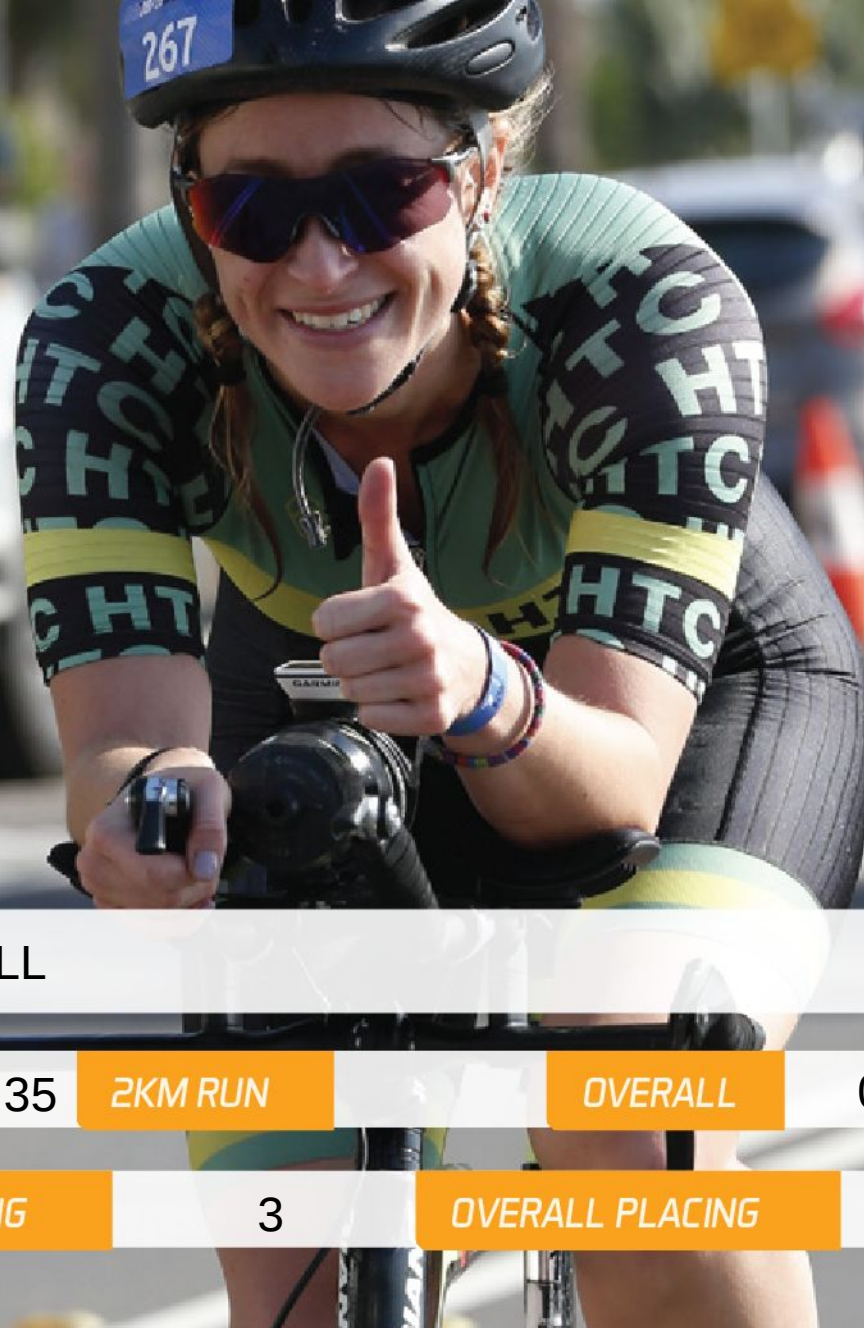




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



AQUABIKE

Ian MANTON-HALL

1.5KM SWIM

00:33:38

40KM BIKE

01:18:35

2KM RUN

OVERALL

01:57:09

CATEGORY

Open

CATEGORY PLACING

3

OVERALL PLACING

9

POWERADE.

Destination
WOLLONGONG

Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem

ZOGGS

EY

D&B
Traffic
Management

ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it

KIND

soto

catfish