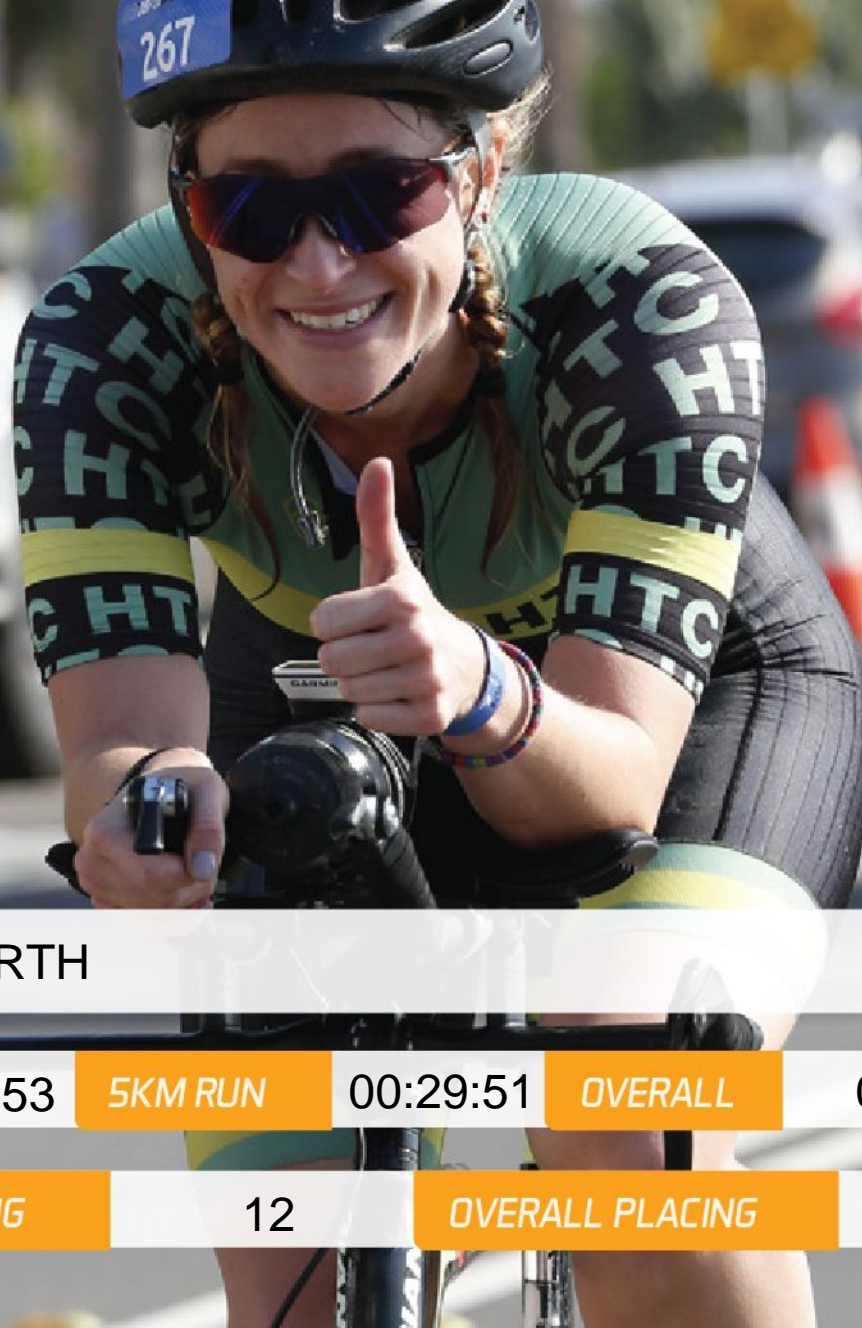




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



**SPRINT**

Stephen PAPWORTH

750M SWIM

00:14:35

20KM BIKE

00:37:53

5KM RUN

00:29:51

OVERALL

01:29:11

CATEGORY

55-59

CATEGORY PLACING

12

OVERALL PLACING

203

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