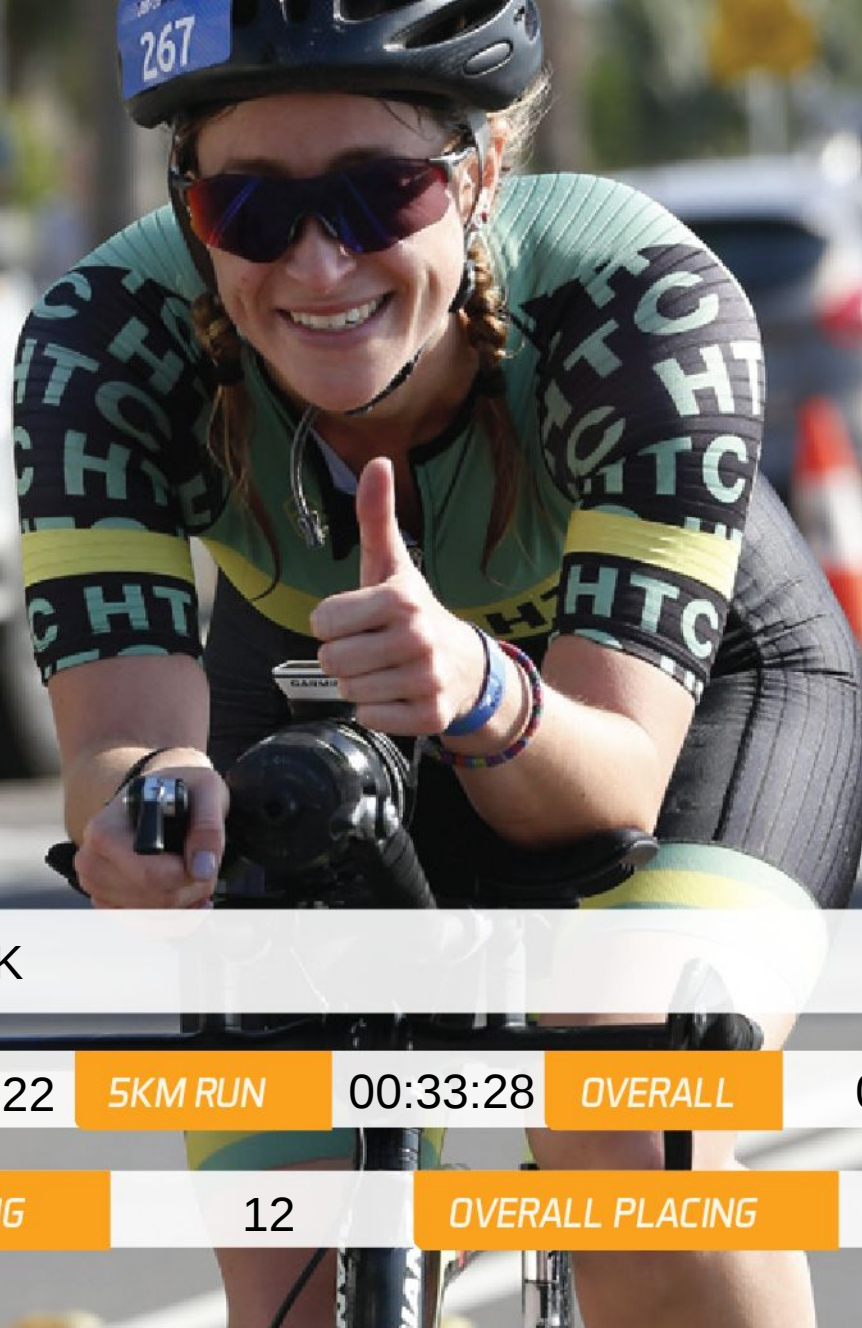




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Dennis CHISWICK

750M SWIM	00:12:48	20KM BIKE	00:37:22	5KM RUN	00:33:28	OVERALL	01:30:21
-----------	----------	-----------	----------	---------	----------	---------	----------

CATEGORY	35-39	CATEGORY PLACING	12	OVERALL PLACING	216
----------	-------	------------------	----	-----------------	-----

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