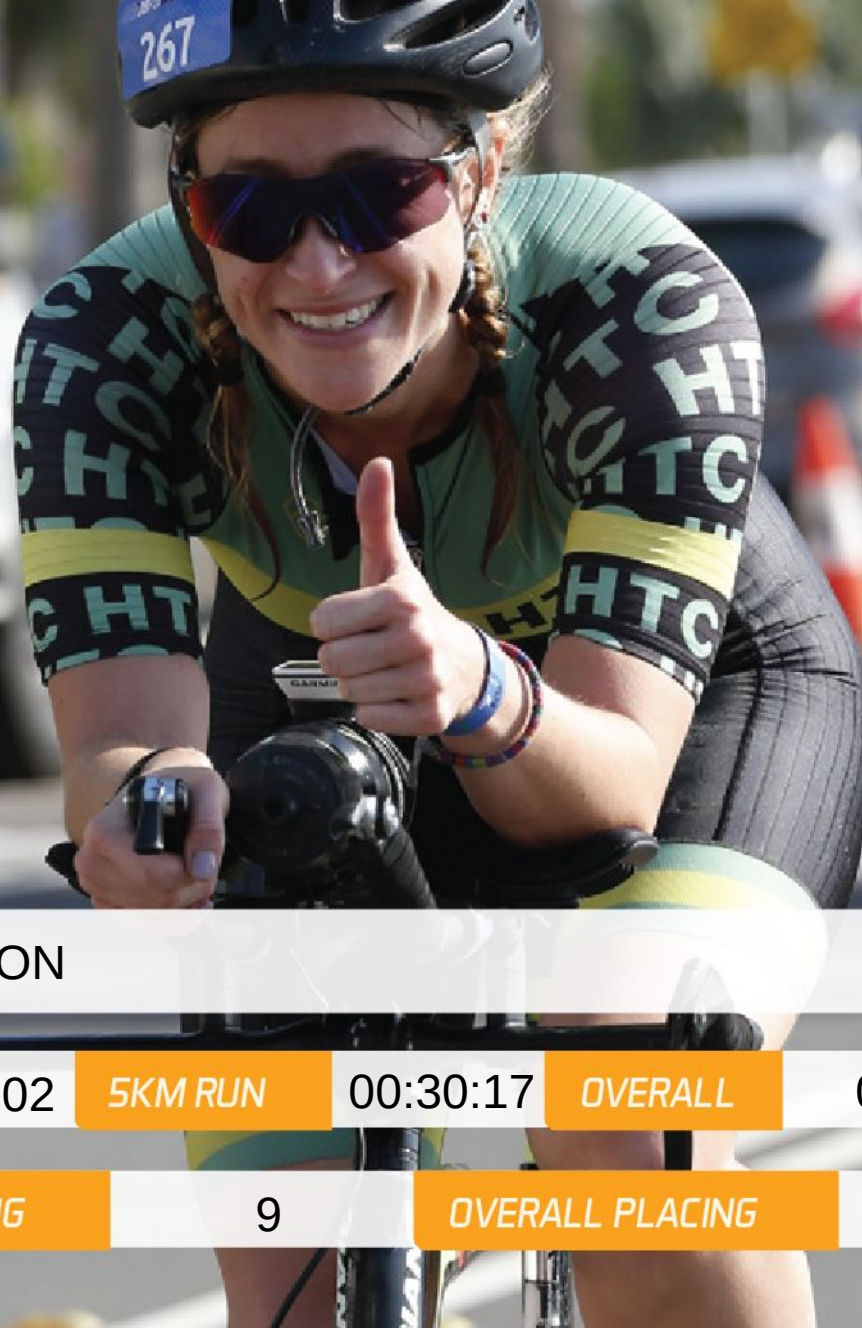




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Steven MIDDLETON

750M SWIM

00:14:29

20KM BIKE

00:38:02

5KM RUN

00:30:17

OVERALL

01:28:53

CATEGORY

45-49

CATEGORY PLACING

9

OVERALL PLACING

195

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