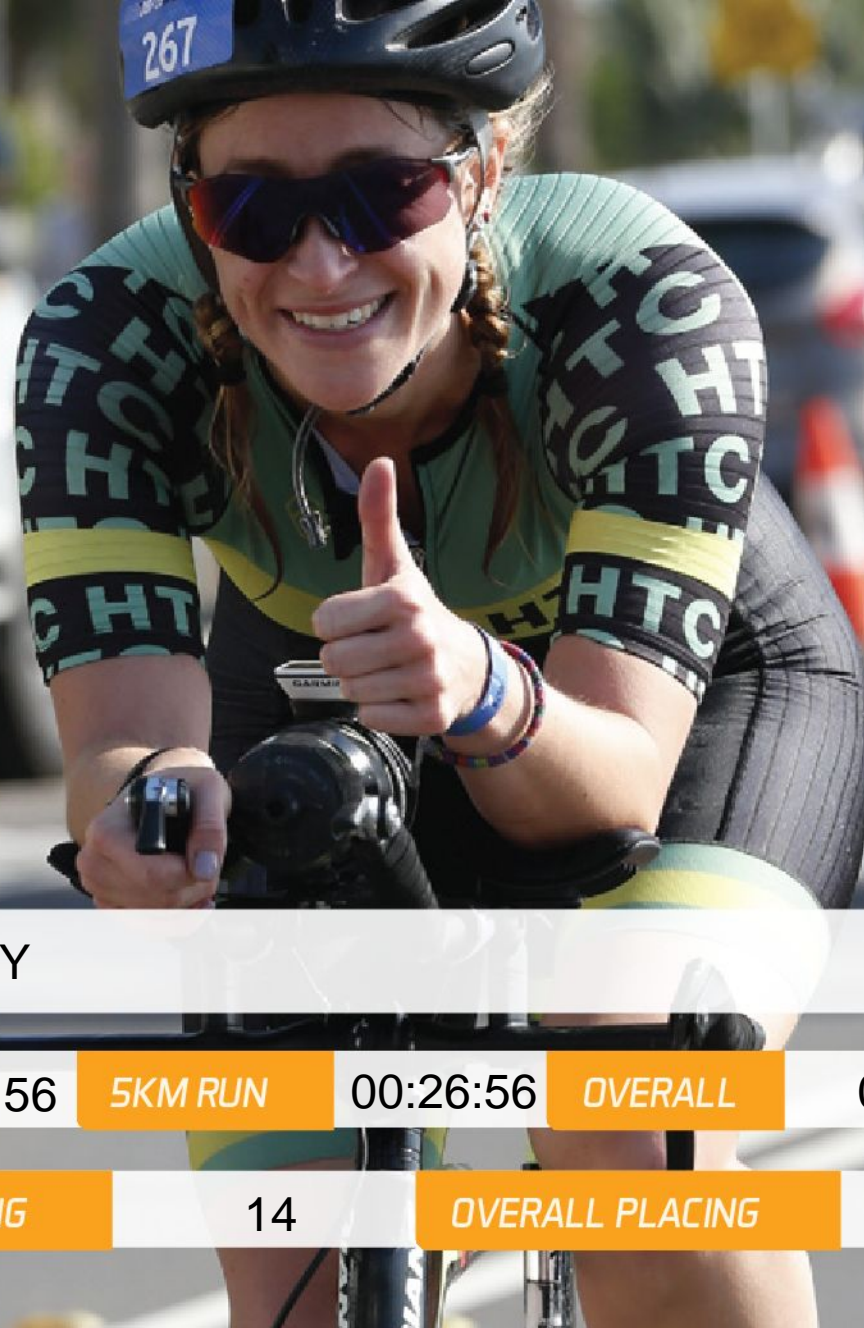




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Eammon GUMLEY

750M SWIM

00:14:01

20KM BIKE

00:36:56

5KM RUN

00:26:56

OVERALL

01:24:17

CATEGORY

20-24

CATEGORY PLACING

14

OVERALL PLACING

123

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