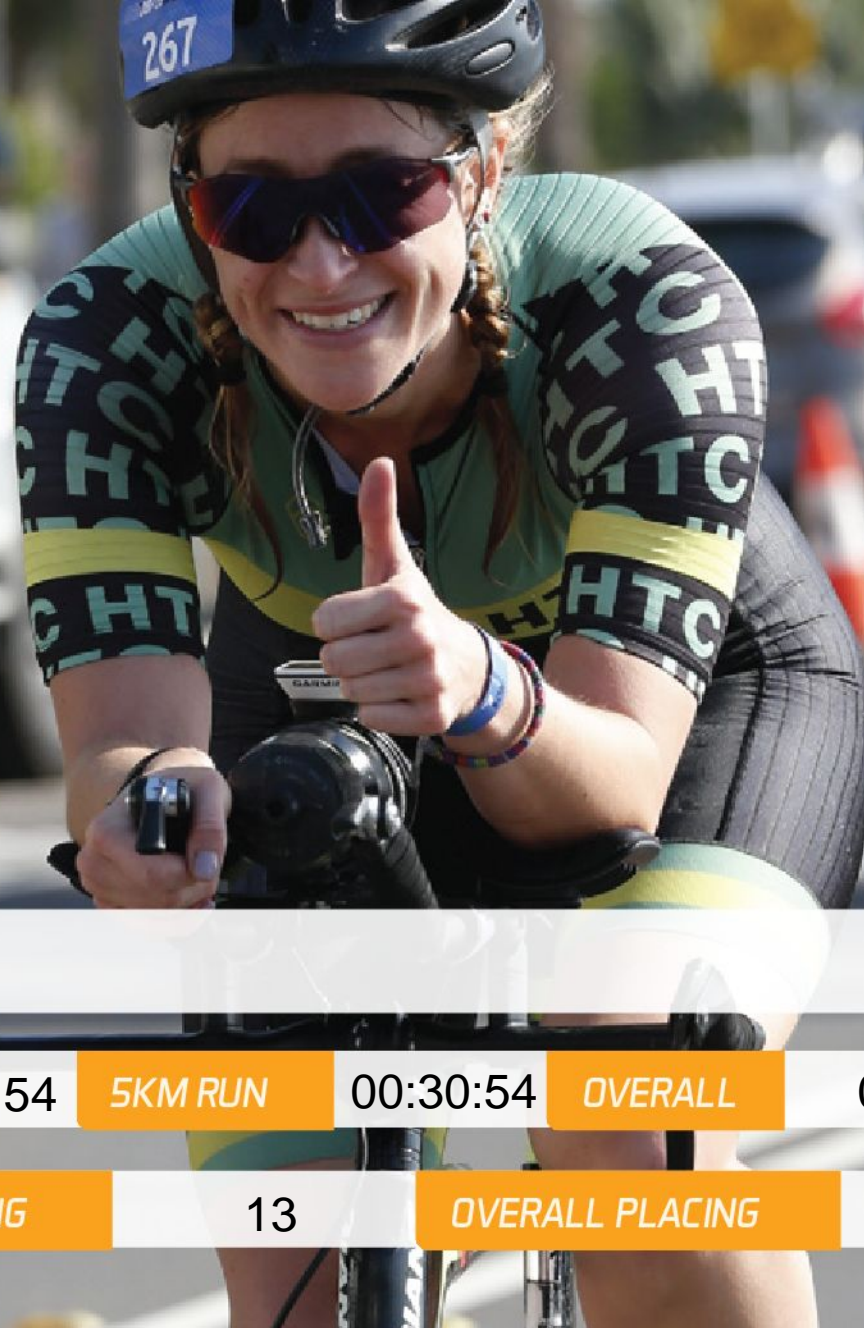




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



**SPRINT**

David HESSION

750M SWIM

00:17:34

20KM BIKE

00:35:54

5KM RUN

00:30:54

OVERALL

01:30:39

CATEGORY

45-49

CATEGORY PLACING

13

OVERALL PLACING

219

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