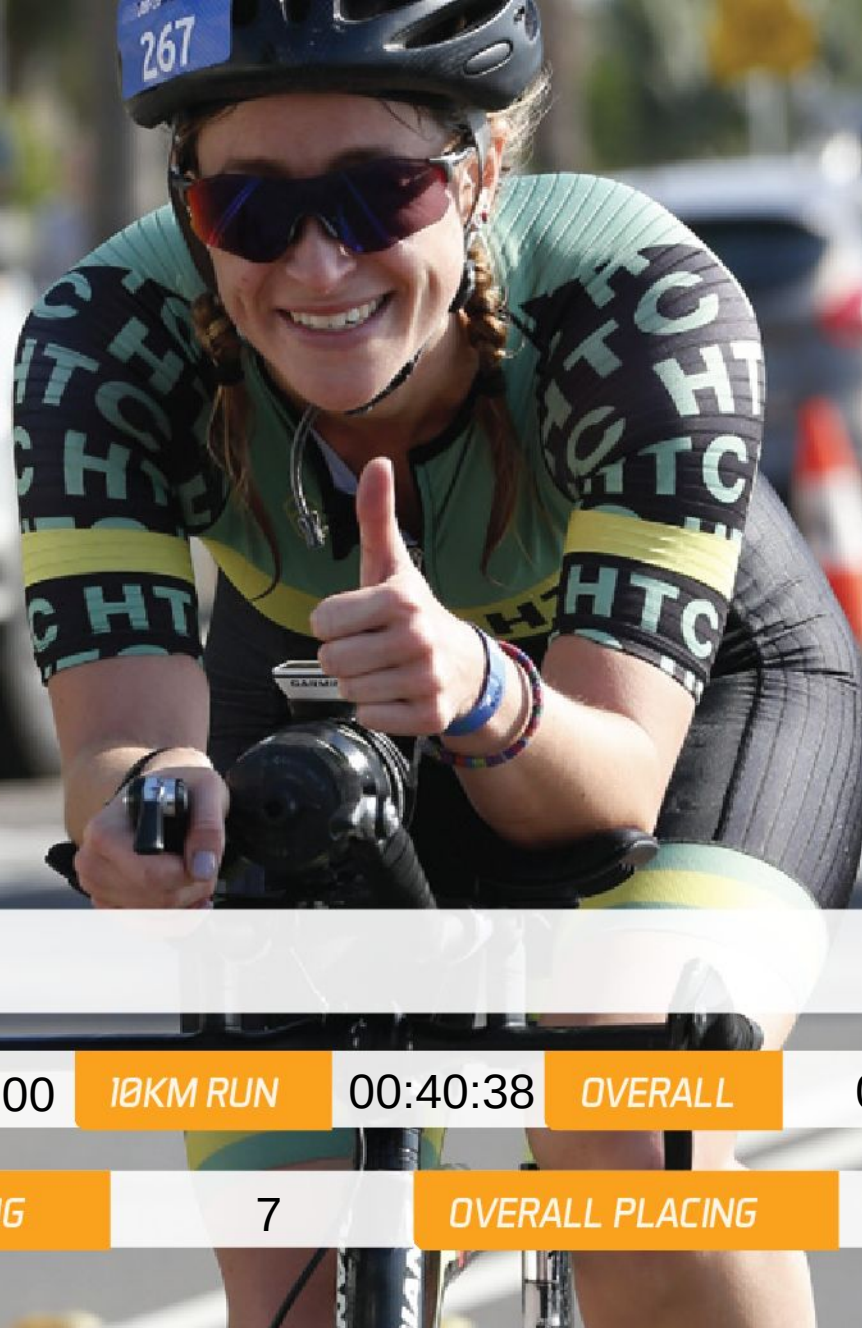




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Michael SMITH

1.5KM SWIM

00:24:22

40KM BIKE

01:01:00

10KM RUN

00:40:38

OVERALL

02:10:50

CATEGORY

30-34

CATEGORY PLACING

7

OVERALL PLACING

11

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Crafting your space

catfish