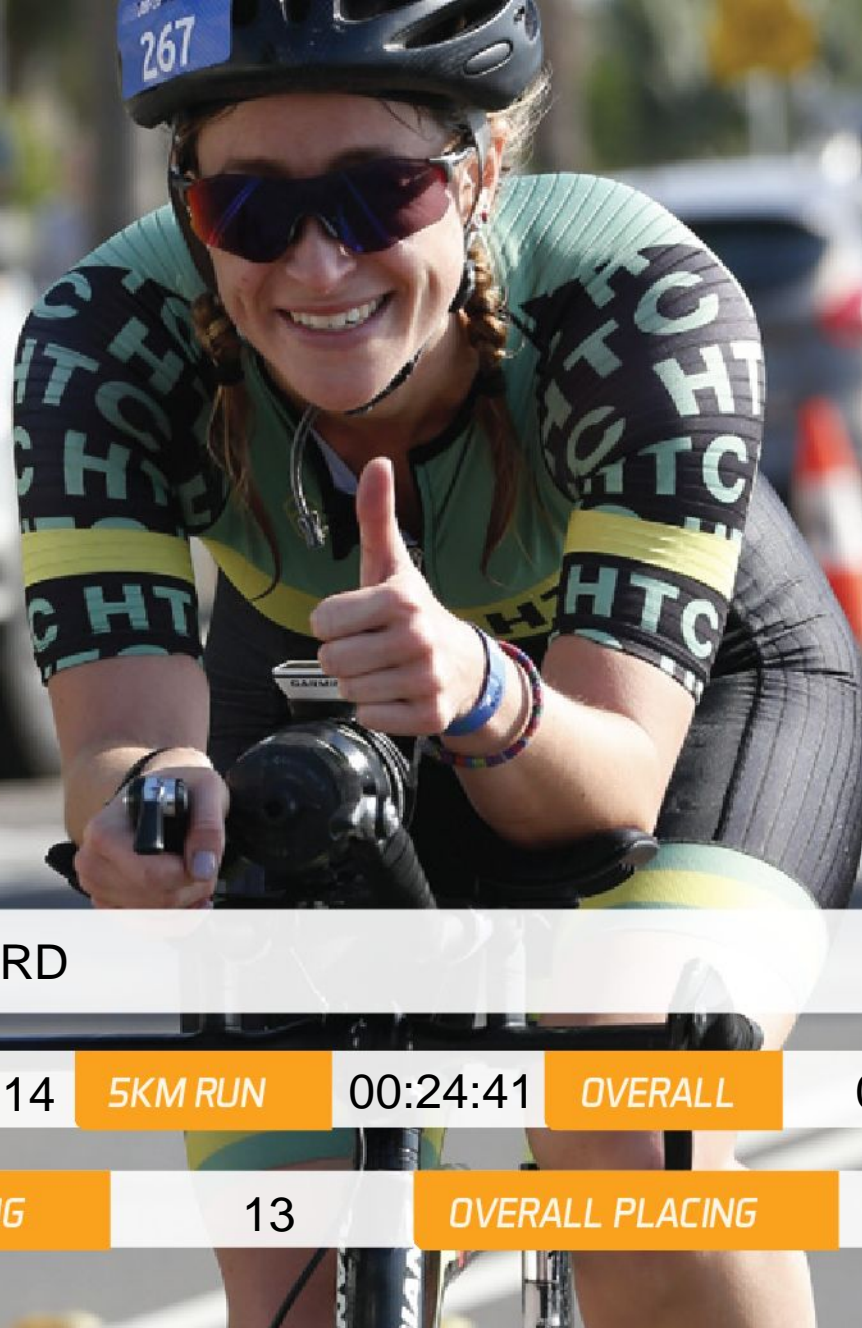




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Jackson WITHFORD

750M SWIM

00:13:40

20KM BIKE

00:38:14

5KM RUN

00:24:41

OVERALL

01:21:56

CATEGORY

25-29

CATEGORY PLACING

13

OVERALL PLACING

87

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