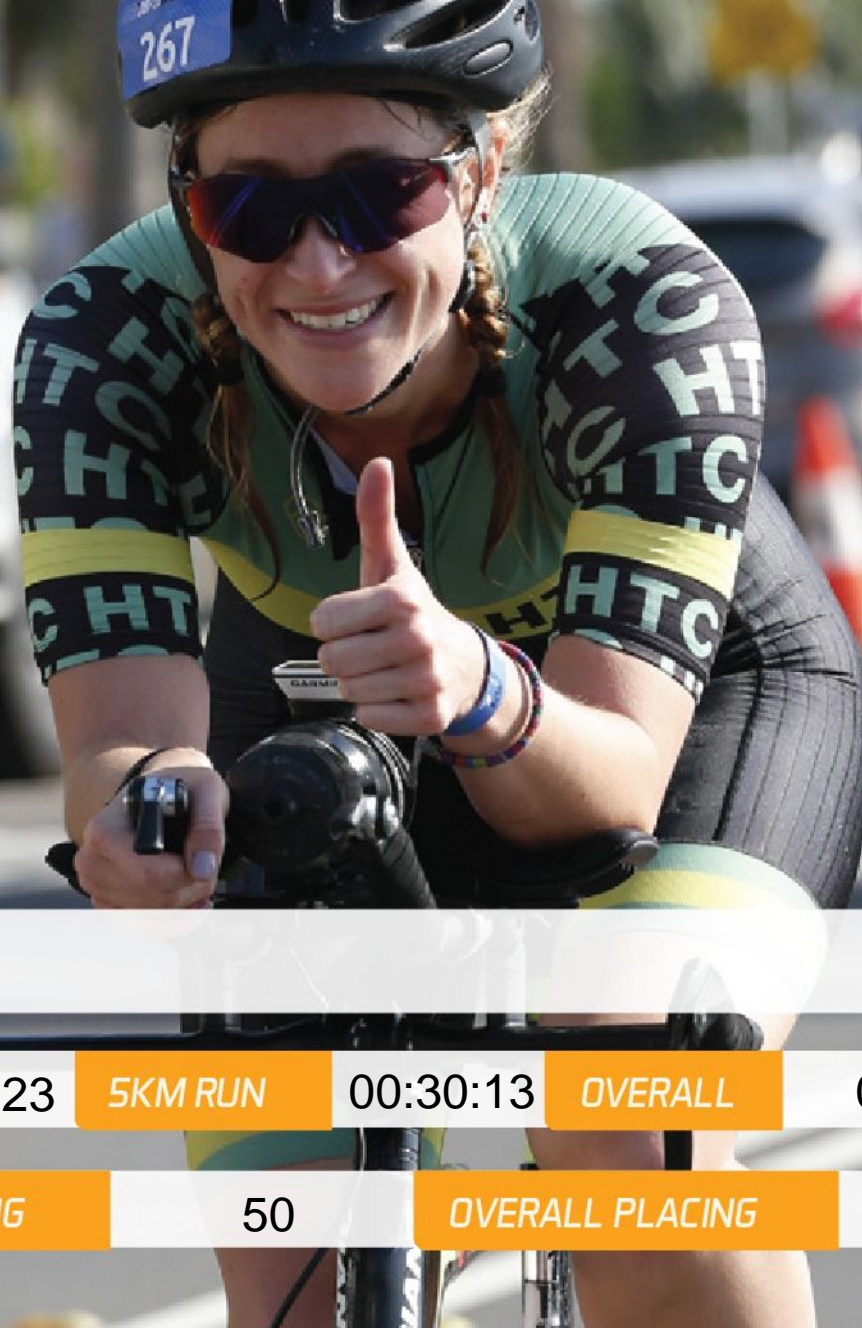




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Liam MCNALLY

750M SWIM

00:21:15

20KM BIKE

00:39:23

5KM RUN

00:30:13

OVERALL

01:39:14

CATEGORY

30-34

CATEGORY PLACING

50

OVERALL PLACING

340

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