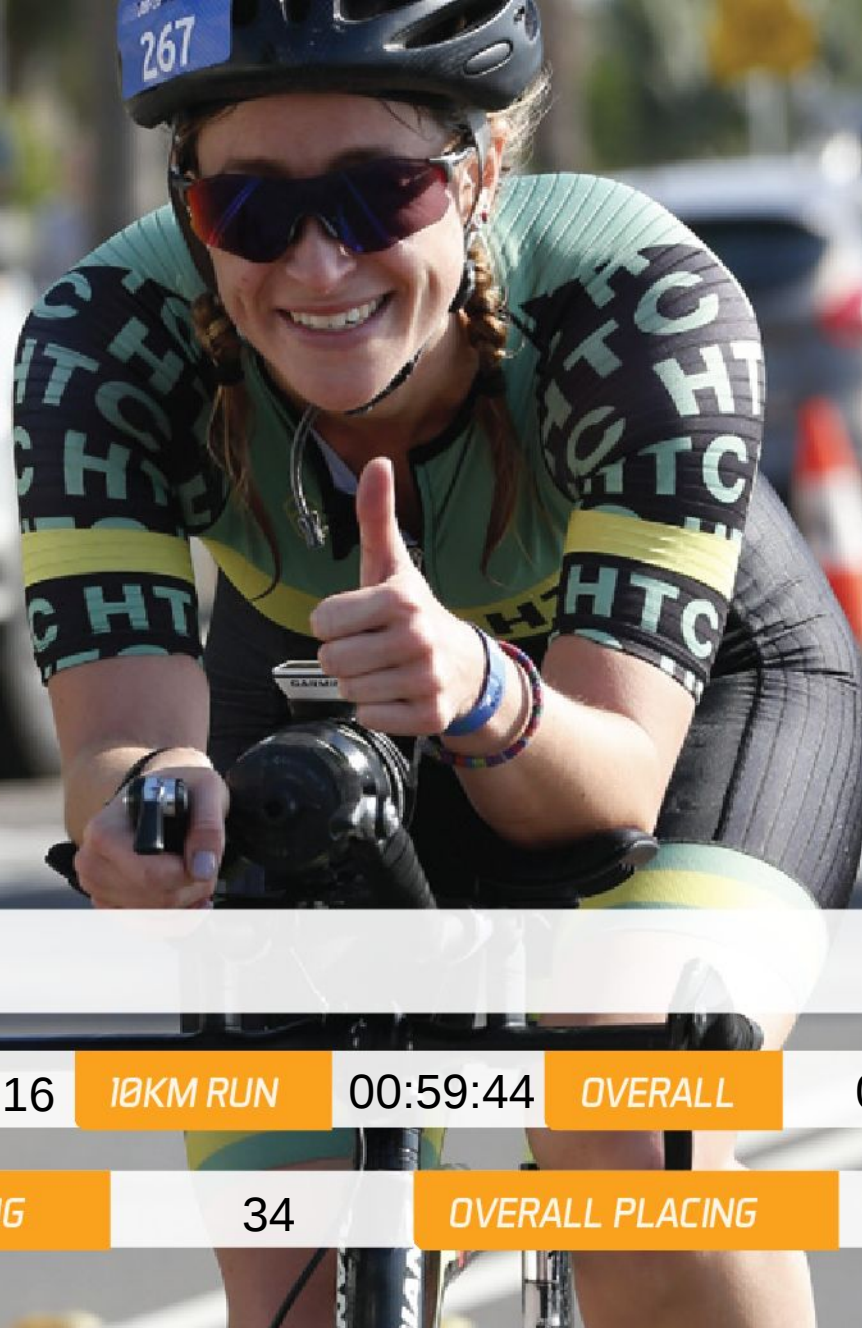




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Alexander MUIR

1.5KM SWIM

00:39:20

40KM BIKE

01:20:16

10KM RUN

00:59:44

OVERALL

03:07:39

CATEGORY

35-39

CATEGORY PLACING

34

OVERALL PLACING

260

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