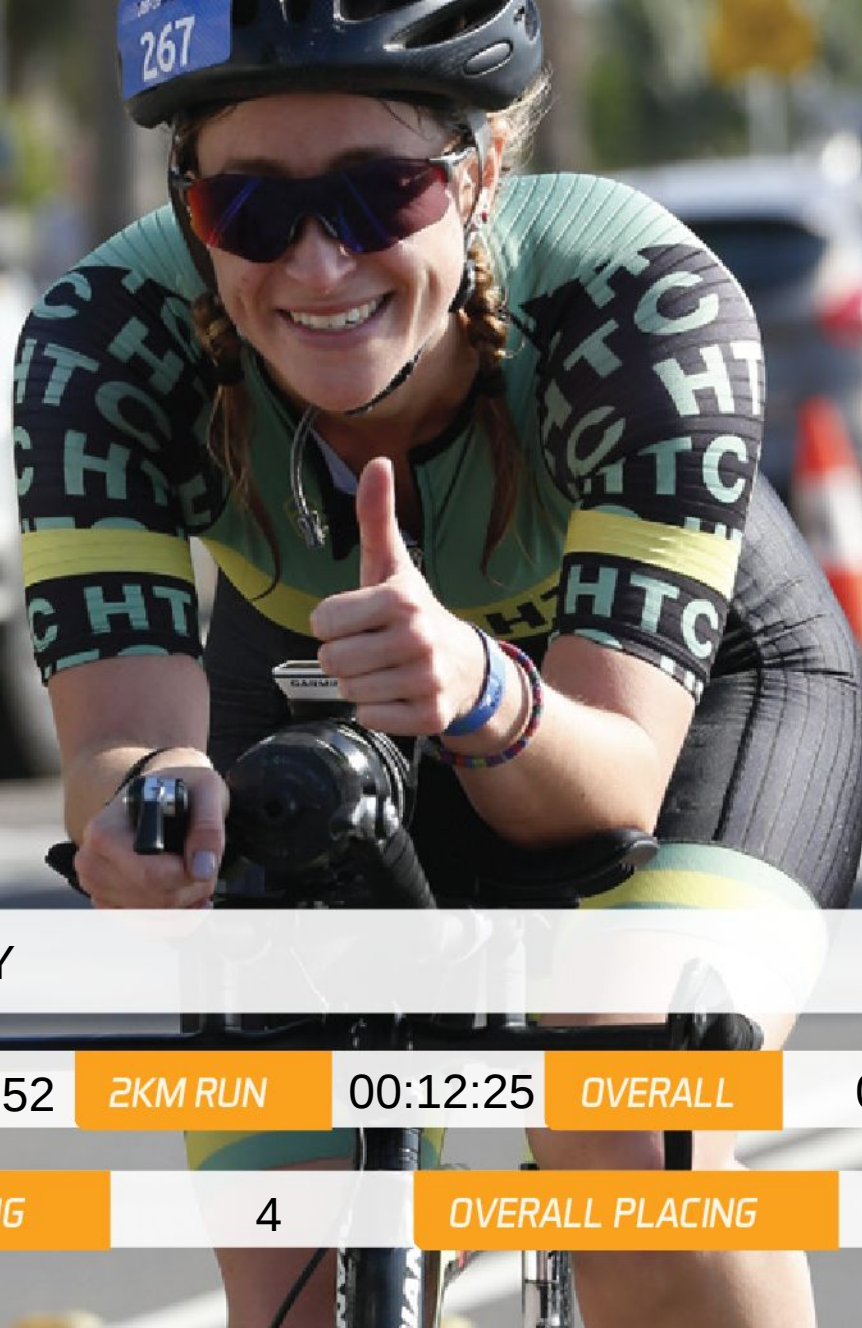




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



TRY A TRI

James SWEENEY

200M SWIM

00:05:46

10KM BIKE

00:32:52

2KM RUN

00:12:25

OVERALL

00:59:20

CATEGORY

30-39

CATEGORY PLACING

4

OVERALL PLACING

39

POWERADE

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEVS

McDonald's
i'm lovin' it

KIND

soto
everything is possible

catfish