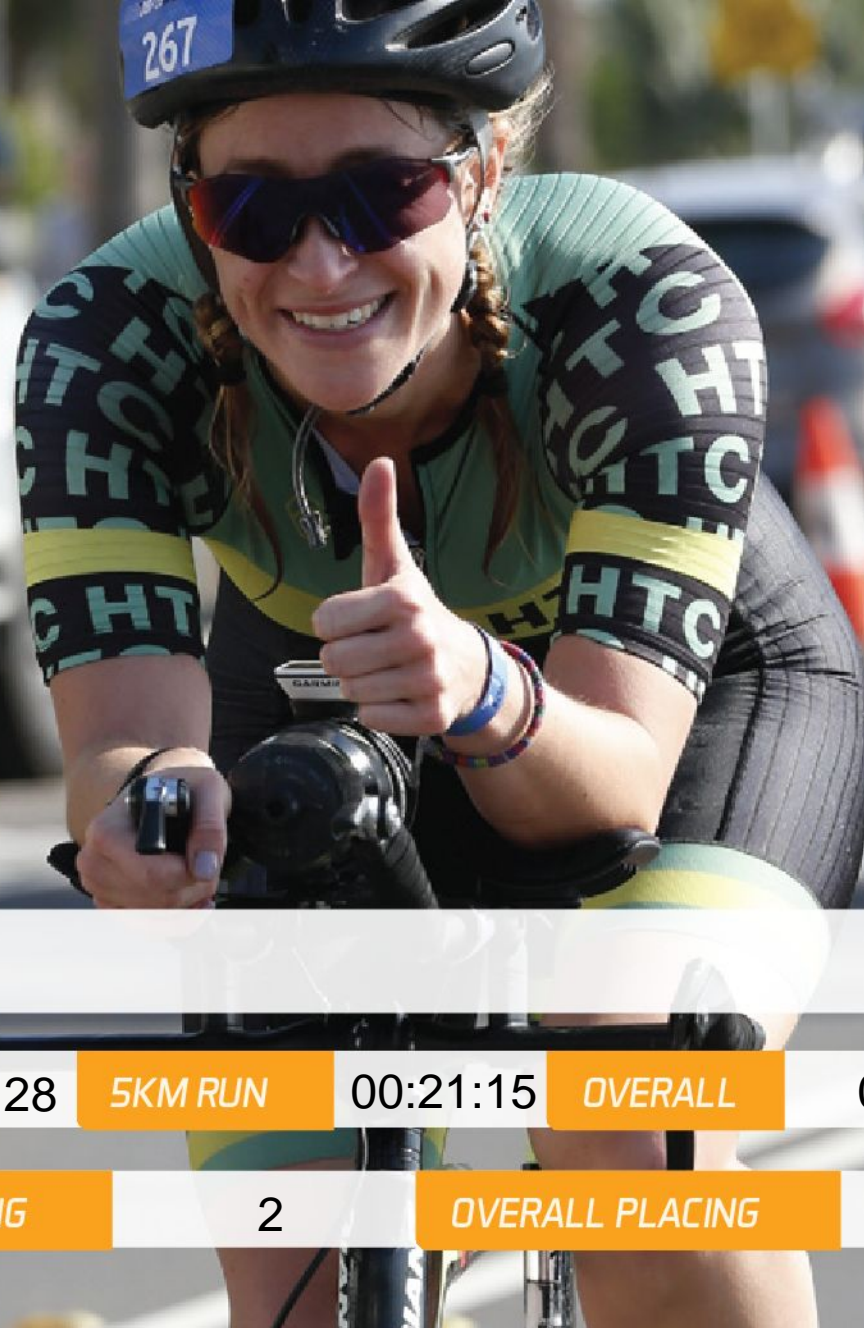




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



**SPRINT**

Jay KENNEDY

750M SWIM

00:14:02

20KM BIKE

00:33:28

5KM RUN

00:21:15

OVERALL

01:13:27

CATEGORY

40-44

CATEGORY PLACING

2

OVERALL PLACING

20

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