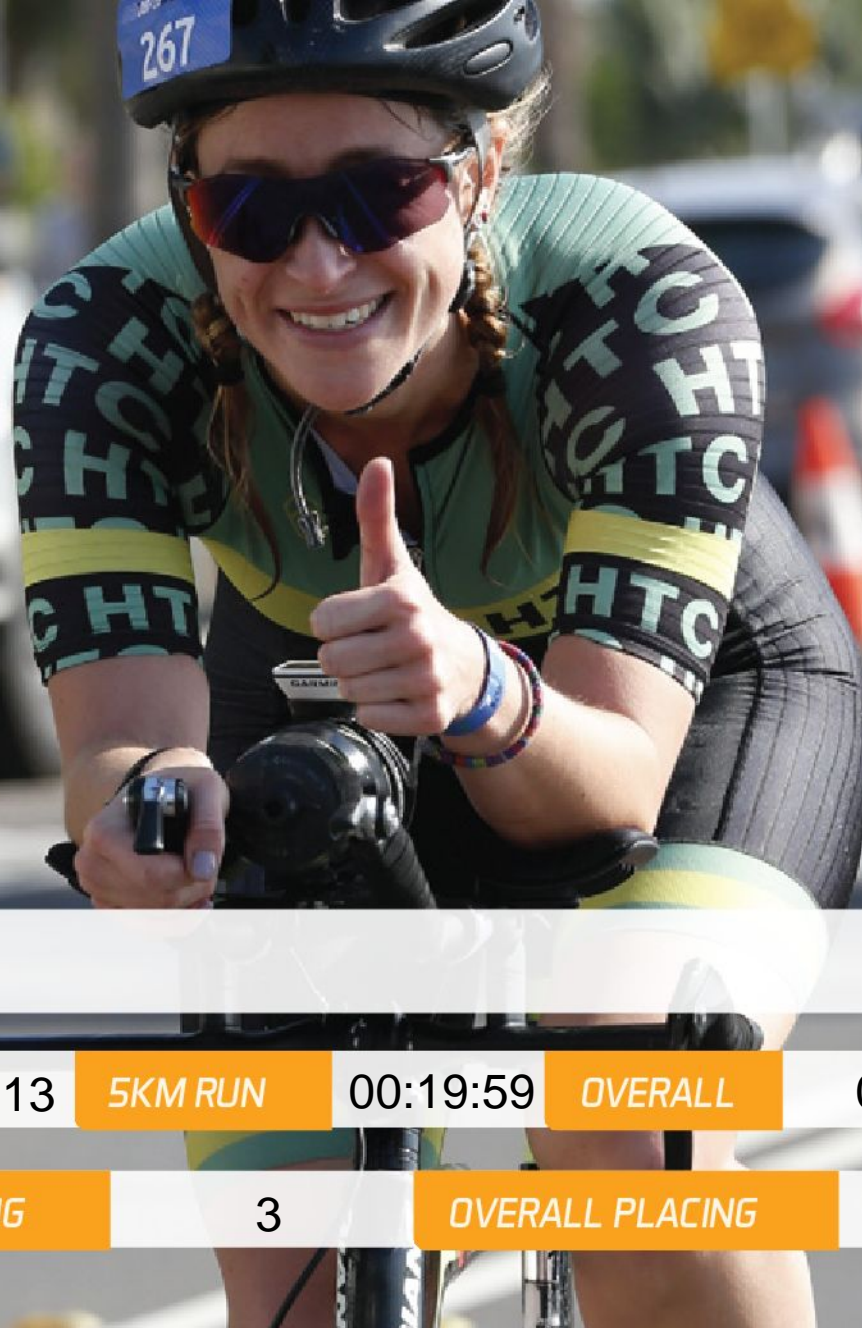




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Harry SMITH

750M SWIM

00:10:46

20KM BIKE

00:31:13

5KM RUN

00:19:59

OVERALL

01:05:08

CATEGORY

16-19

CATEGORY PLACING

3

OVERALL PLACING

3

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