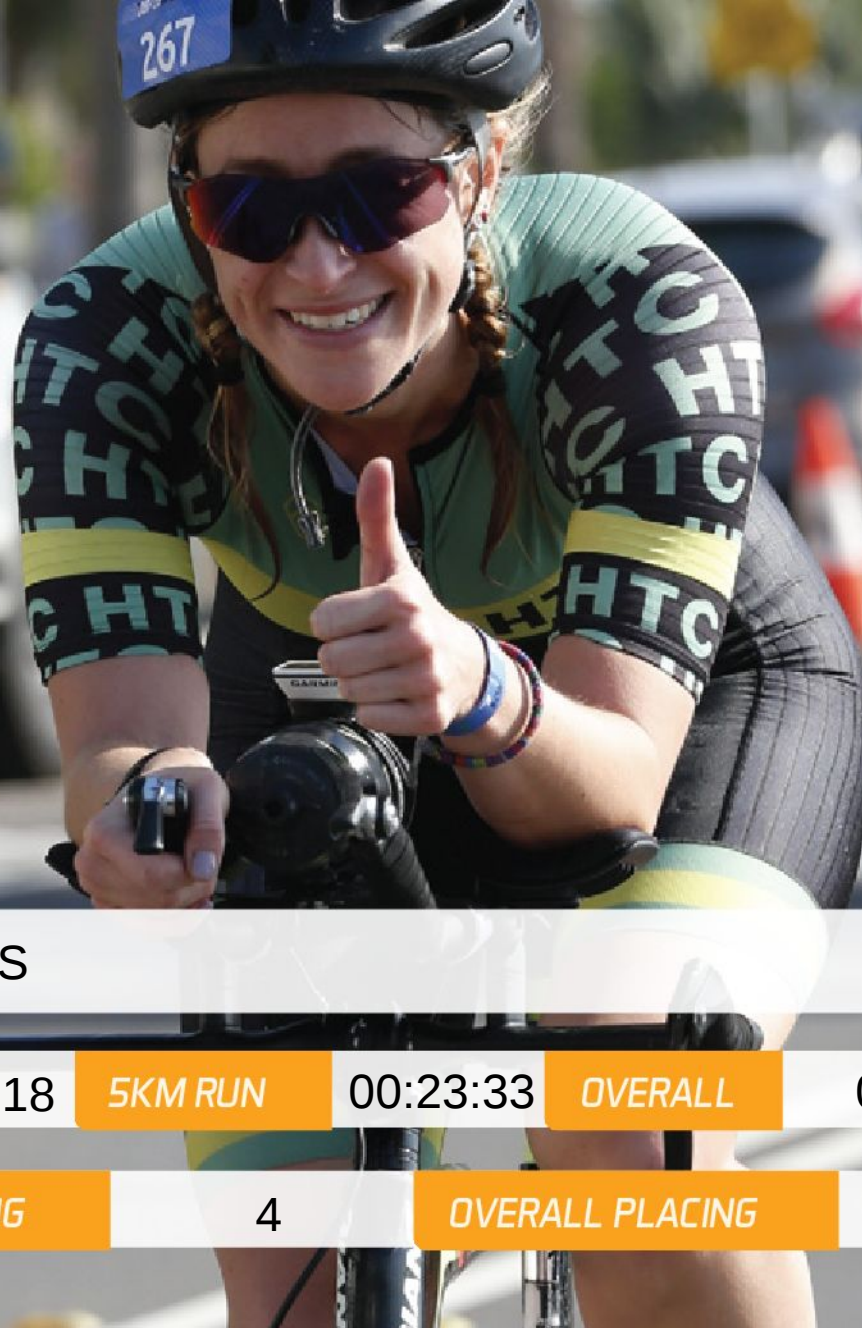




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Nicholas KATSILIS

750M SWIM

00:14:03

20KM BIKE

00:32:18

5KM RUN

00:23:33

OVERALL

01:13:59

CATEGORY

20-24

CATEGORY PLACING

4

OVERALL PLACING

24

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