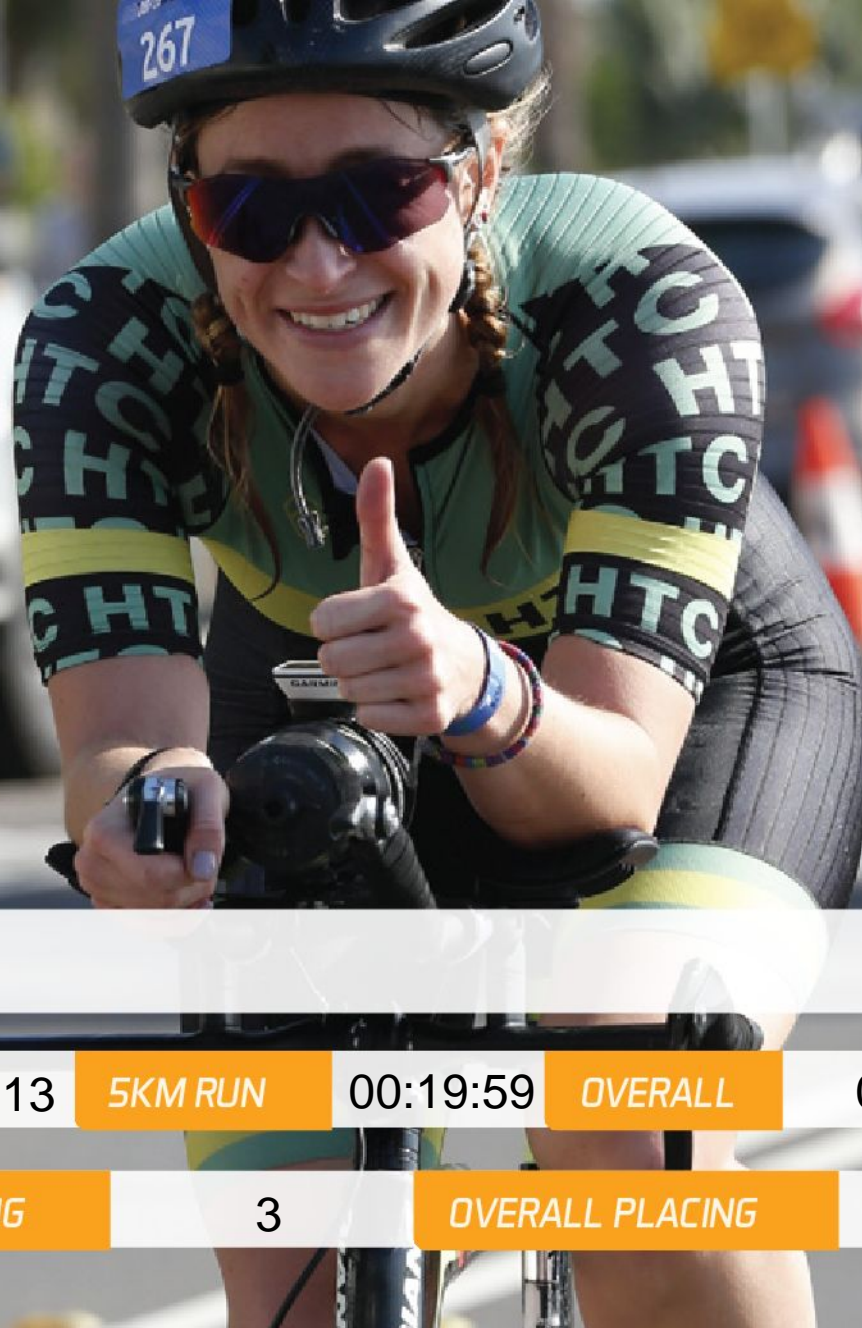




# TRI THE GONG

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