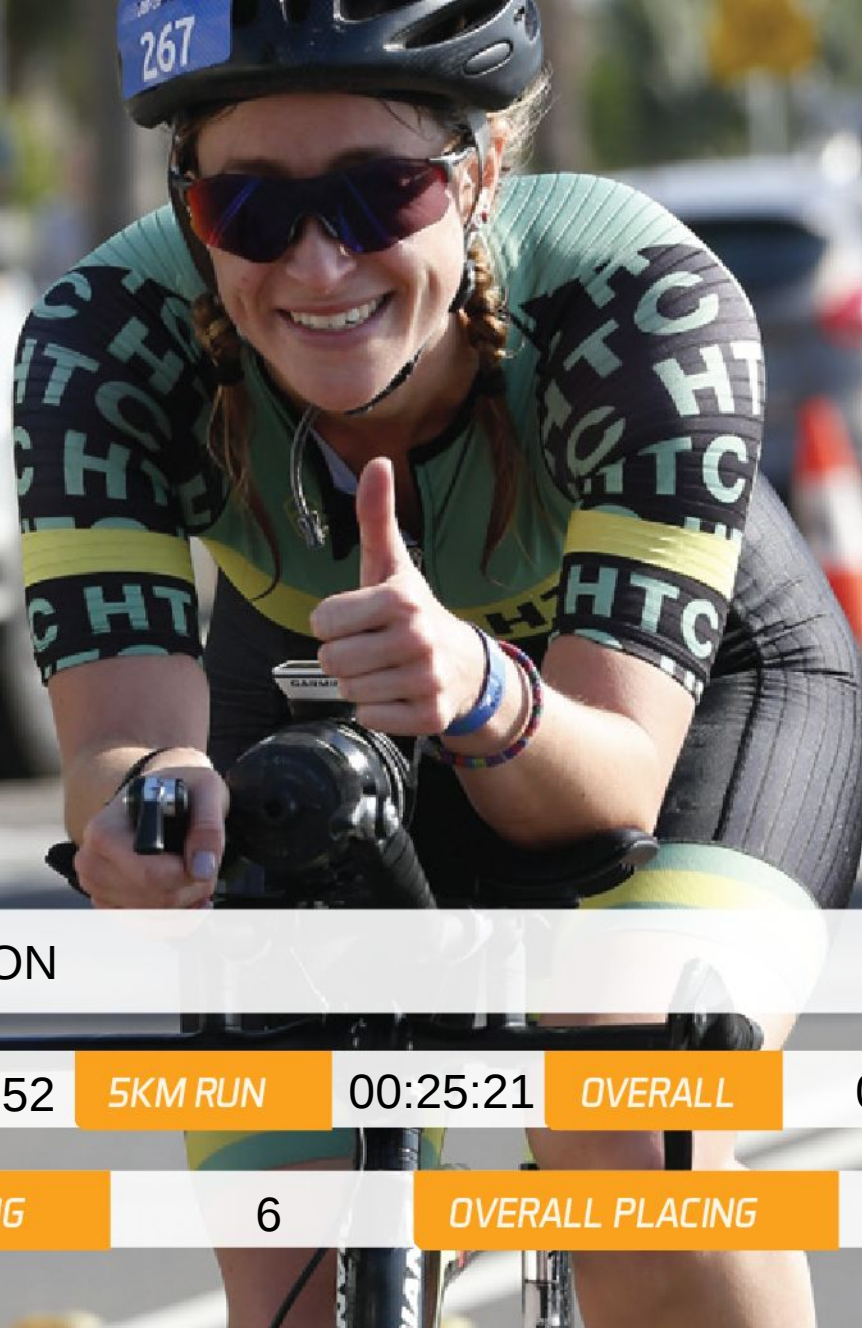




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Darren THOMPSON

750M SWIM

00:16:35

20KM BIKE

00:34:52

5KM RUN

00:25:21

OVERALL

01:21:46

CATEGORY

35-39

CATEGORY PLACING

6

OVERALL PLACING

85

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish