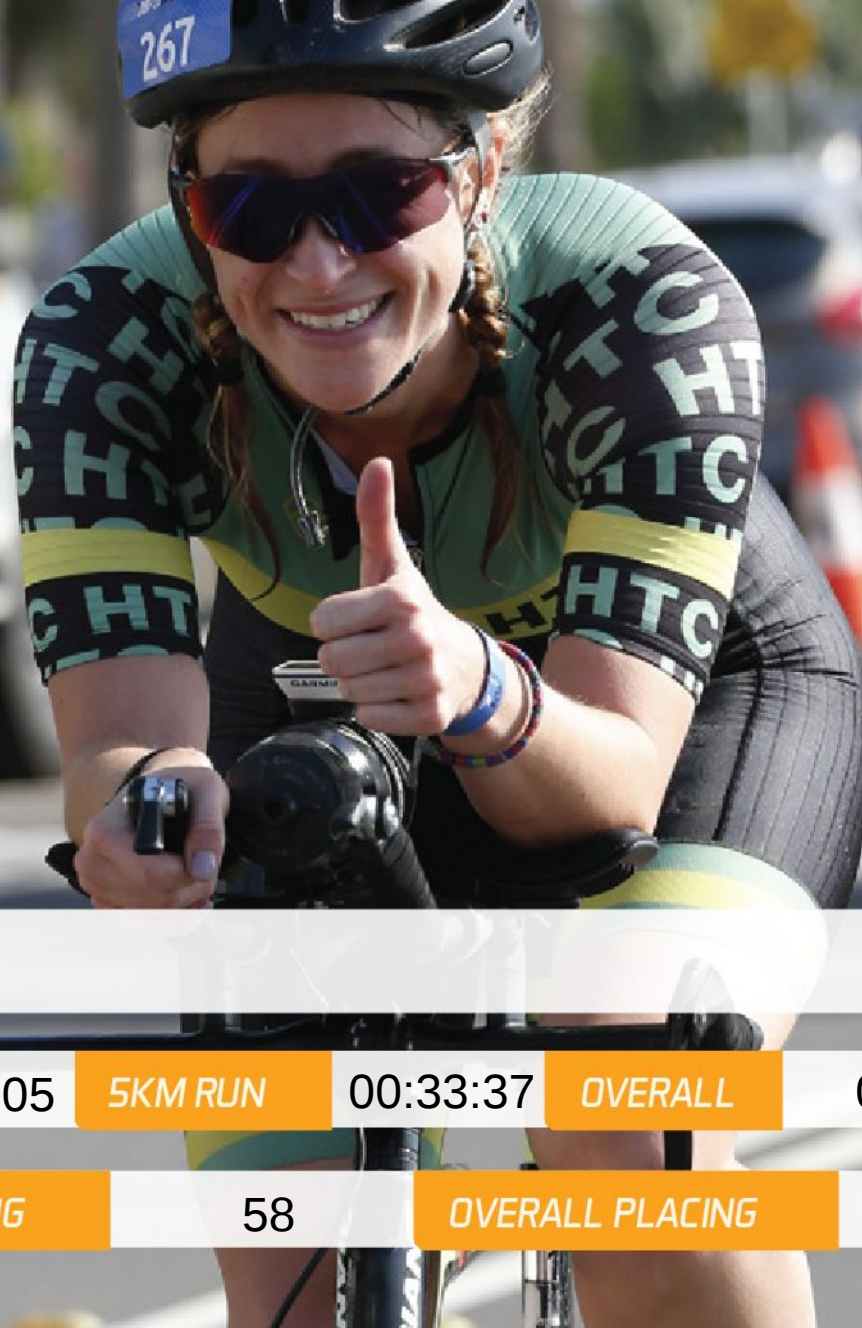




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Rhys CHAPLIN

750M SWIM

00:21:13

20KM BIKE

00:40:05

5KM RUN

00:33:37

OVERALL

01:41:50

CATEGORY

25-29

CATEGORY PLACING

58

OVERALL PLACING

379

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 INSPIRED

catfish