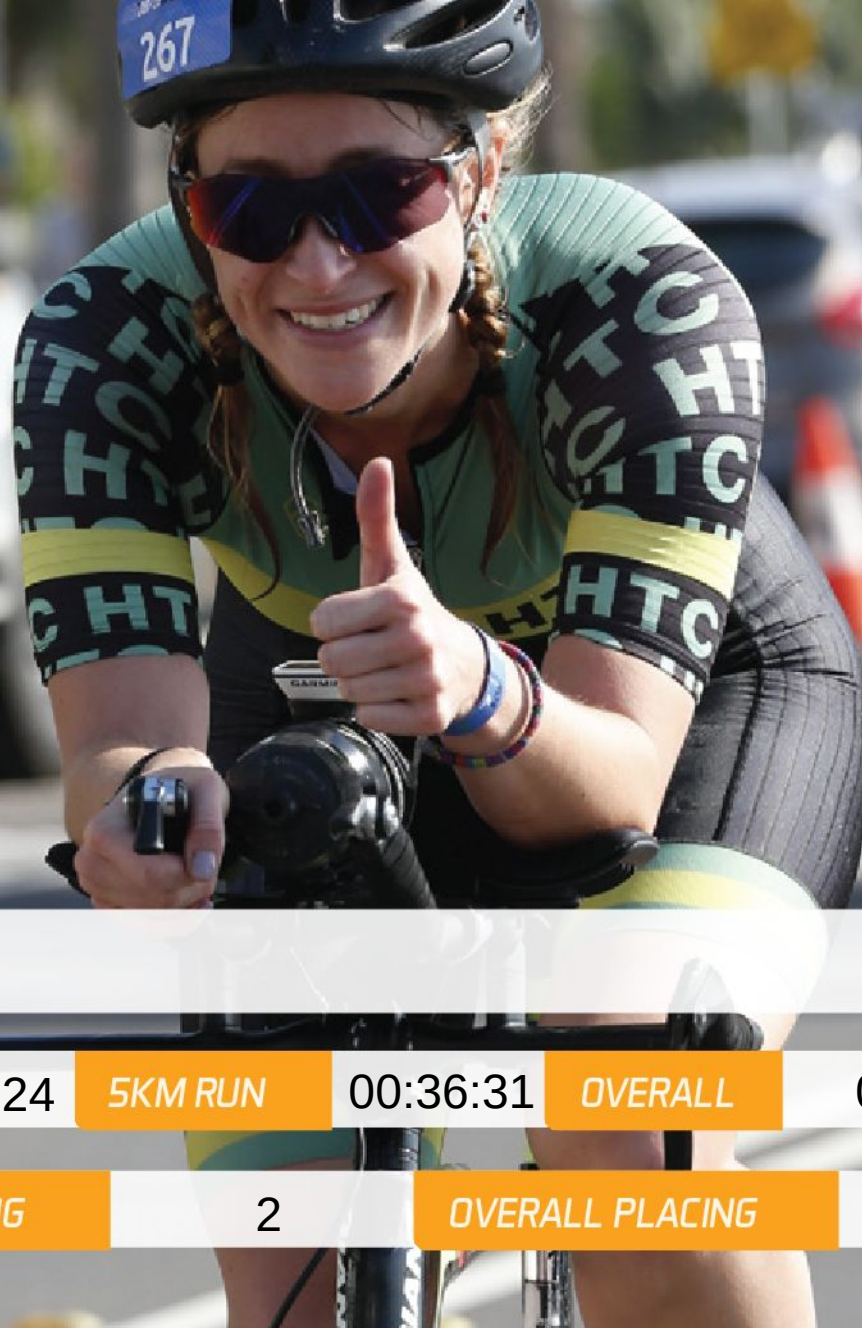




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Byron SMITH

750M SWIM

00:15:04

20KM BIKE

00:39:24

5KM RUN

00:36:31

OVERALL

01:41:01

CATEGORY

70-74

CATEGORY PLACING

2

OVERALL PLACING

366

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B&B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
Coughing required

catfish