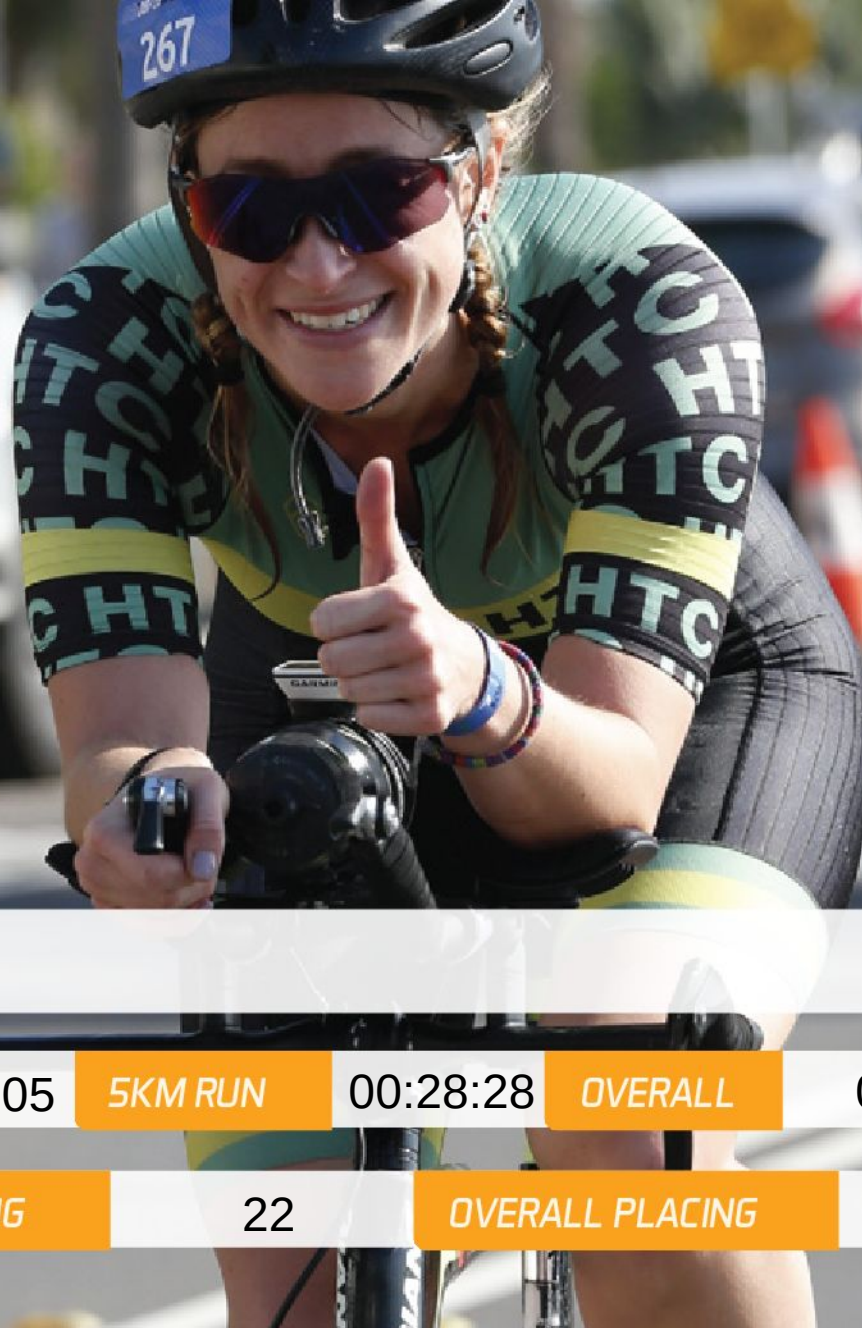




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Alex ERASMUS

750M SWIM	00:18:44	20KM BIKE	00:43:05	5KM RUN	00:28:28	OVERALL	01:37:10
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CATEGORY	35-39	CATEGORY PLACING	22	OVERALL PLACING	313
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POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

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ZOGGS

EY

PB Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
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KIND

soto
Coughing required

>>>>>
catfish