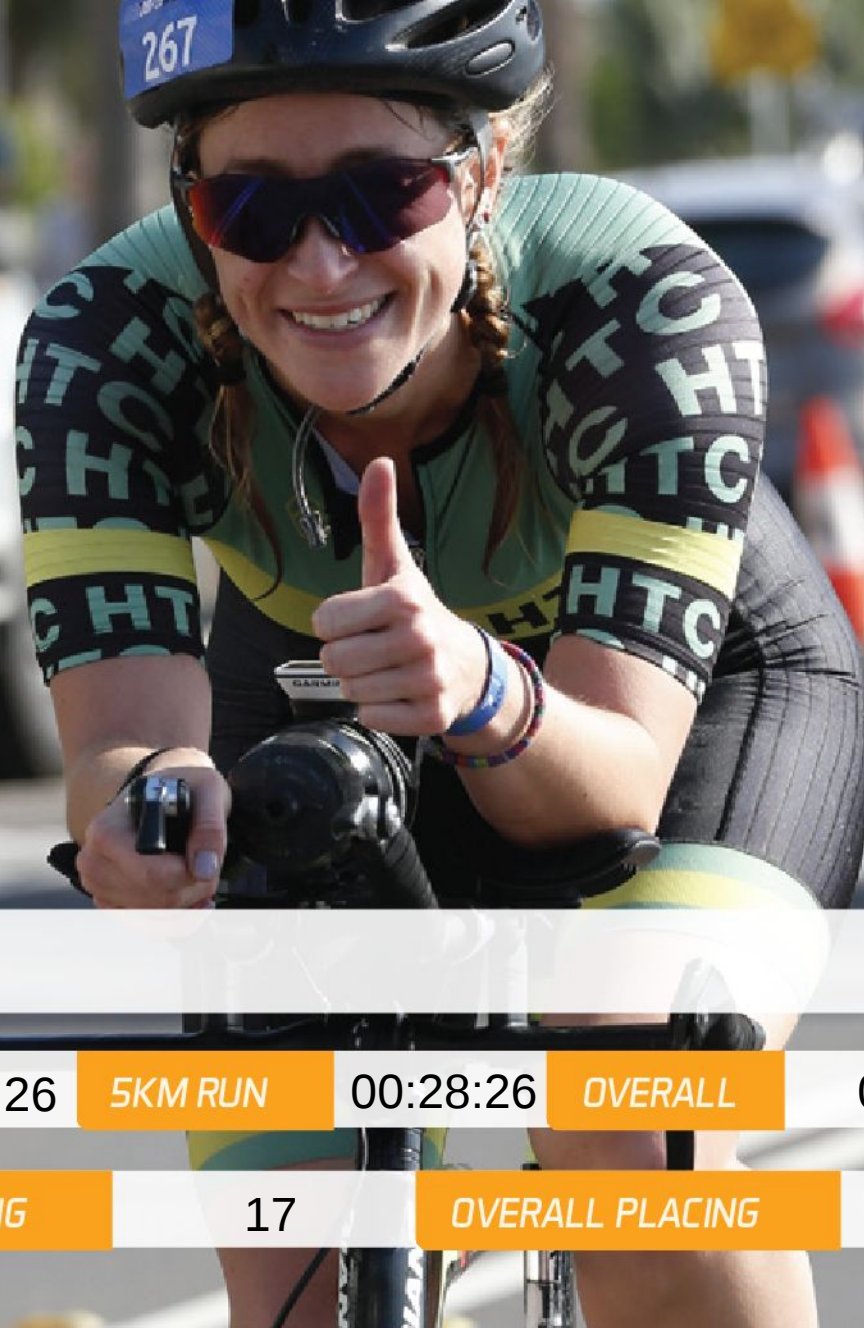




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Nick HOSKING

750M SWIM

00:14:30

20KM BIKE

00:36:26

5KM RUN

00:28:26

OVERALL

01:24:35

CATEGORY

30-34

CATEGORY PLACING

17

OVERALL PLACING

127

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