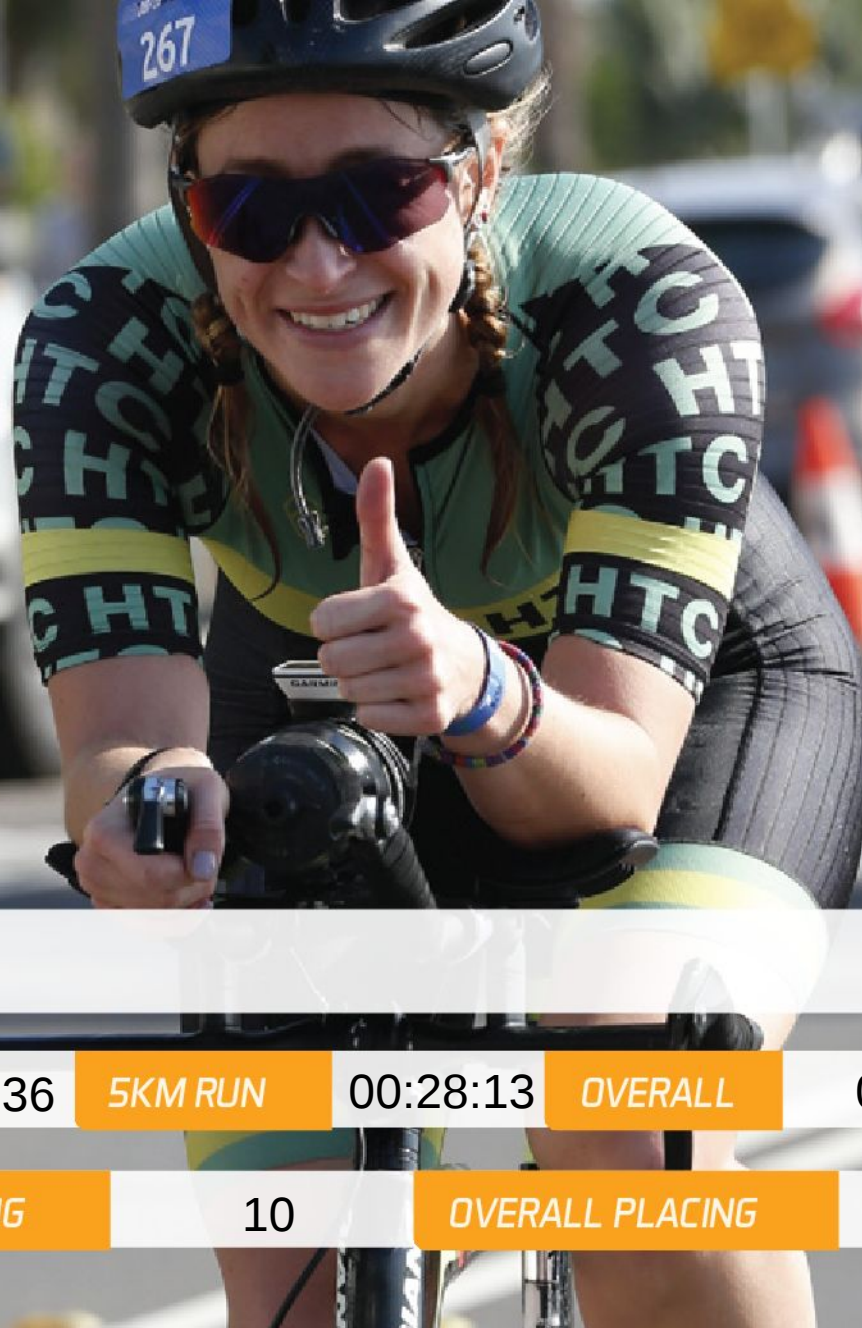




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Paul THOMSON

750M SWIM

00:14:49

20KM BIKE

00:37:36

5KM RUN

00:28:13

OVERALL

01:26:02

CATEGORY

40-44

CATEGORY PLACING

10

OVERALL PLACING

148

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B&B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
Coughing required

catfish