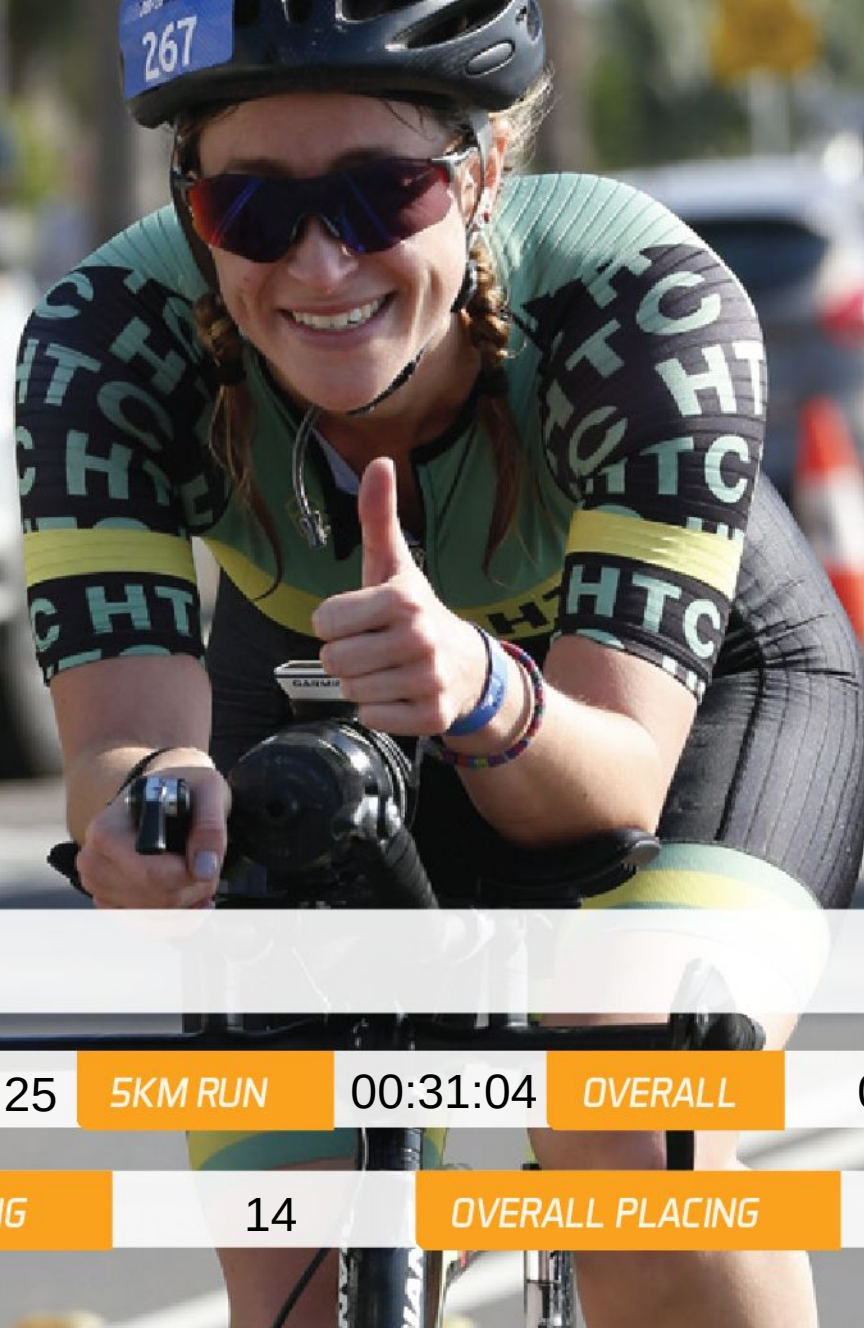




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Rod SLOANE

750M SWIM

00:16:09

20KM BIKE

00:39:25

5KM RUN

00:31:04

OVERALL

01:33:09

CATEGORY

45-49

CATEGORY PLACING

14

OVERALL PLACING

262

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish