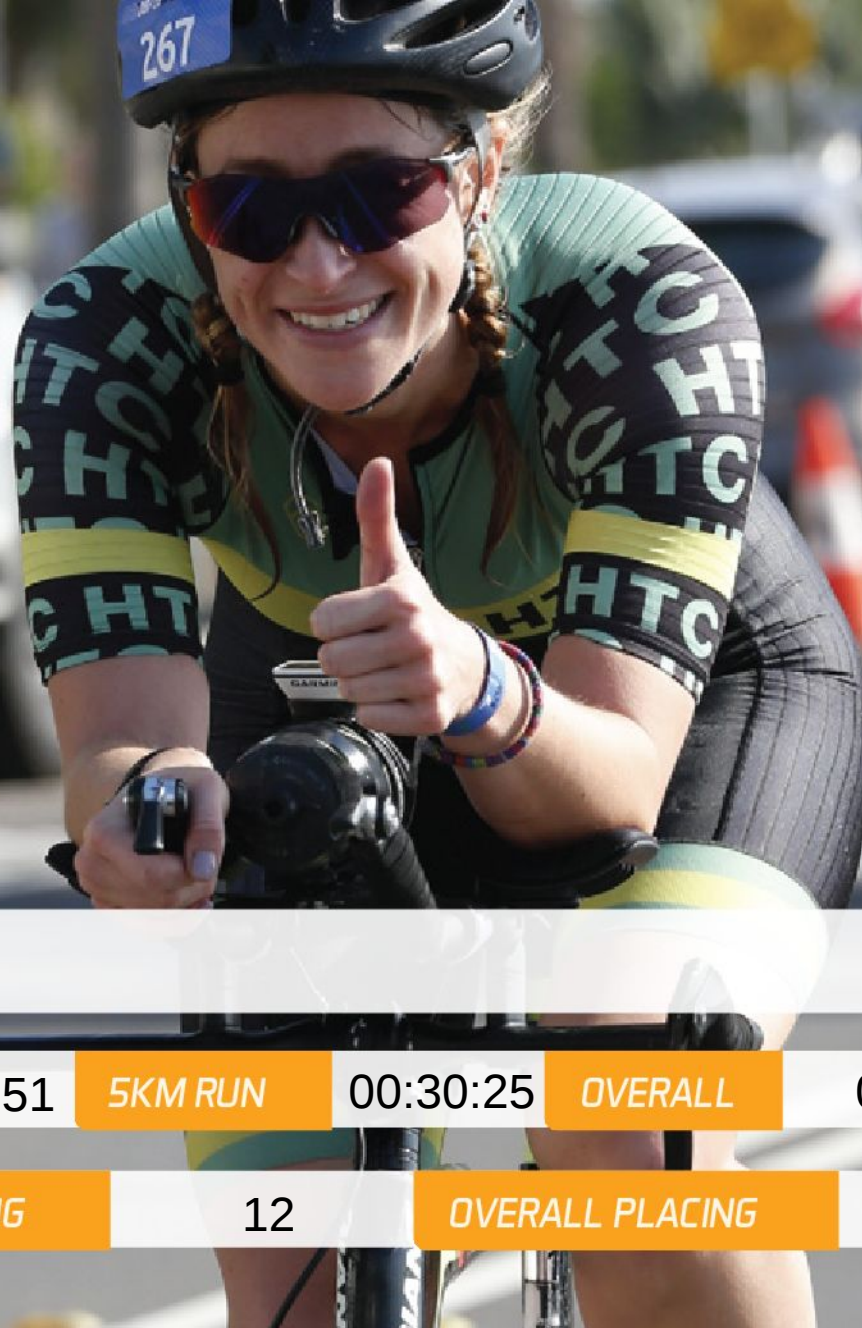




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Justin LENNON

750M SWIM

00:17:38

20KM BIKE

00:38:51

5KM RUN

00:30:25

OVERALL

01:34:00

CATEGORY

50-54

CATEGORY PLACING

12

OVERALL PLACING

273

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