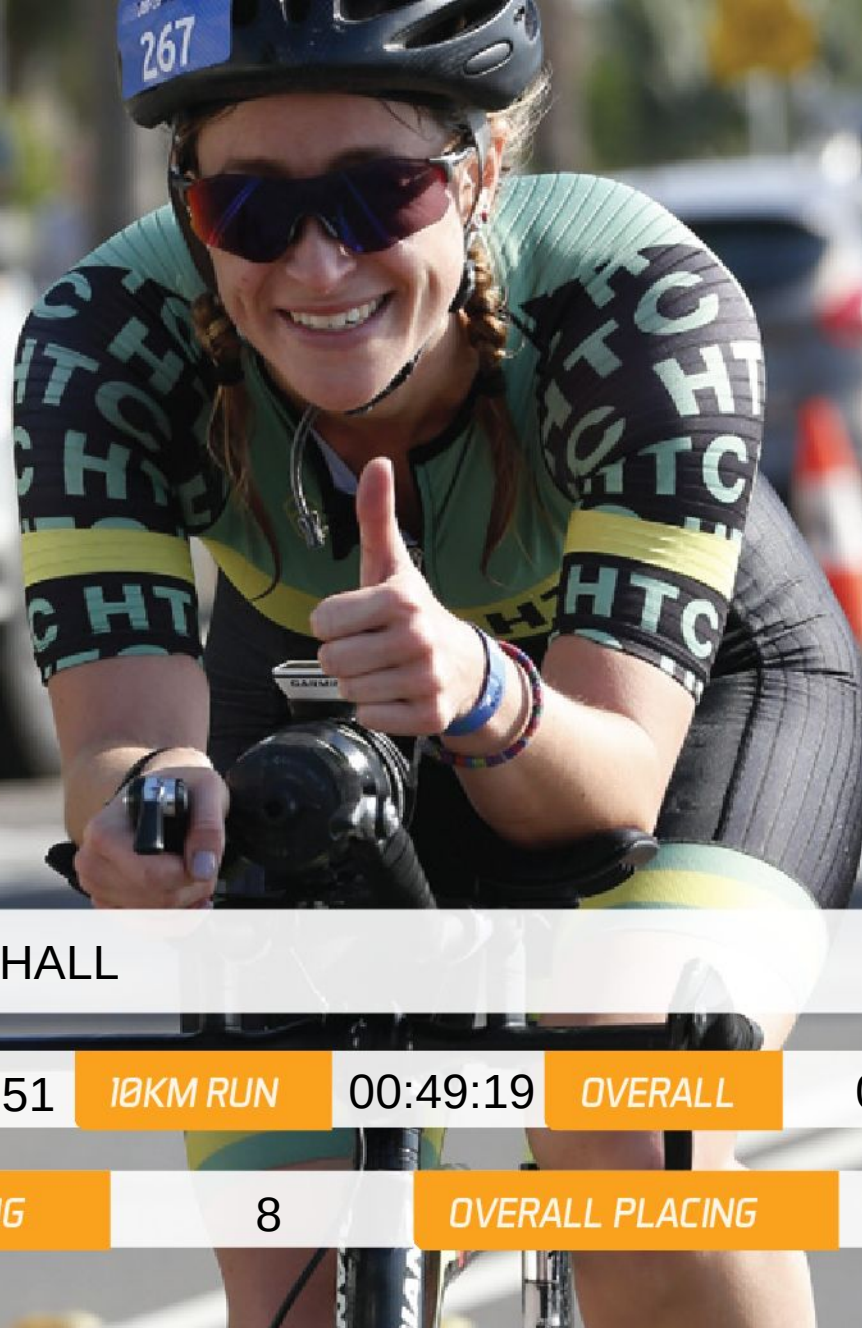




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

James MANTON-HALL

1.5KM SWIM

00:32:20

40KM BIKE

01:15:51

10KM RUN

00:49:19

OVERALL

02:44:00

CATEGORY

20-24

CATEGORY PLACING

8

OVERALL PLACING

125

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
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Crafting your personal

catfish