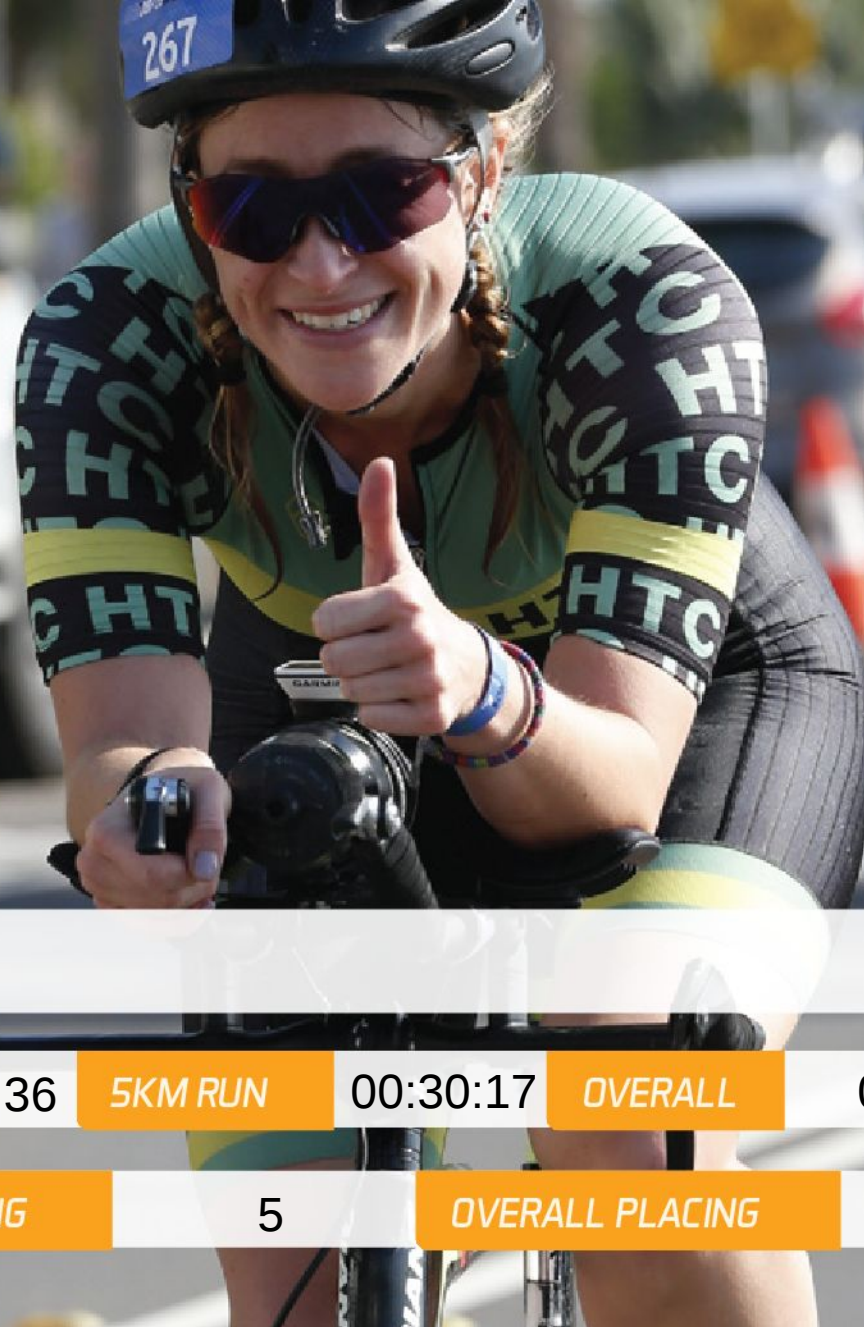




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Alan ONIONS

750M SWIM

00:12:03

20KM BIKE

00:36:36

5KM RUN

00:30:17

OVERALL

01:23:35

CATEGORY

45-49

CATEGORY PLACING

5

OVERALL PLACING

111

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