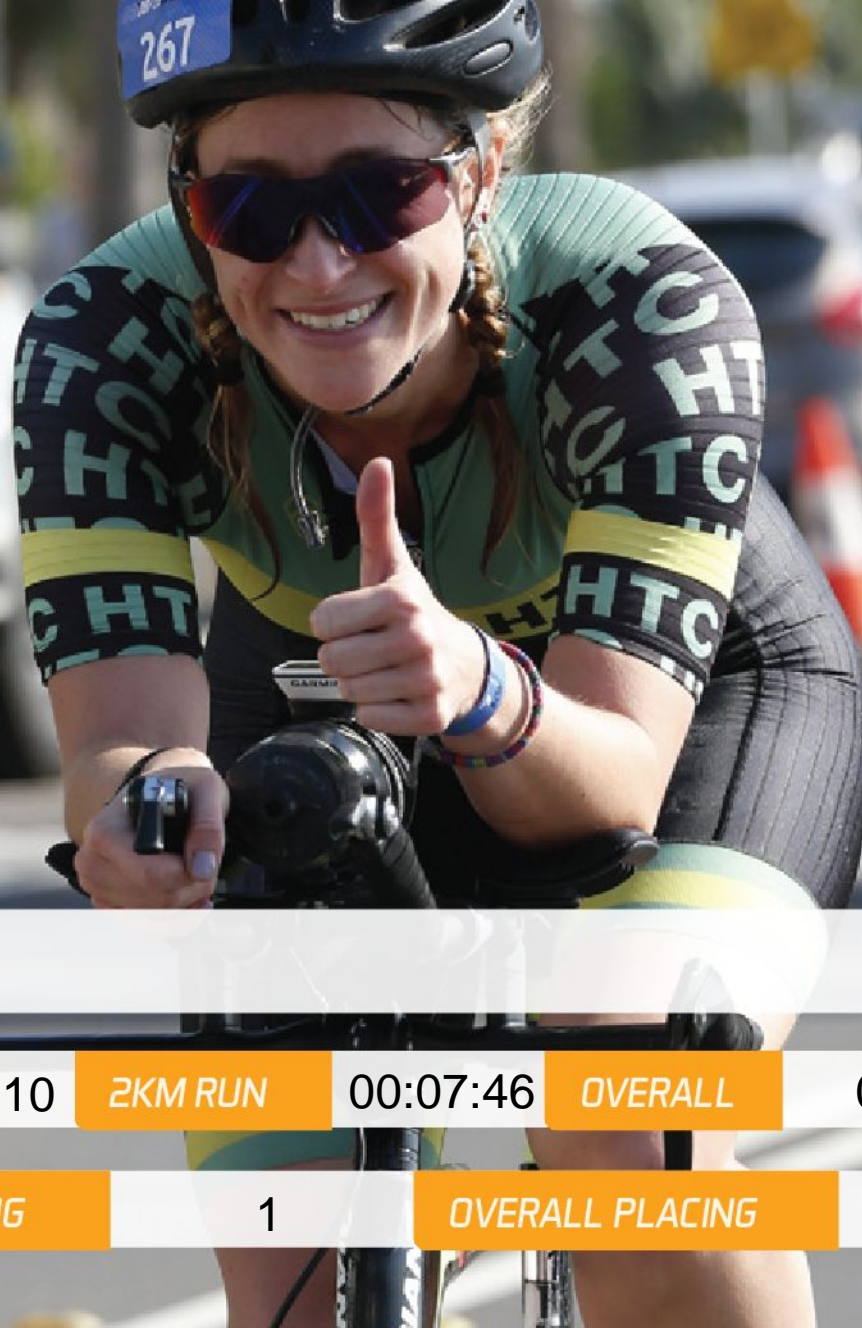




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Jarrold CRUMP

200M SWIM

00:03:47

10KM BIKE

00:15:10

2KM RUN

00:07:46

OVERALL

00:30:27

CATEGORY

40-49

CATEGORY PLACING

1

OVERALL PLACING

1

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
sustainable

catfish