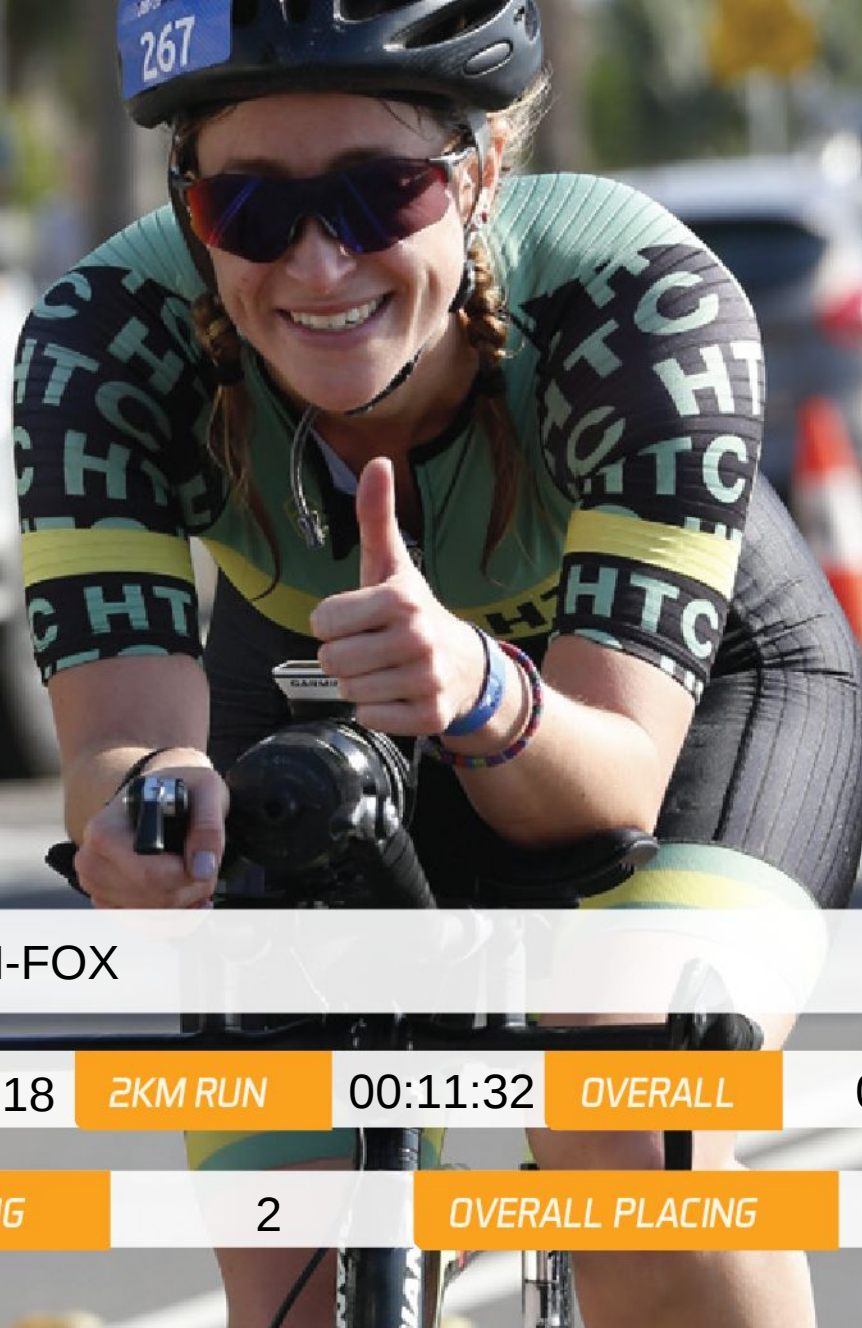




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

David HAMILTON-FOX

200M SWIM

00:11:36

10KM BIKE

00:22:18

2KM RUN

00:11:32

OVERALL

00:53:58

CATEGORY

60-69

CATEGORY PLACING

2

OVERALL PLACING

97

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