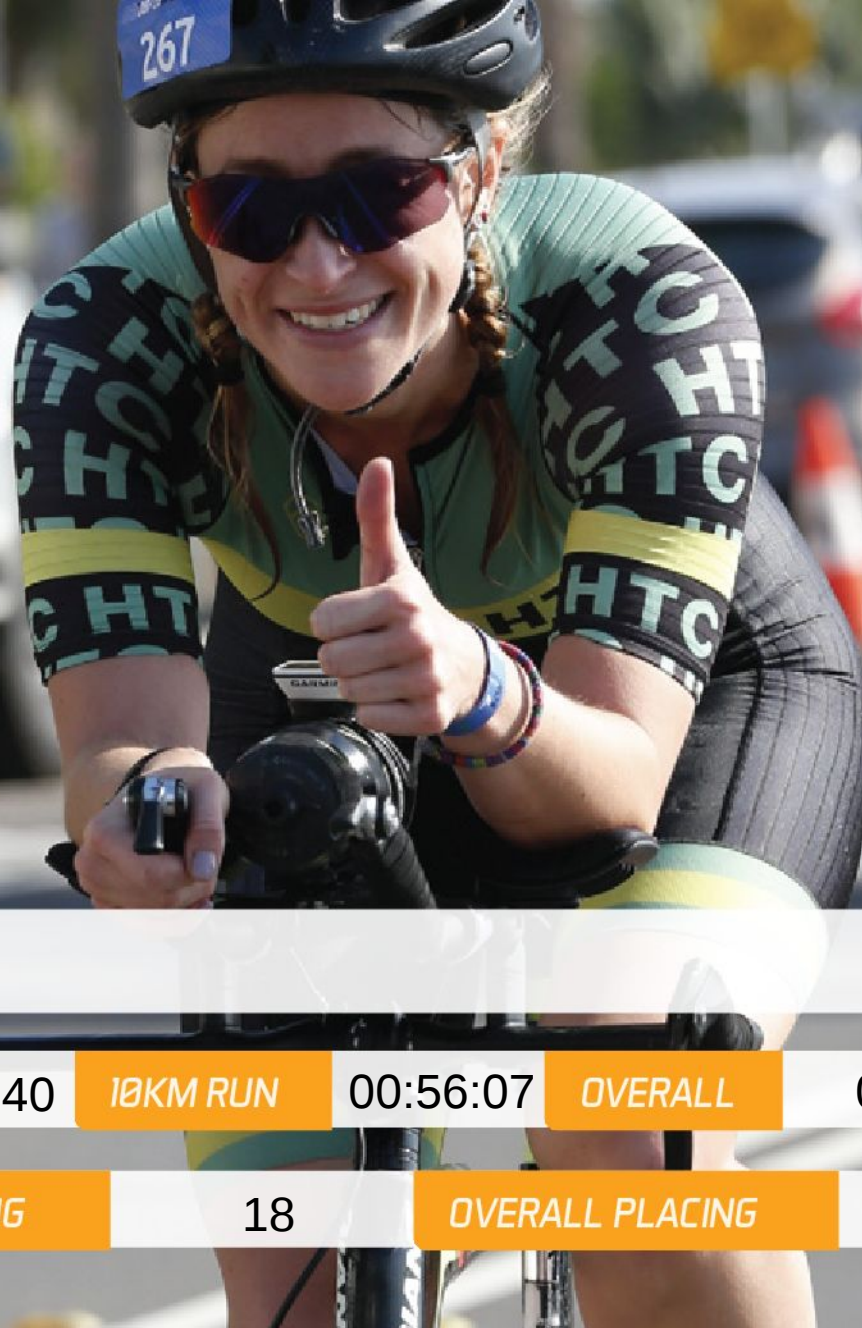




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

James ALLNUTT

1.5KM SWIM

00:31:10

40KM BIKE

01:12:40

10KM RUN

00:56:07

OVERALL

02:46:35

CATEGORY

25-29

CATEGORY PLACING

18

OVERALL PLACING

147

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