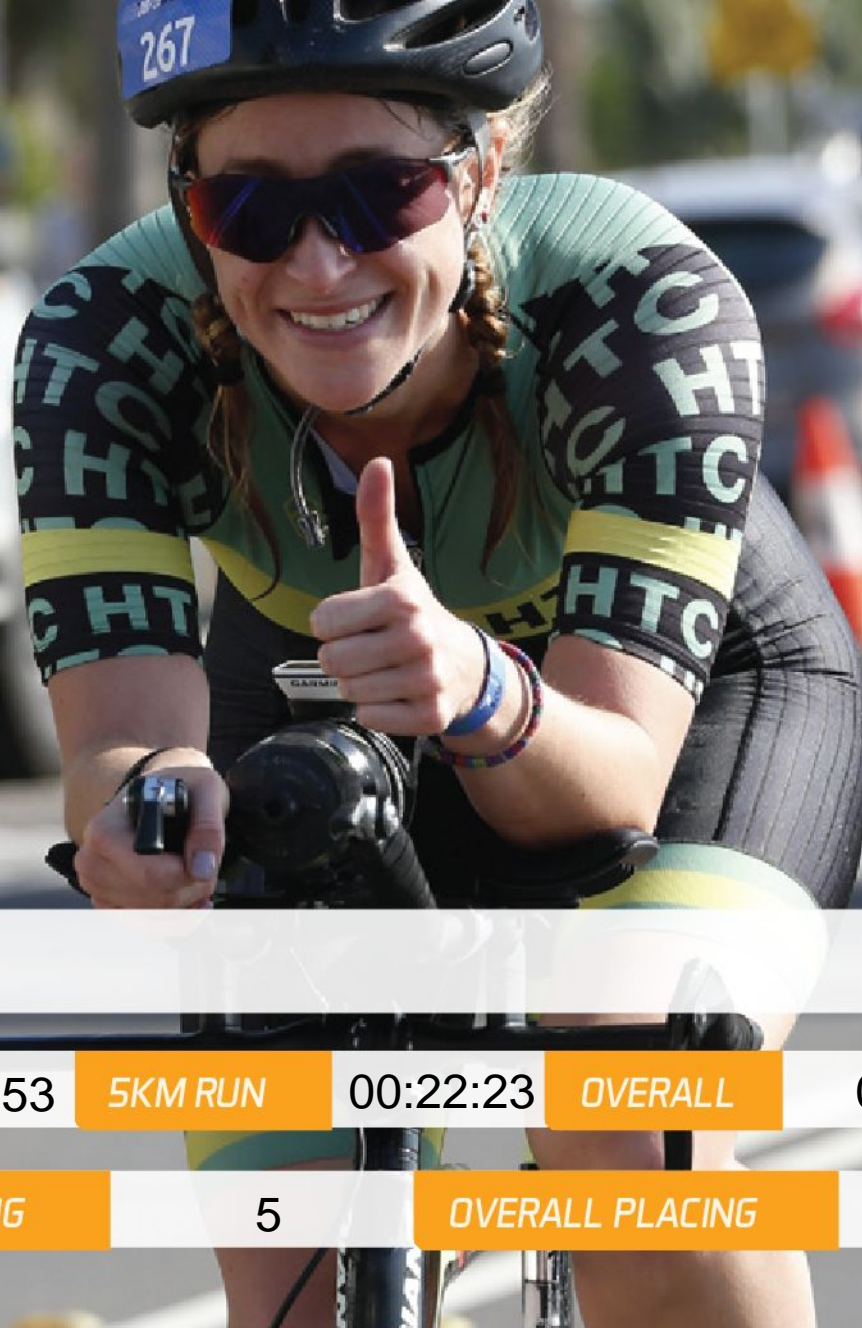




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



**SPRINT**

Ian MILLS

750M SWIM

00:13:28

20KM BIKE

00:33:53

5KM RUN

00:22:23

OVERALL

01:14:48

CATEGORY

40-44

CATEGORY PLACING

5

OVERALL PLACING

29

POWERADE.

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEERS

Mc  
i'm lovin' it™

KIND

soto  
Coughing required

>>>>>  
catfish