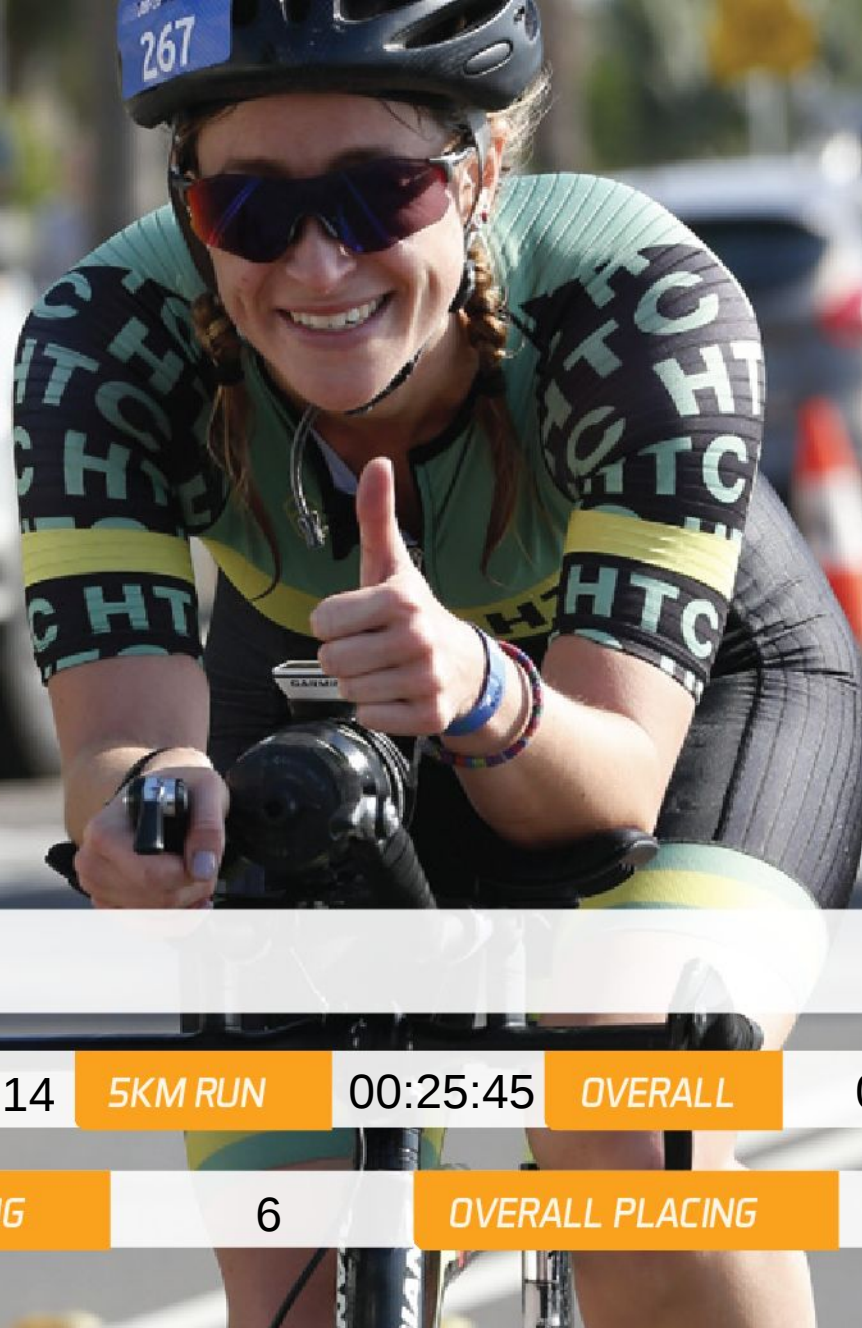




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

David COATES

750M SWIM

00:14:31

20KM BIKE

00:35:14

5KM RUN

00:25:45

OVERALL

01:20:31

CATEGORY

40-44

CATEGORY PLACING

6

OVERALL PLACING

70

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