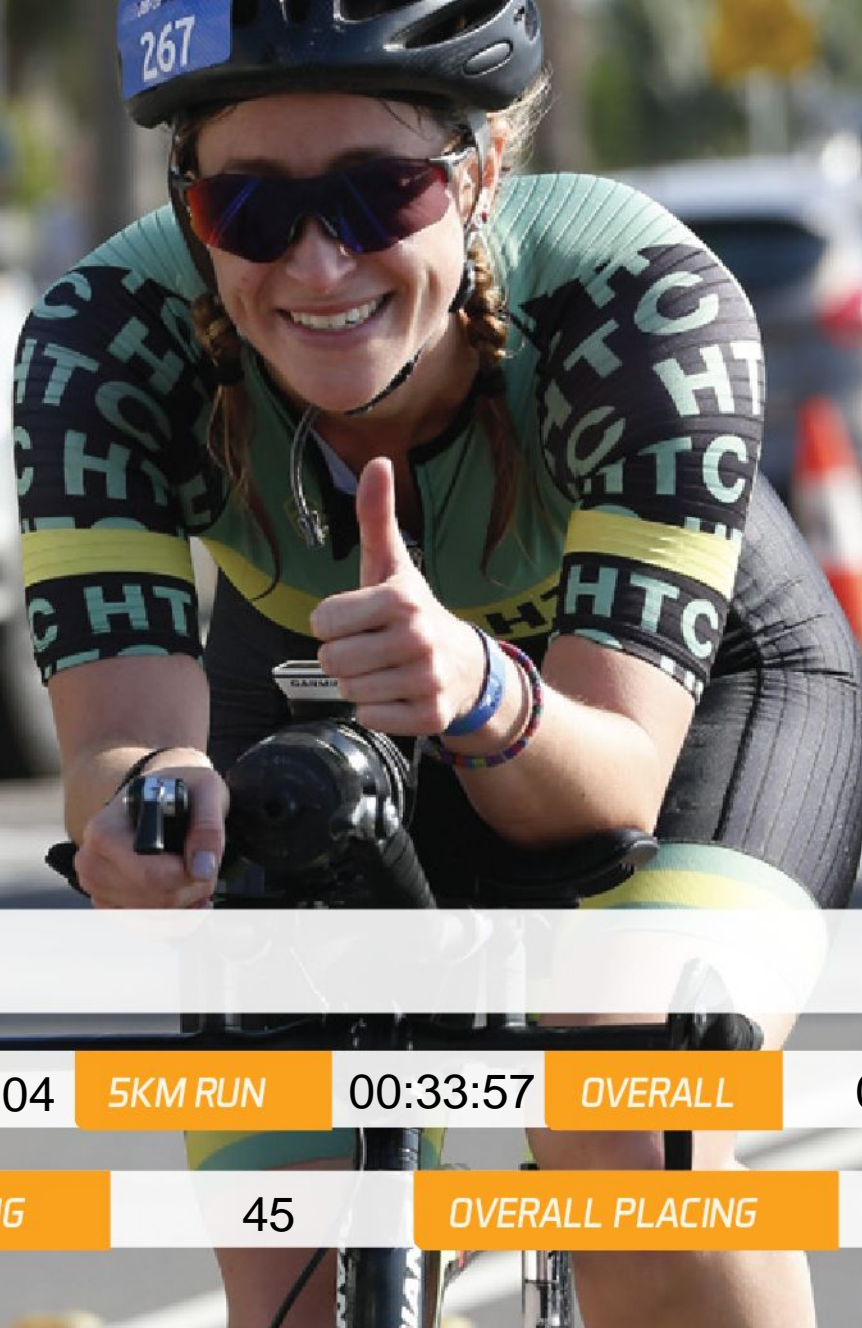




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Declan READ

750M SWIM

00:13:54

20KM BIKE

00:40:04

5KM RUN

00:33:57

OVERALL

01:36:58

CATEGORY

30-34

CATEGORY PLACING

45

OVERALL PLACING

309

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish