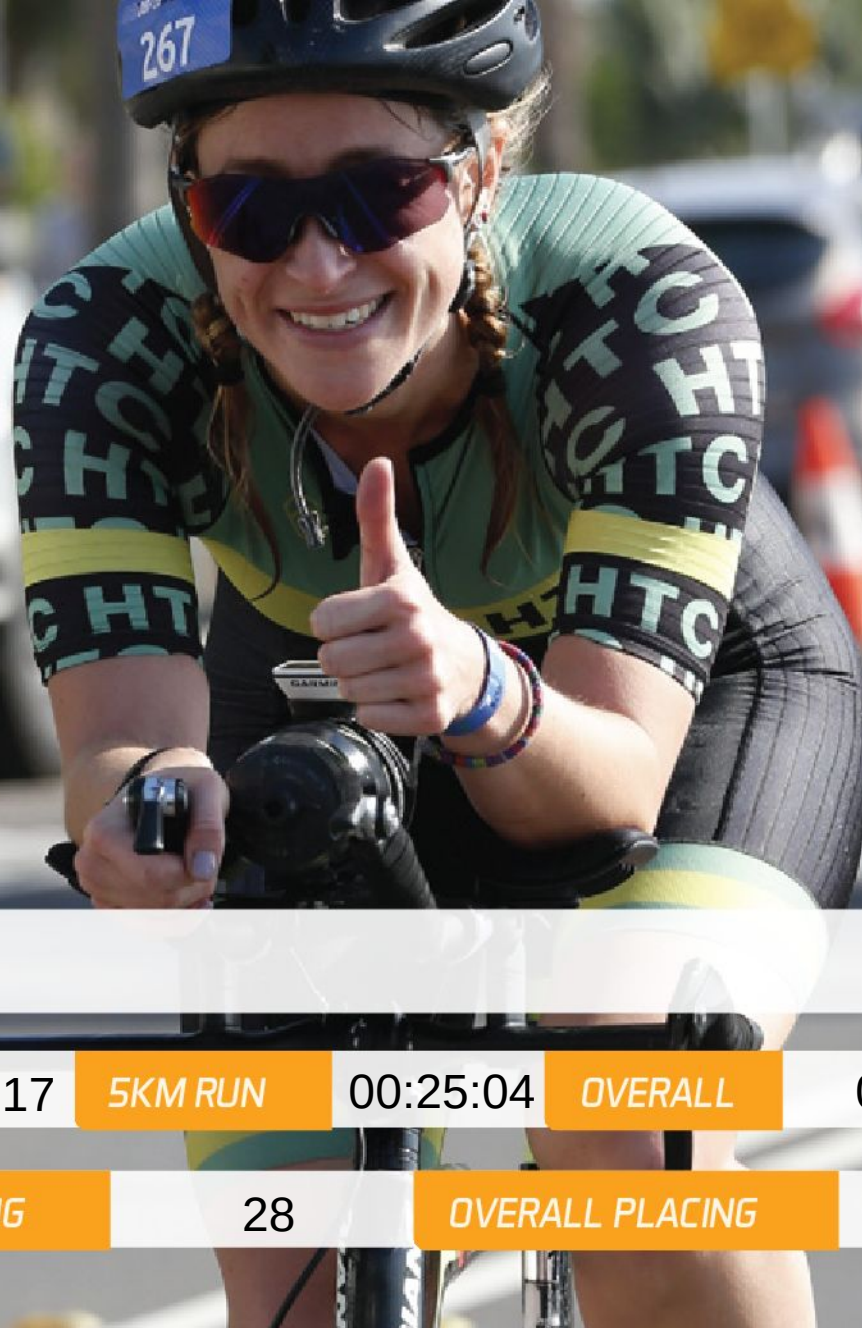




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Joshua BONES

750M SWIM

00:15:25

20KM BIKE

00:37:17

5KM RUN

00:25:04

OVERALL

01:26:57

CATEGORY

25-29

CATEGORY PLACING

28

OVERALL PLACING

166

POWERADE

Destination
WOLLONGONG

Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

Traffic
Management

ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
CRAFTING INSPIRATION

catfish