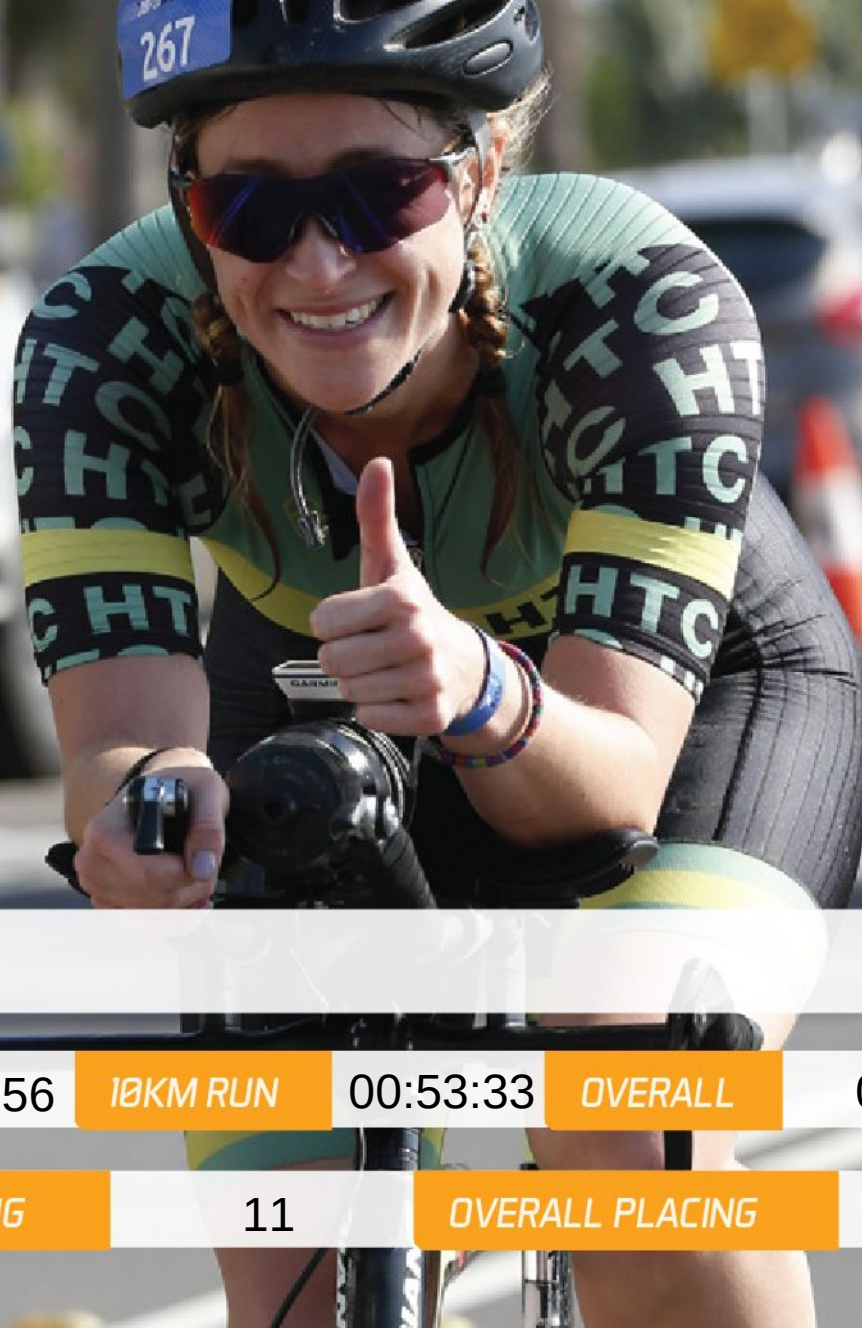




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

John OH

1.5KM SWIM

00:34:11

40KM BIKE

01:08:56

10KM RUN

00:53:33

OVERALL

02:45:55

CATEGORY

45-49

CATEGORY PLACING

11

OVERALL PLACING

139

POWERADE.

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEERS

Mc  
i'm lovin' it™

KIND

soto  
Crafting your personal

catfish