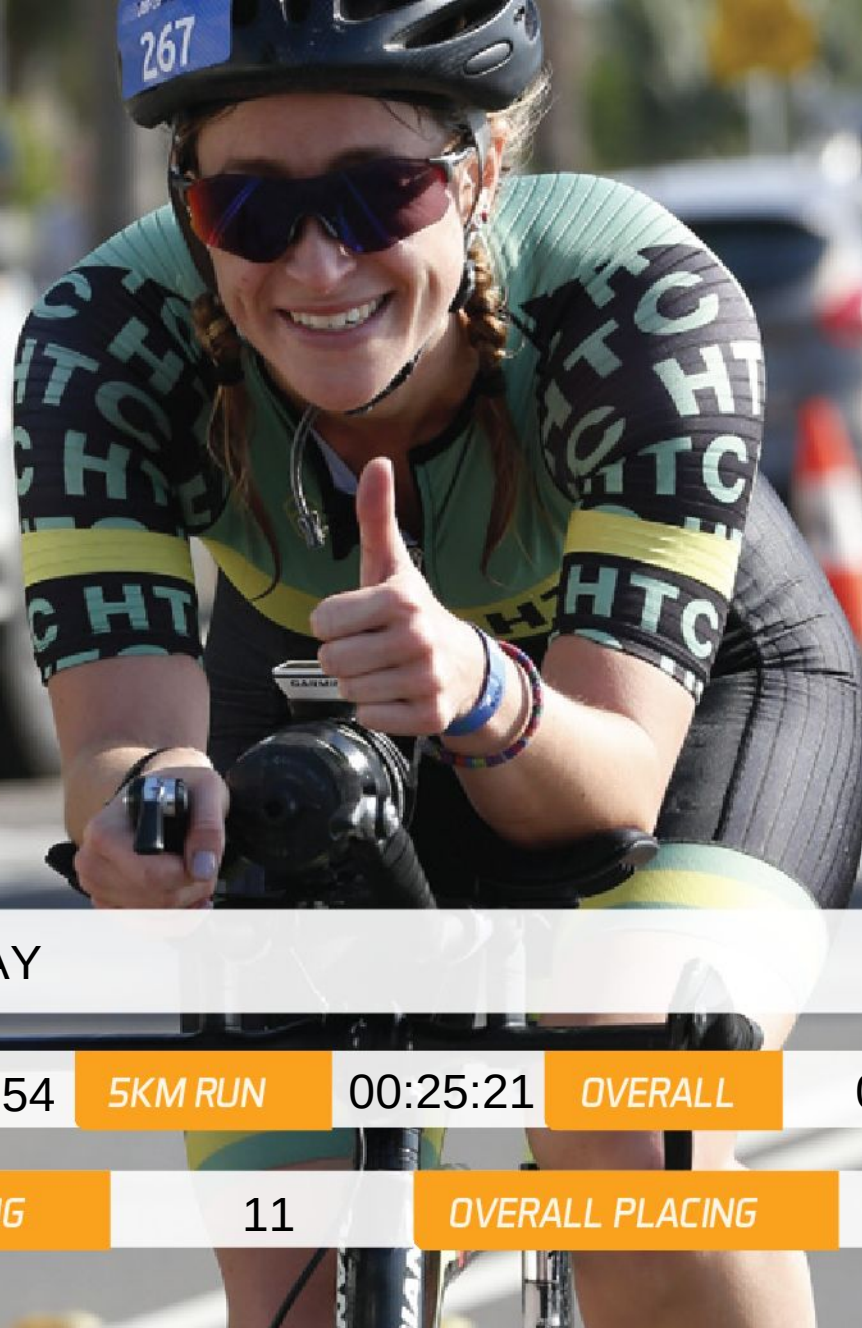




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Phillip BROCKWAY

750M SWIM

00:23:06

20KM BIKE

00:51:54

5KM RUN

00:25:21

OVERALL

01:49:43

CATEGORY

RYM

CATEGORY PLACING

11

OVERALL PLACING

456

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