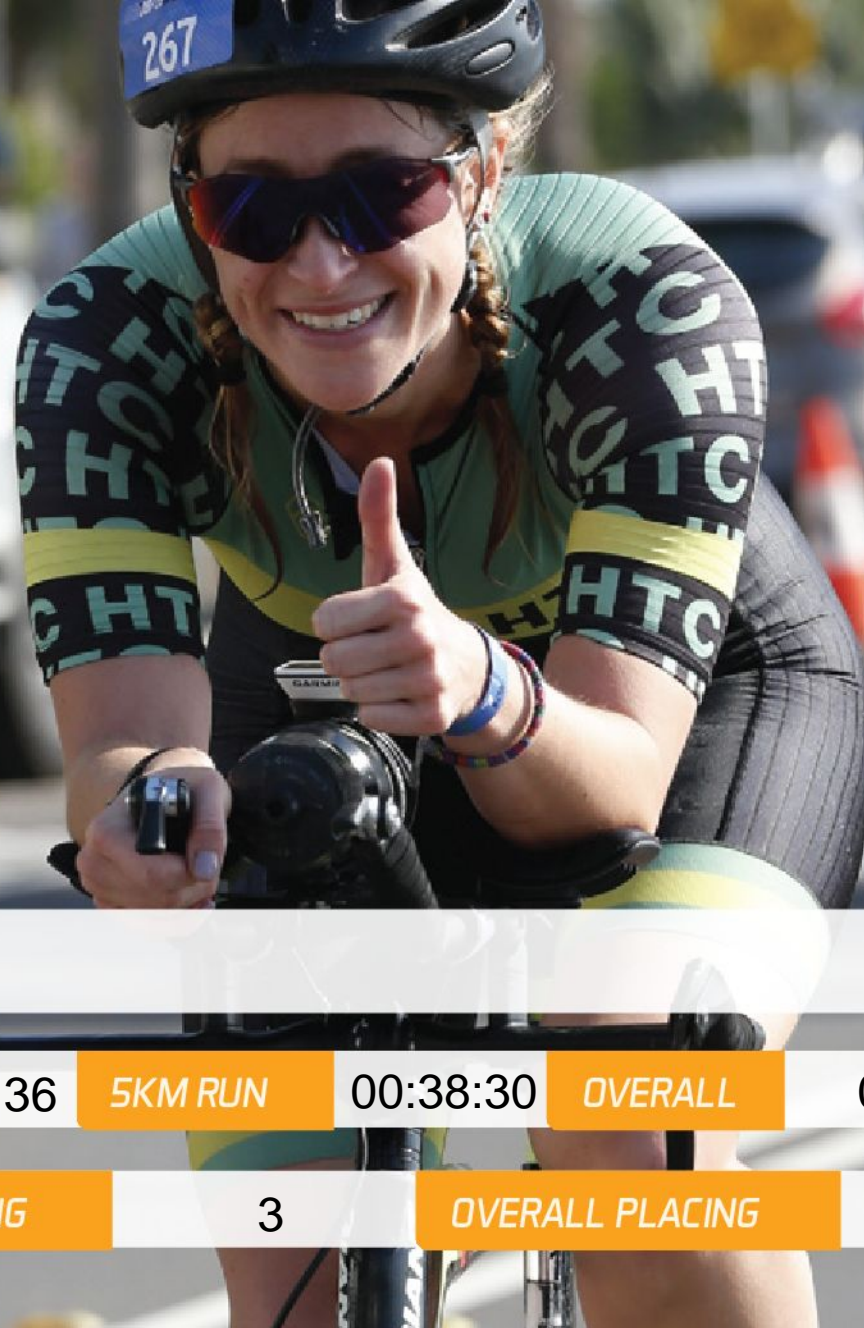




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Mary STREET

750M SWIM

00:18:07

20KM BIKE

00:42:36

5KM RUN

00:38:30

OVERALL

01:47:26

CATEGORY

65-69

CATEGORY PLACING

3

OVERALL PLACING

433

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