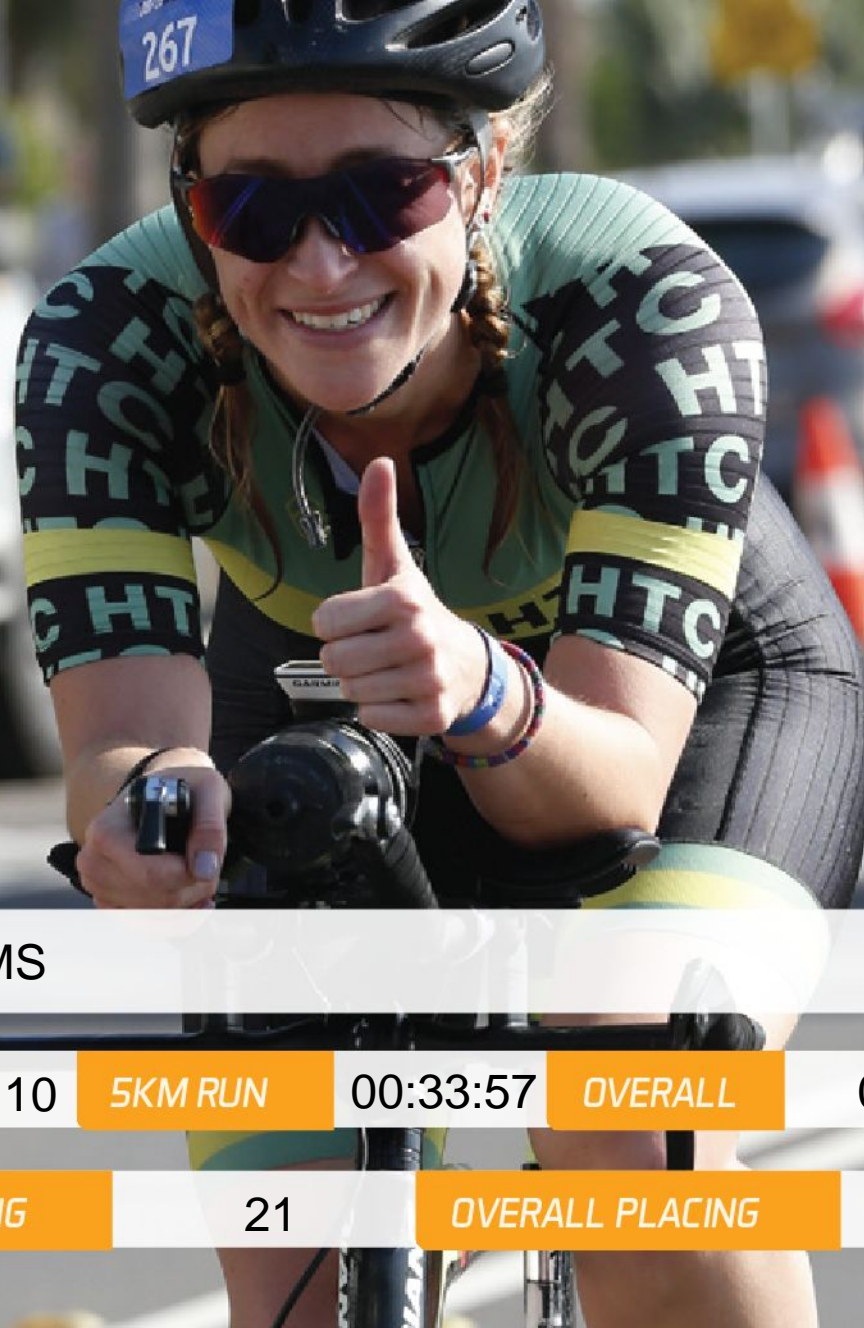




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Brendan WILLIAMS

750M SWIM

00:17:08

20KM BIKE

00:37:10

5KM RUN

00:33:57

OVERALL

01:36:53

CATEGORY

35-39

CATEGORY PLACING

21

OVERALL PLACING

307

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