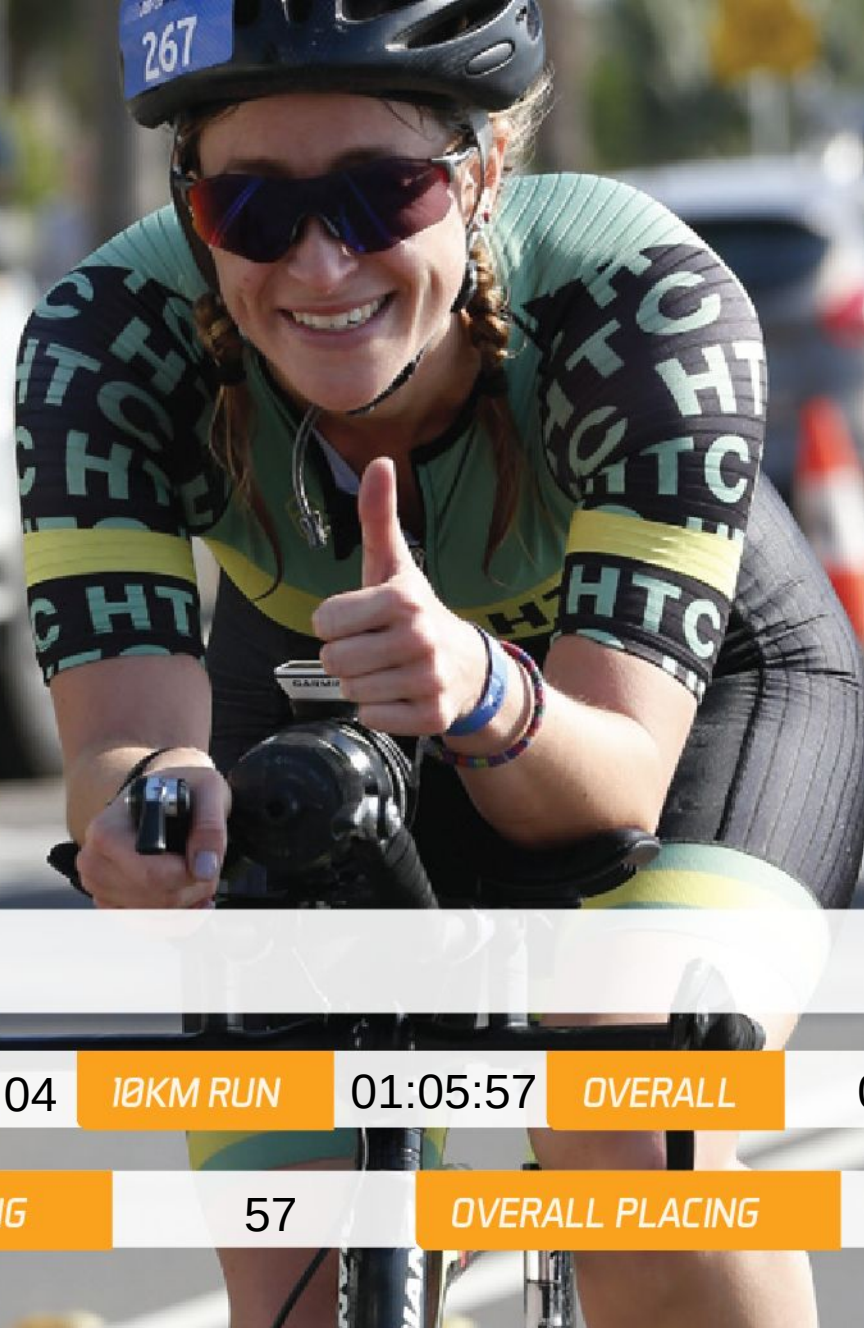




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Liam SANDERS

1.5KM SWIM

00:30:45

40KM BIKE

01:35:04

10KM RUN

01:05:57

OVERALL

03:15:32

CATEGORY

30-34

CATEGORY PLACING

57

OVERALL PLACING

290

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