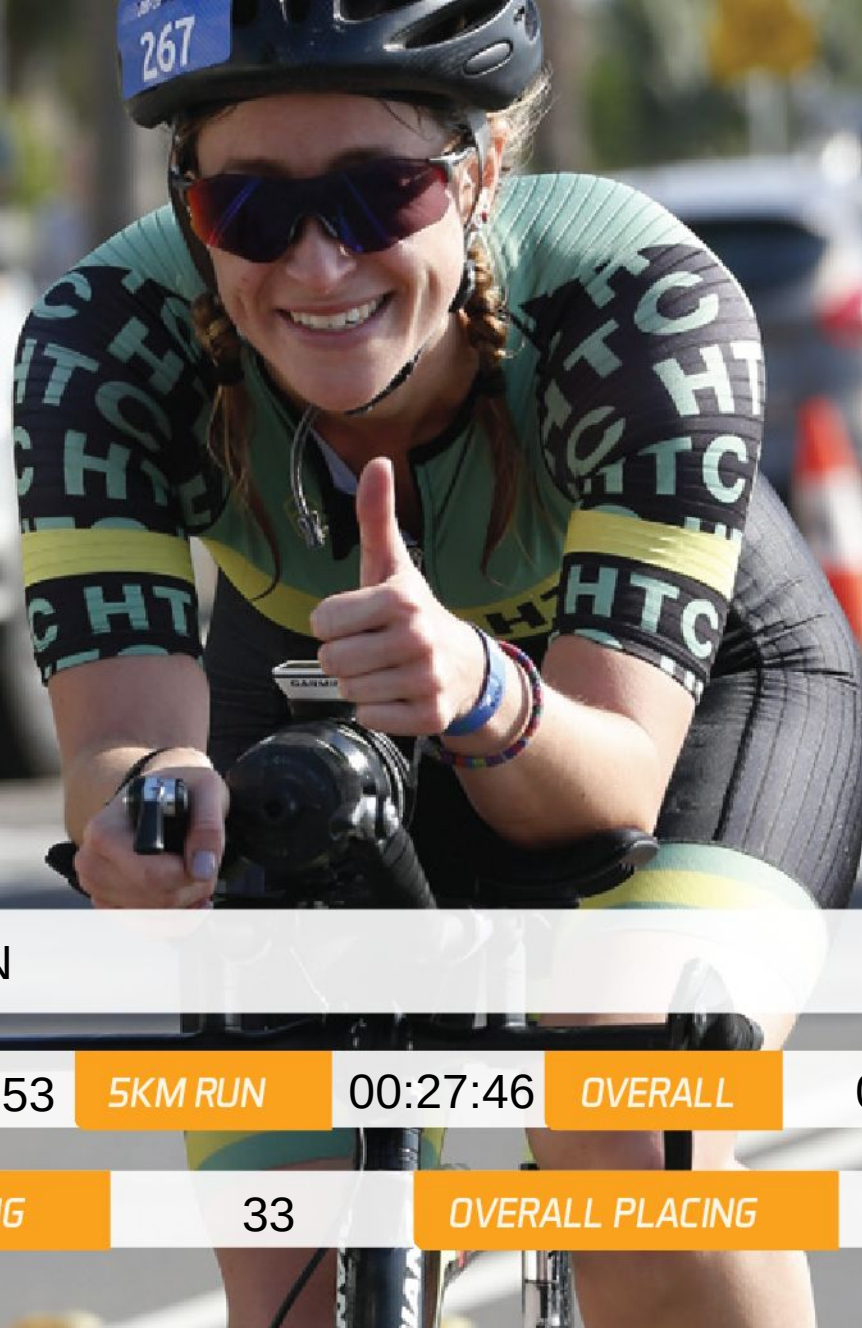




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Samuel GORMAN

750M SWIM	00:16:11	20KM BIKE	00:38:53	5KM RUN	00:27:46	OVERALL	01:29:15
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CATEGORY	25-29	CATEGORY PLACING	33	OVERALL PLACING	205
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POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

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ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

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KIND

soto
Coughing required

>>>>>
catfish