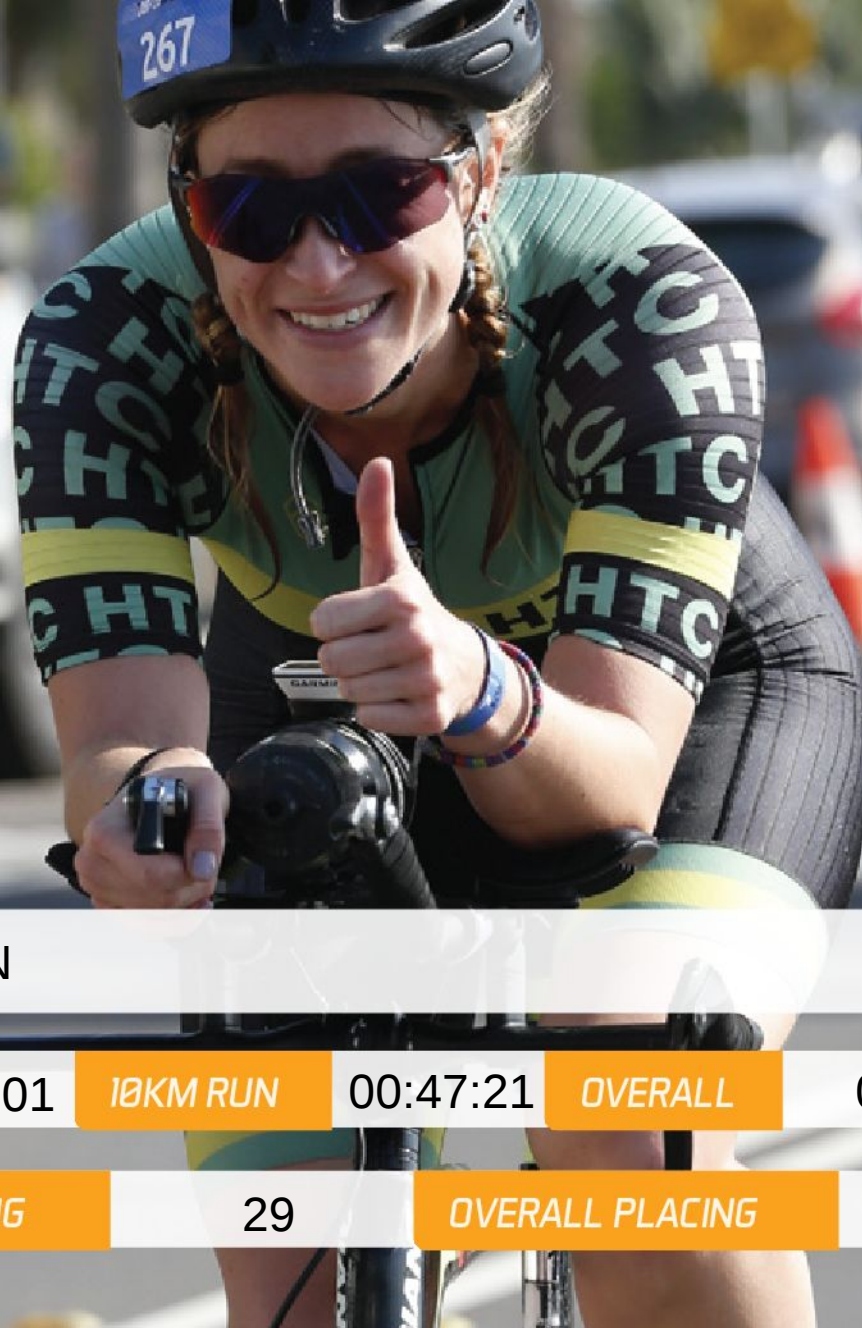




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Rex WICKENDEN

1.5KM SWIM

00:34:57

40KM BIKE

01:09:01

10KM RUN

00:47:21

OVERALL

02:39:01

CATEGORY

30-34

CATEGORY PLACING

29

OVERALL PLACING

93

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
Crafting your space

catfish