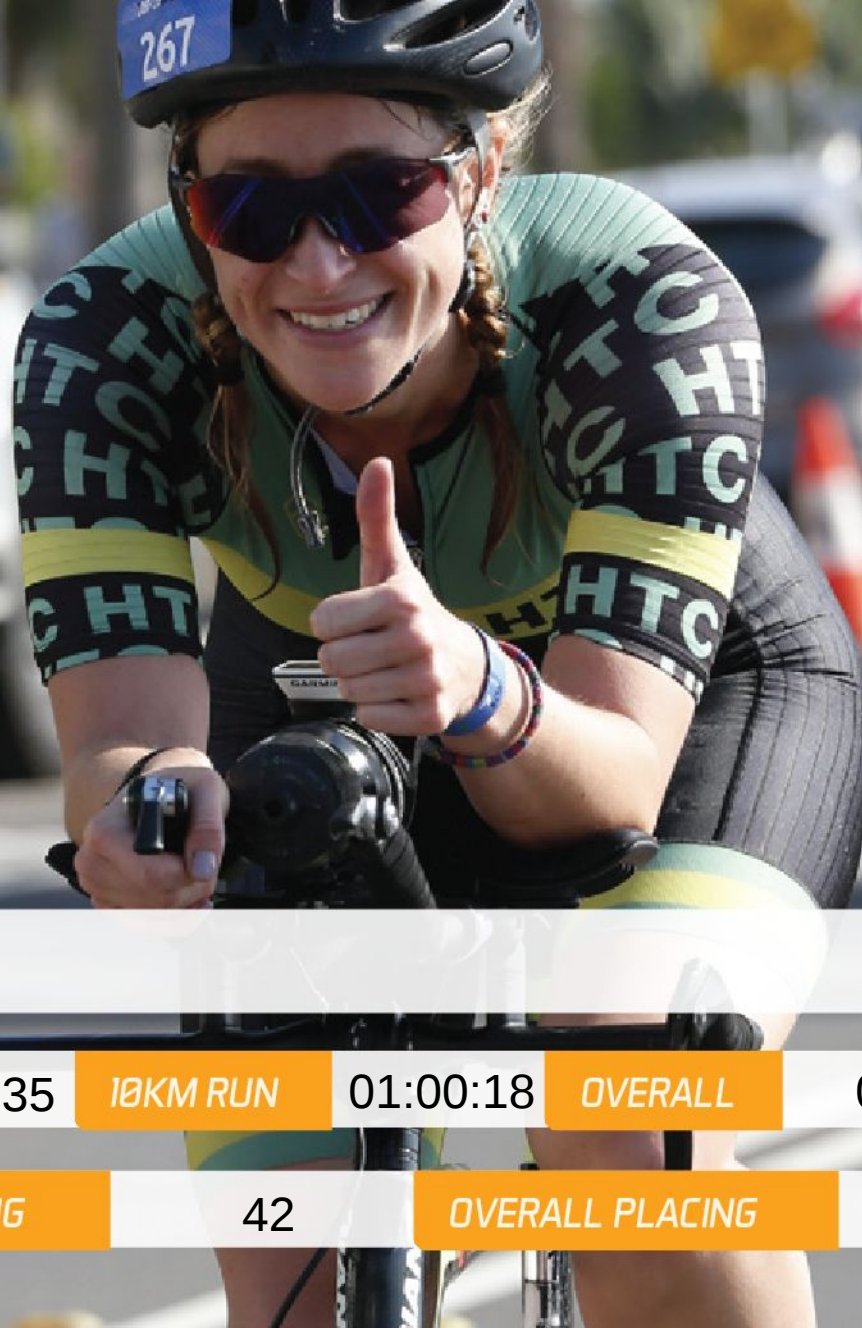




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

John METCALFE

1.5KM SWIM

00:32:56

40KM BIKE

01:10:35

10KM RUN

01:00:18

OVERALL

02:49:13

CATEGORY

30-34

CATEGORY PLACING

42

OVERALL PLACING

165

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

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KIND

soto
Crafting your space

catfish