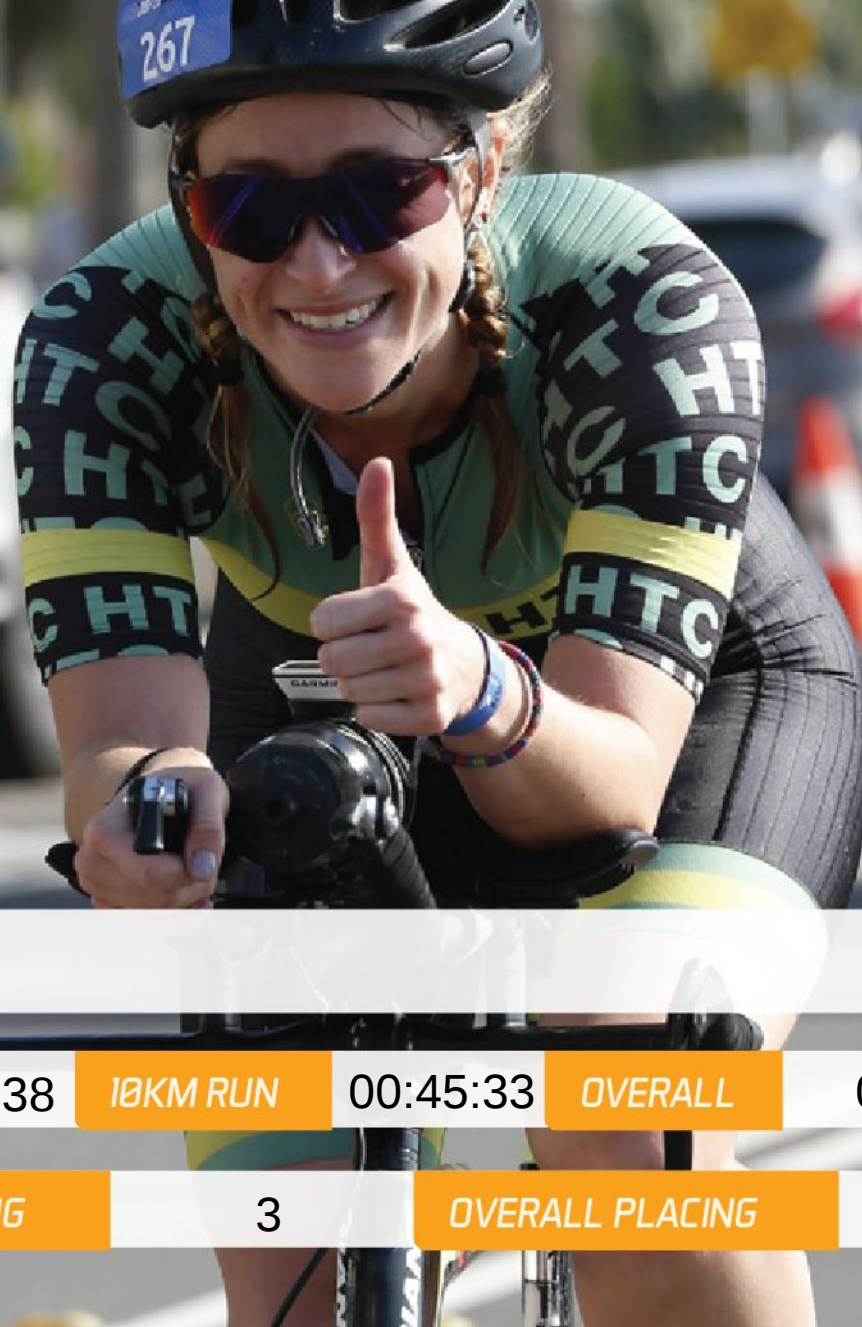




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Keith TUYNMAN

1.5KM SWIM

00:25:02

40KM BIKE

01:12:38

10KM RUN

00:45:33

OVERALL

02:29:17

CATEGORY

50-54

CATEGORY PLACING

3

OVERALL PLACING

48

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
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KIND

soto
Crafting your space

catfish