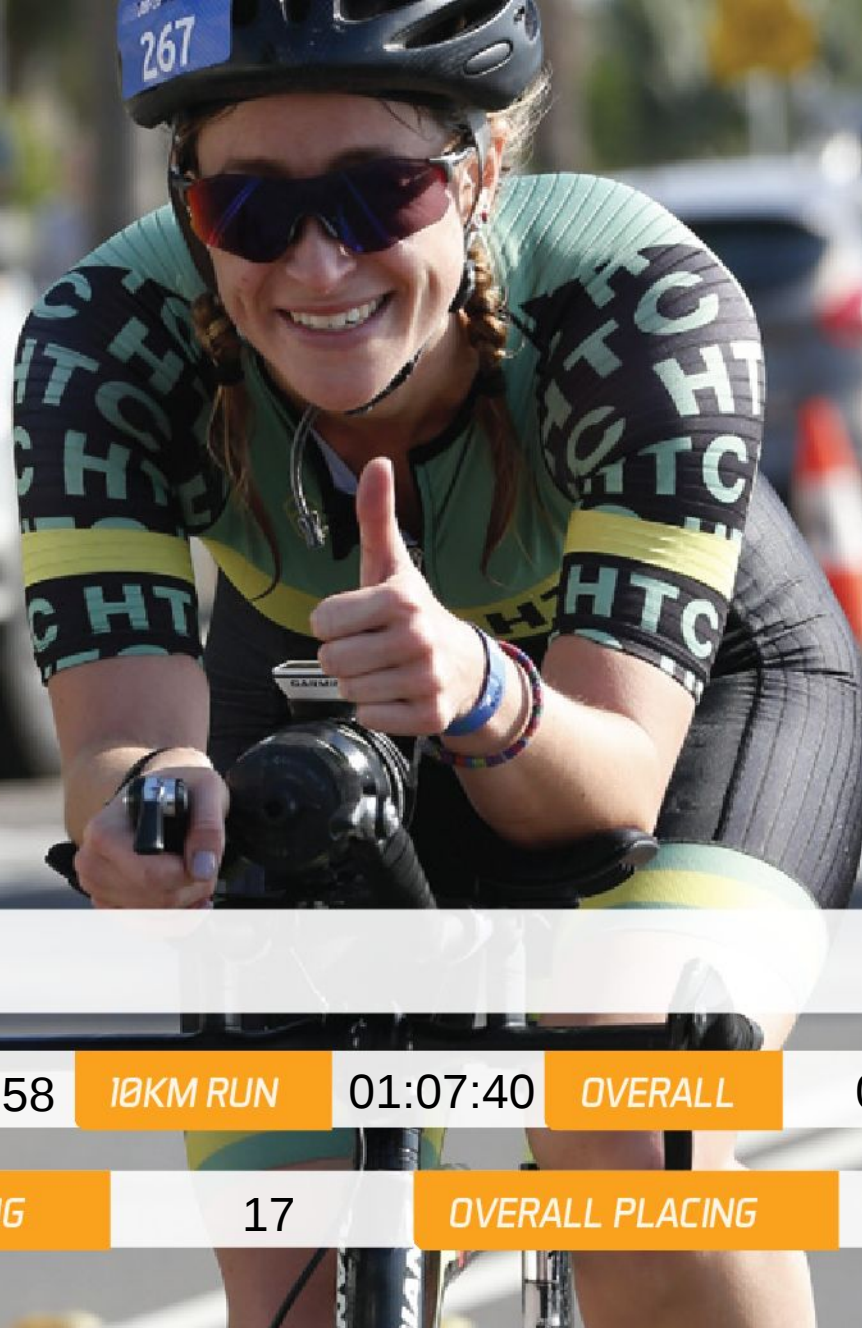




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Giles MILDRED

1.5KM SWIM

00:30:41

40KM BIKE

01:22:58

10KM RUN

01:07:40

OVERALL

03:09:18

CATEGORY

40-44

CATEGORY PLACING

17

OVERALL PLACING

271

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
Crafting your space

catfish