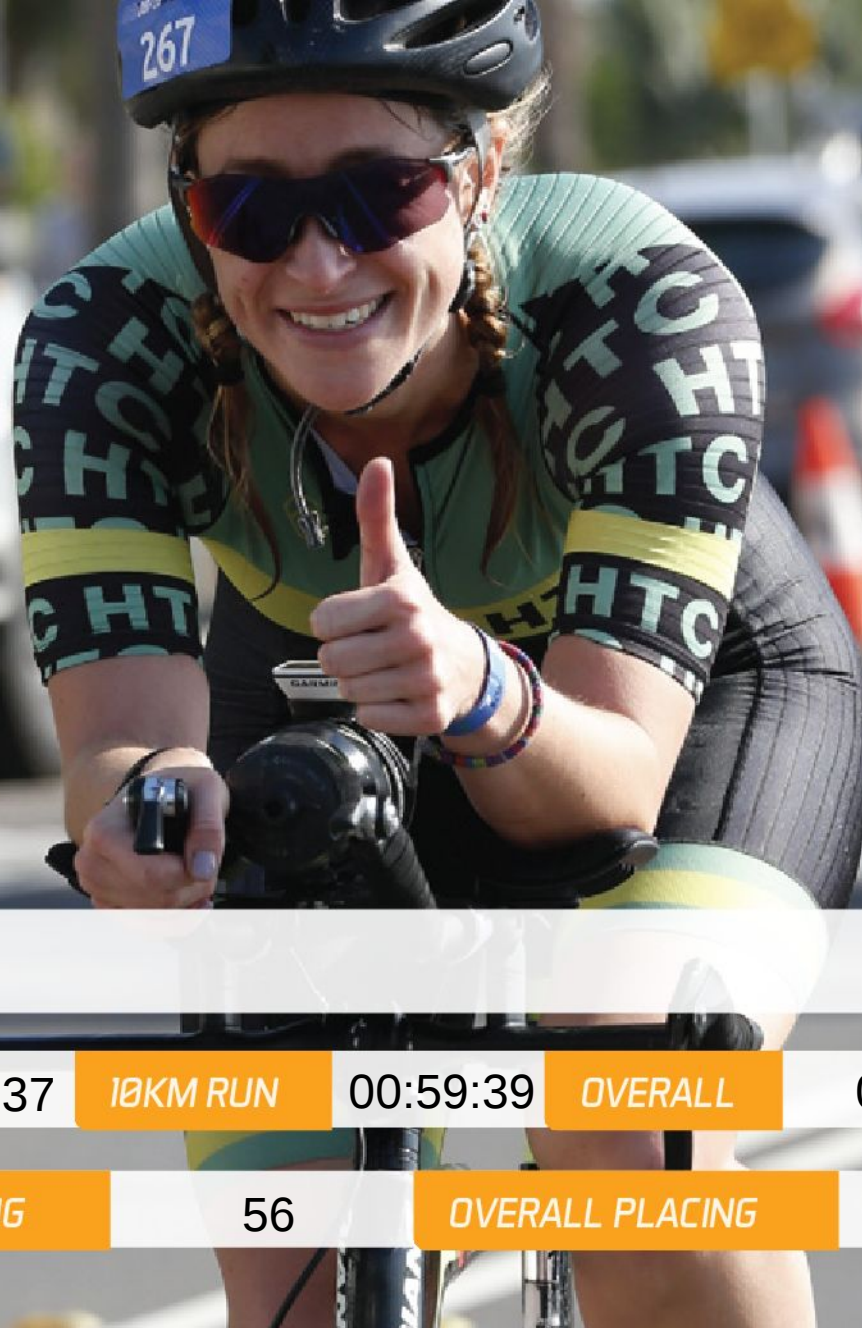




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Adam MOORE

1.5KM SWIM

00:35:44

40KM BIKE

01:27:37

10KM RUN

00:59:39

OVERALL

03:08:58

CATEGORY

30-34

CATEGORY PLACING

56

OVERALL PLACING

268

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
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Crafting your space

catfish