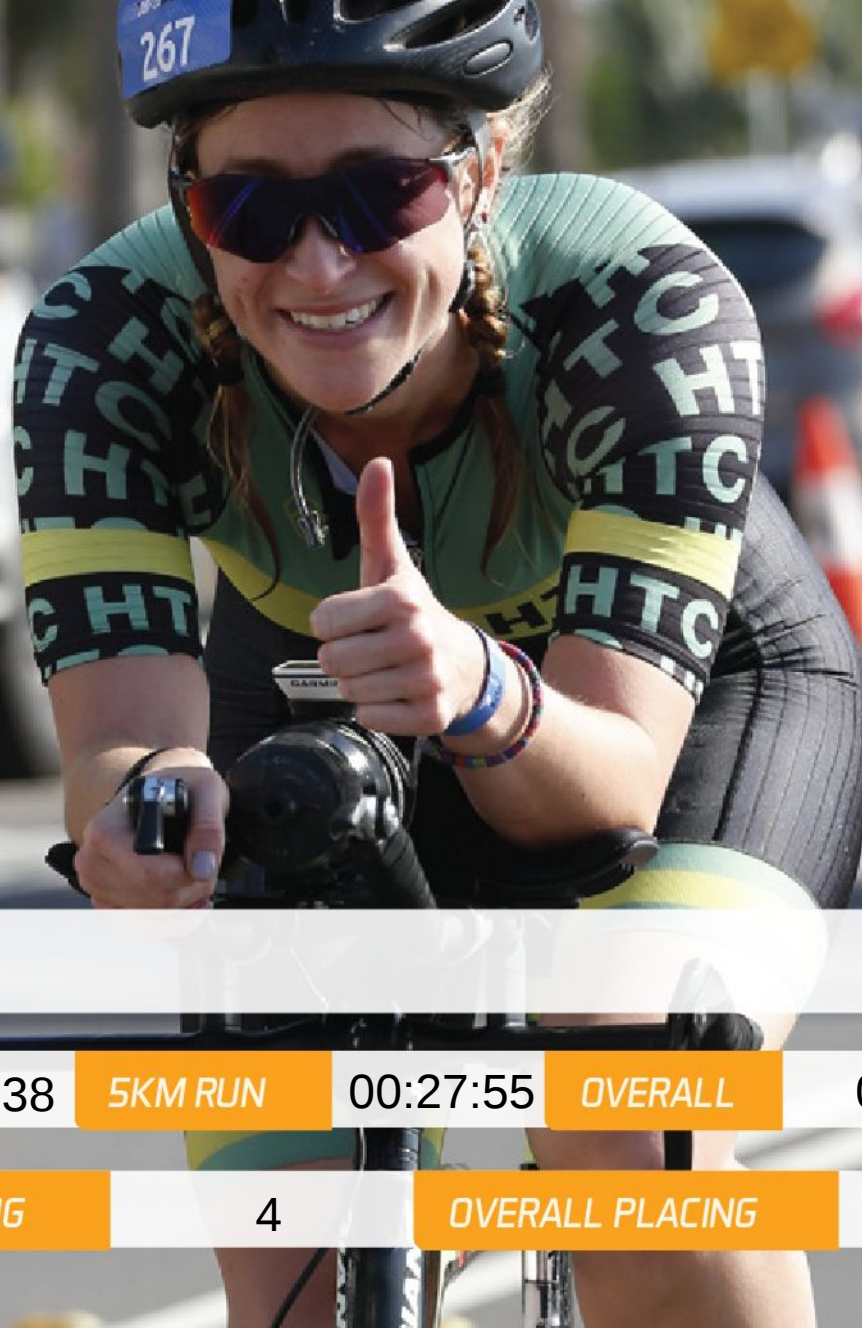




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Daniel LOUW

750M SWIM

00:12:23

20KM BIKE

00:34:38

5KM RUN

00:27:55

OVERALL

01:18:49

CATEGORY

14-15

CATEGORY PLACING

4

OVERALL PLACING

55

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