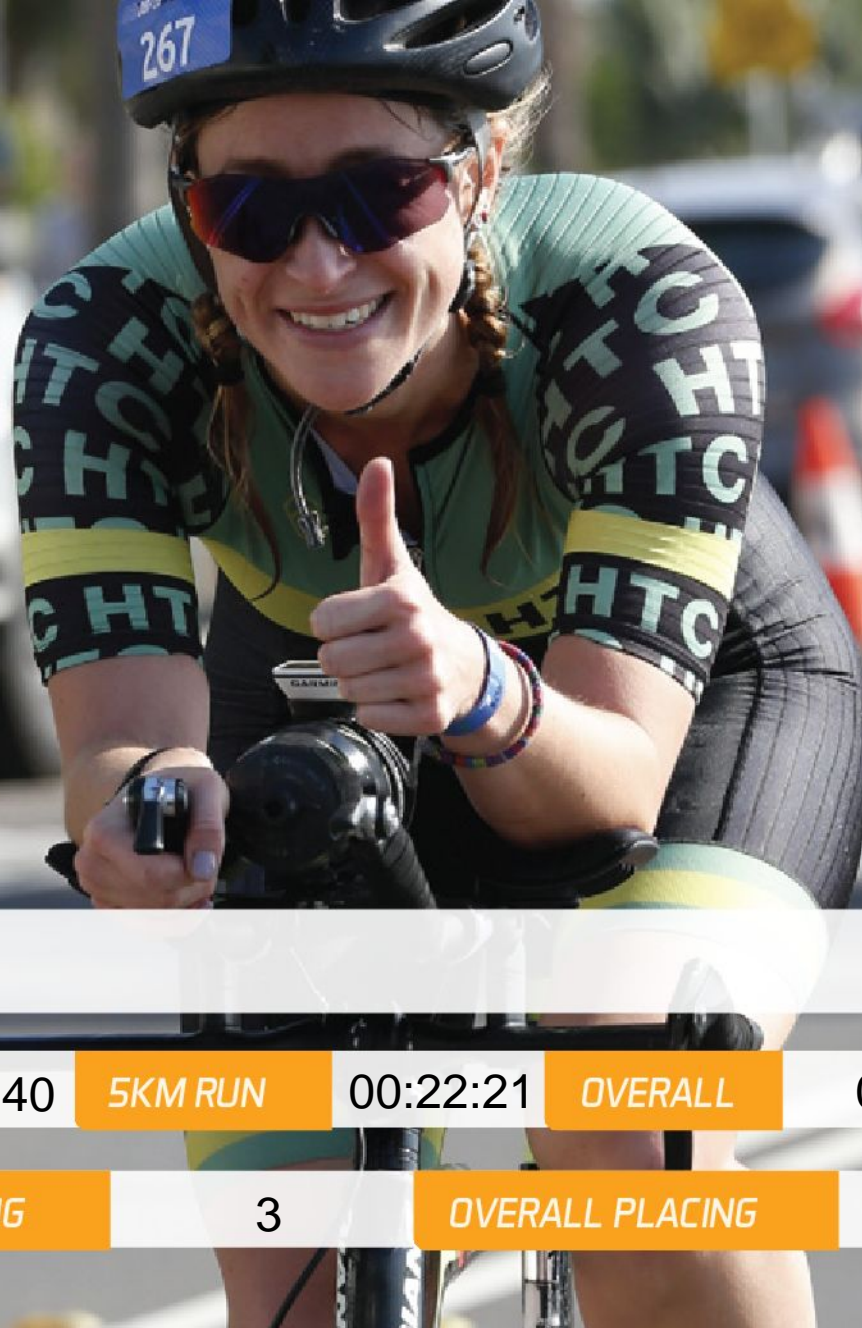




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Rede CARNEY

750M SWIM

00:12:03

20KM BIKE

00:32:40

5KM RUN

00:22:21

OVERALL

01:11:19

CATEGORY

30-34

CATEGORY PLACING

3

OVERALL PLACING

16

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
Coughing required

catfish