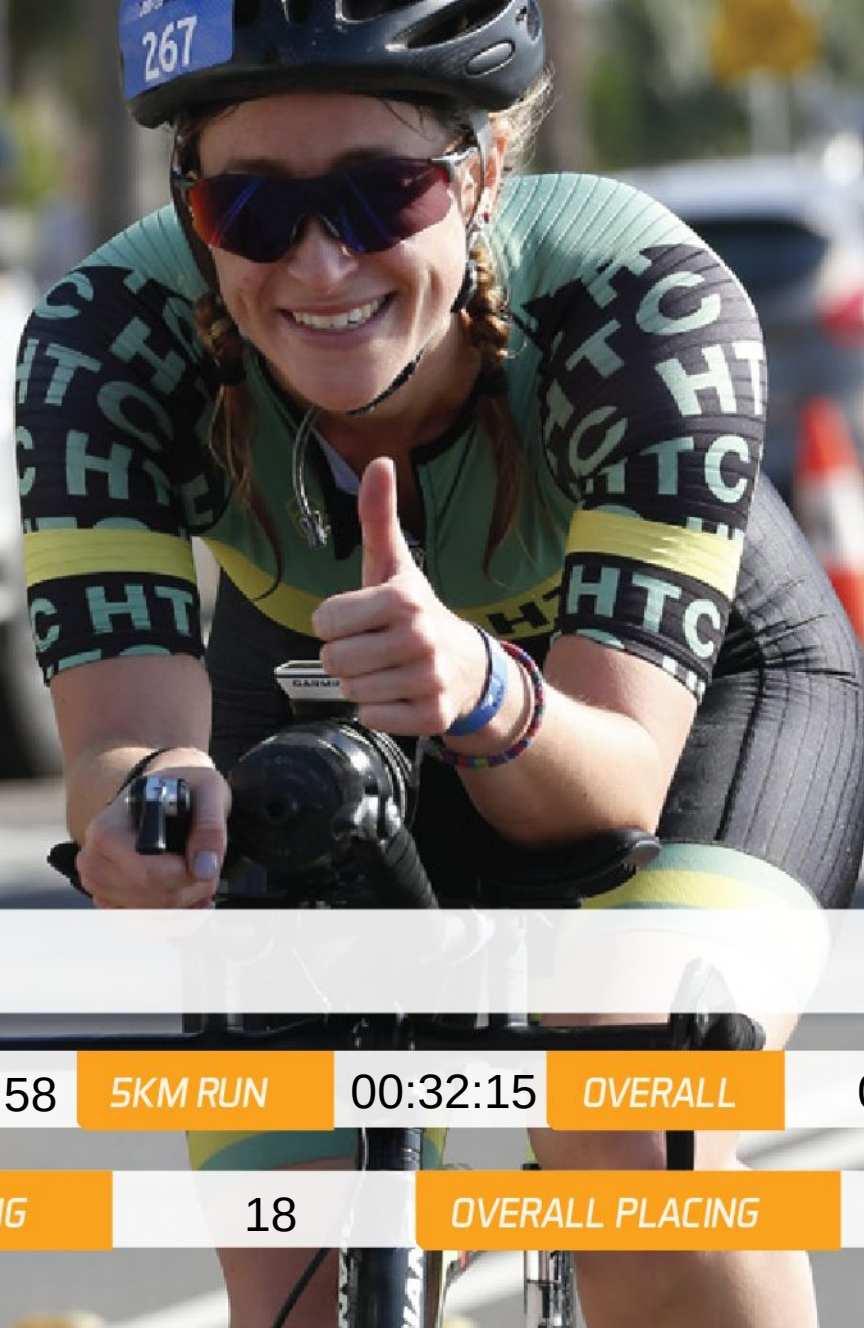




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Tristan SMITH

750M SWIM

00:17:27

20KM BIKE

00:37:58

5KM RUN

00:32:15

OVERALL

01:34:43

CATEGORY

40-44

CATEGORY PLACING

18

OVERALL PLACING

278

POWERADE

Destination
WOLLONGONG

Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

Traffic
Management

ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
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KIND

soto
CRAFTING ESSENTIALS

catfish