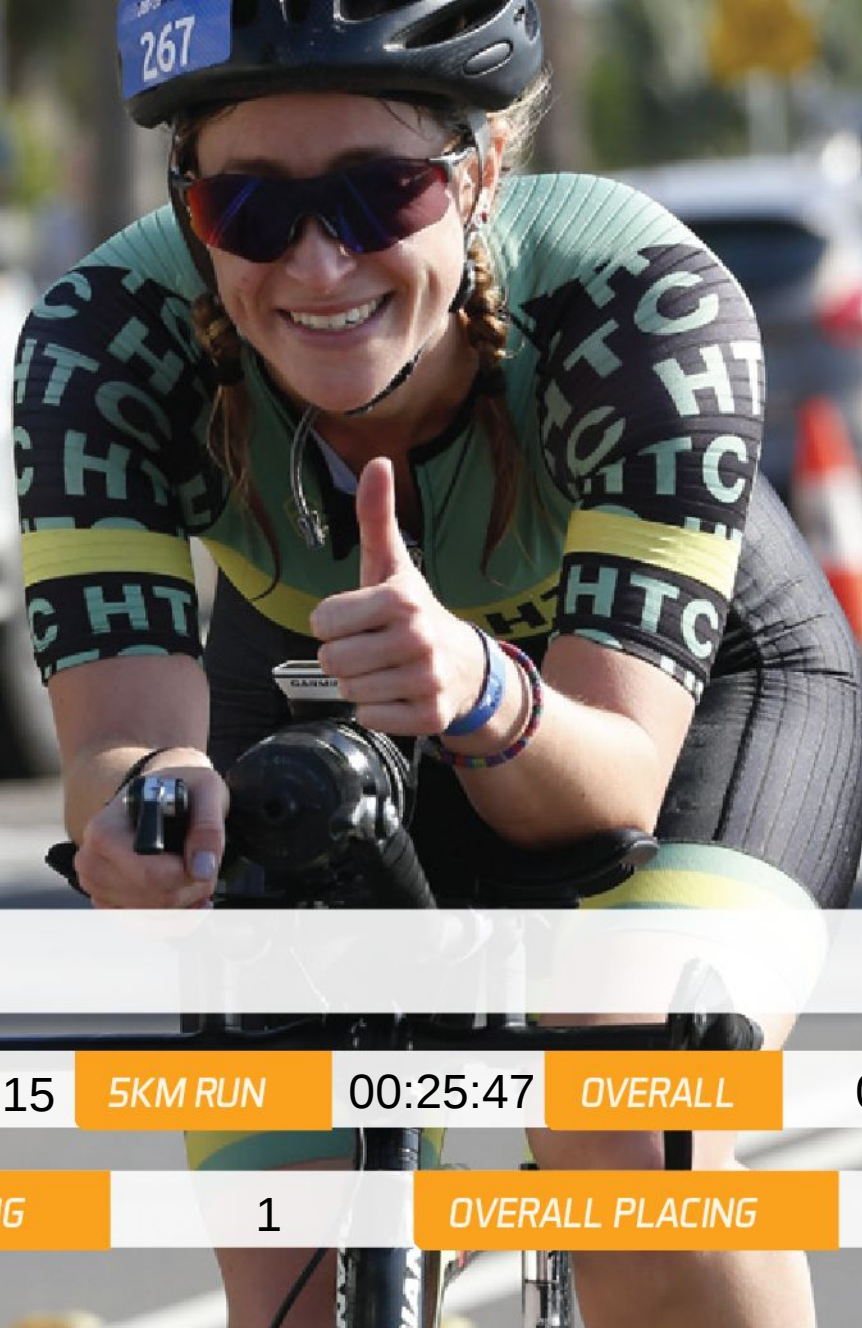




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Rob SPICER

750M SWIM

00:13:44

20KM BIKE

00:32:15

5KM RUN

00:25:47

OVERALL

01:16:09

CATEGORY

50-54

CATEGORY PLACING

1

OVERALL PLACING

37

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish