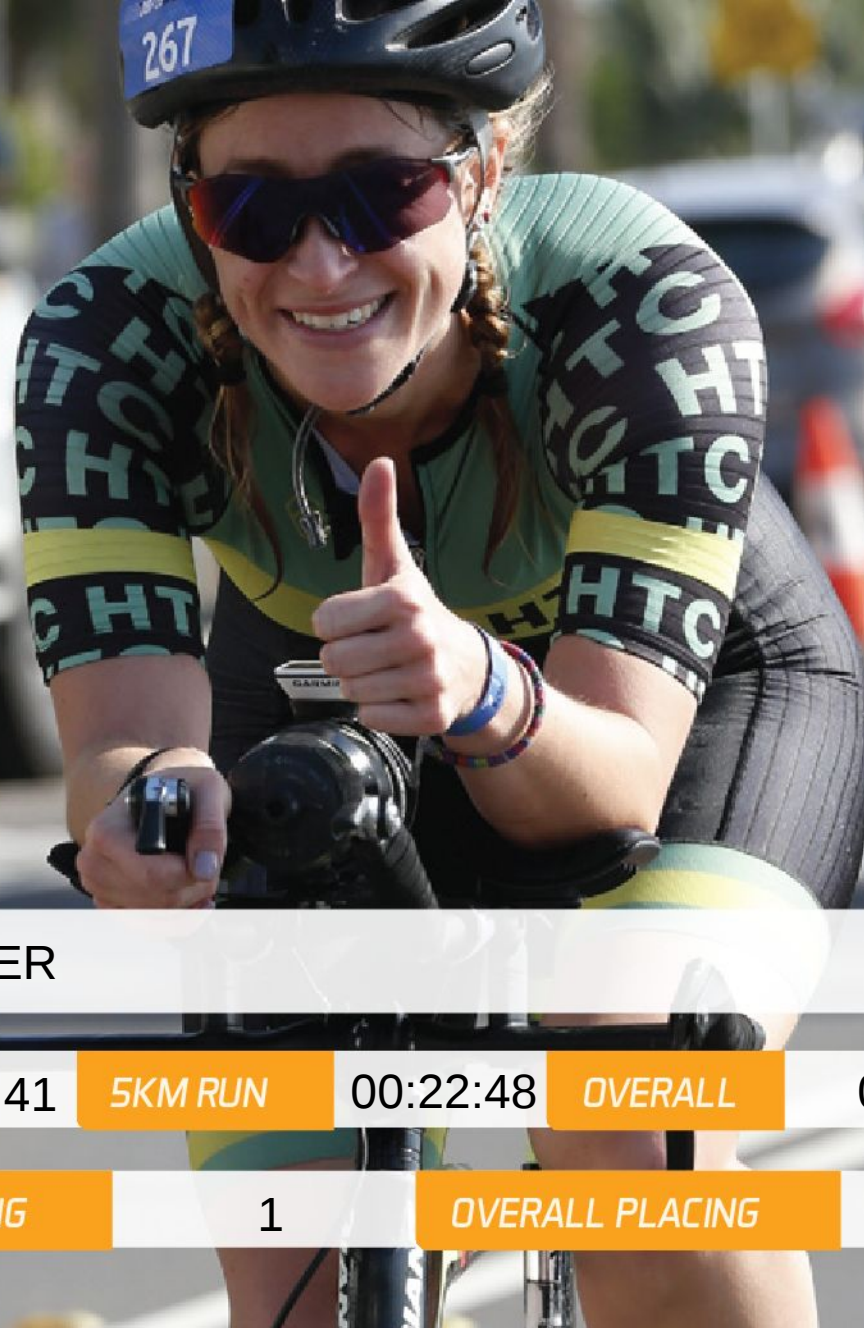




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Harry Paul FRASER

750M SWIM

00:13:40

20KM BIKE

00:32:41

5KM RUN

00:22:48

OVERALL

01:12:28

CATEGORY

14-15

CATEGORY PLACING

1

OVERALL PLACING

17

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