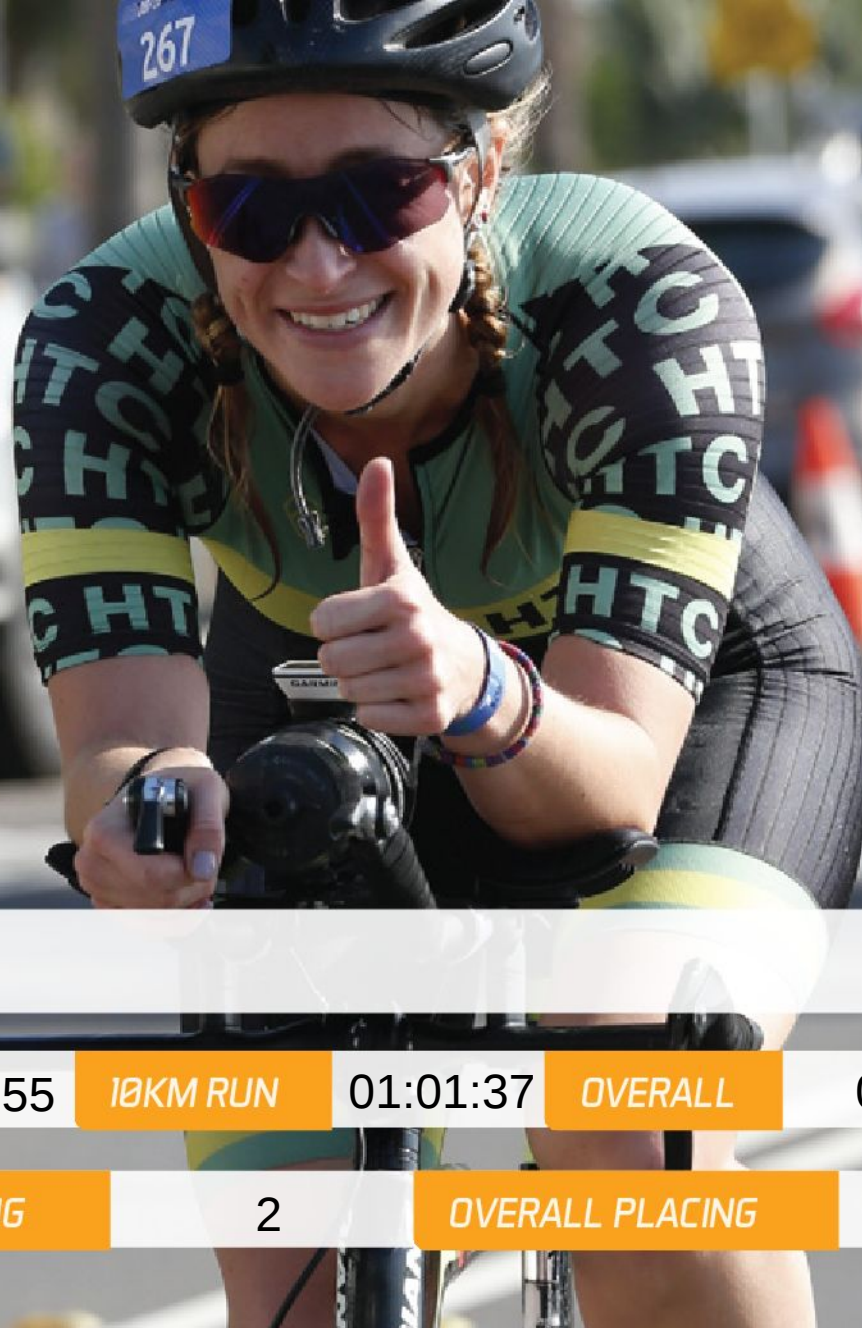




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

John HAMILTON

1.5KM SWIM

00:33:49

40KM BIKE

01:12:55

10KM RUN

01:01:37

OVERALL

02:54:26

CATEGORY

60-64

CATEGORY PLACING

2

OVERALL PLACING

204

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Crafting your space

catfish