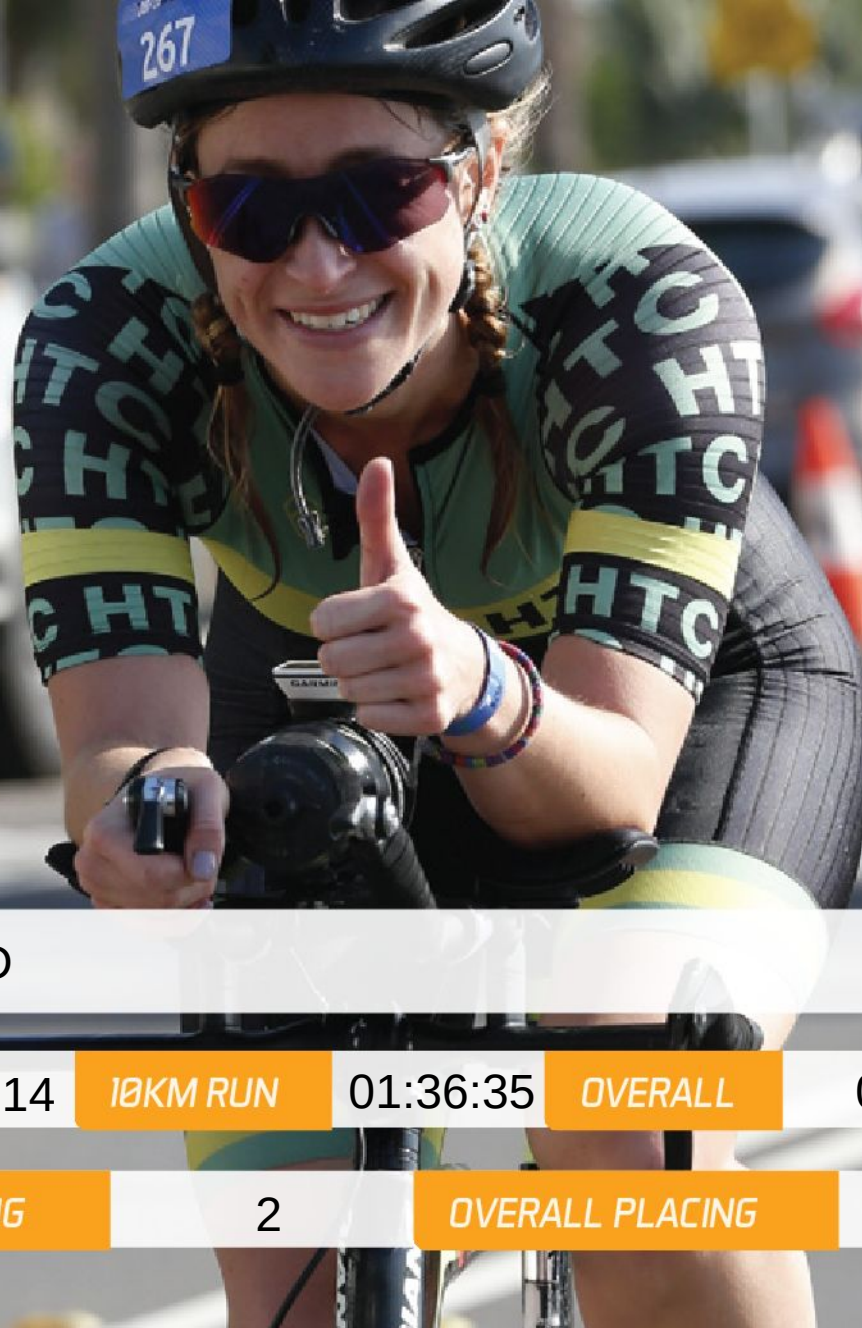




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

John MCDONALD

1.5KM SWIM

00:34:51

40KM BIKE

01:23:14

10KM RUN

01:36:35

OVERALL

03:46:24

CATEGORY

65-69

CATEGORY PLACING

2

OVERALL PLACING

331

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Crafting experiences

catfish