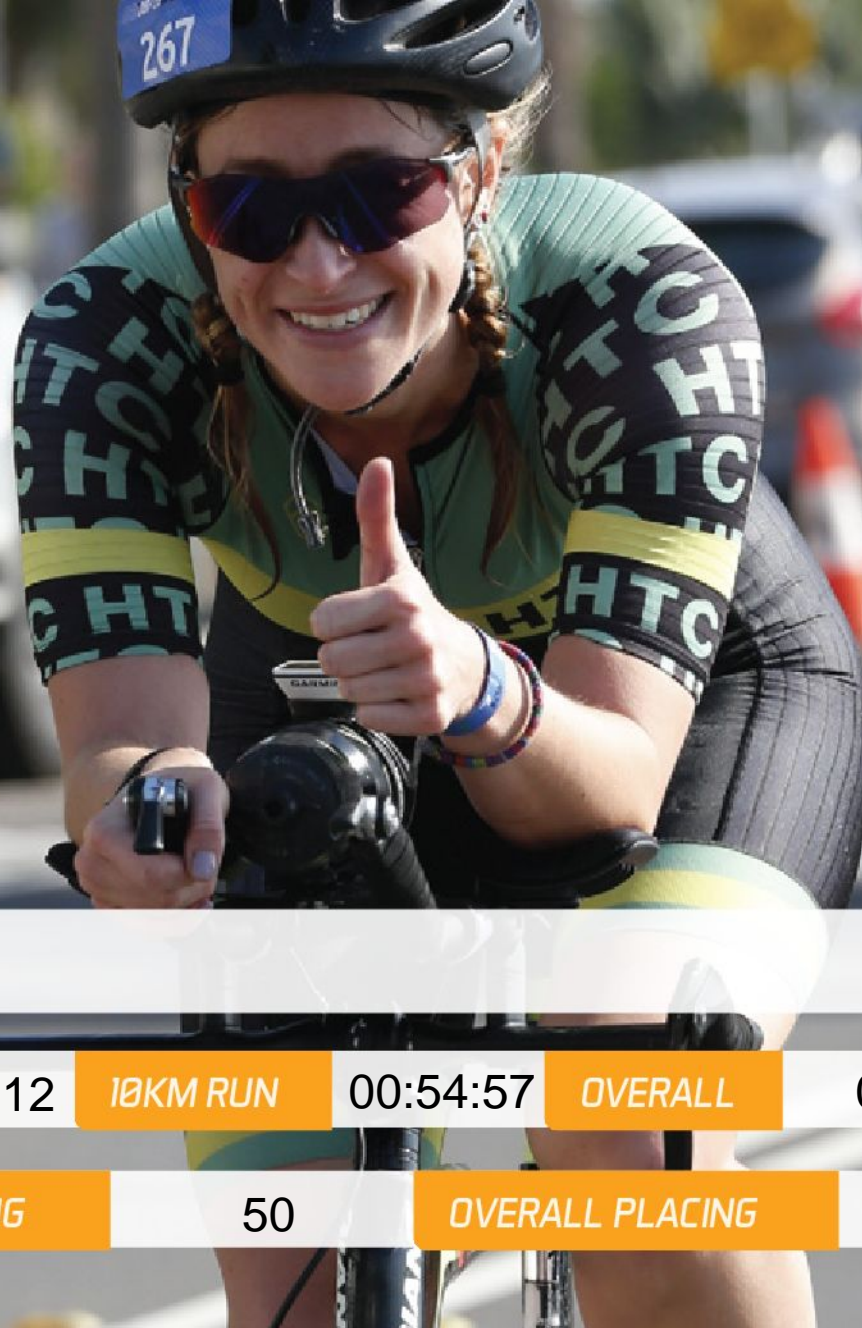




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Brendan BISHOP

1.5KM SWIM

00:33:28

40KM BIKE

01:23:12

10KM RUN

00:54:57

OVERALL

02:58:31

CATEGORY

30-34

CATEGORY PLACING

50

OVERALL PLACING

223

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
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KIND

soto
Crafting your space

catfish