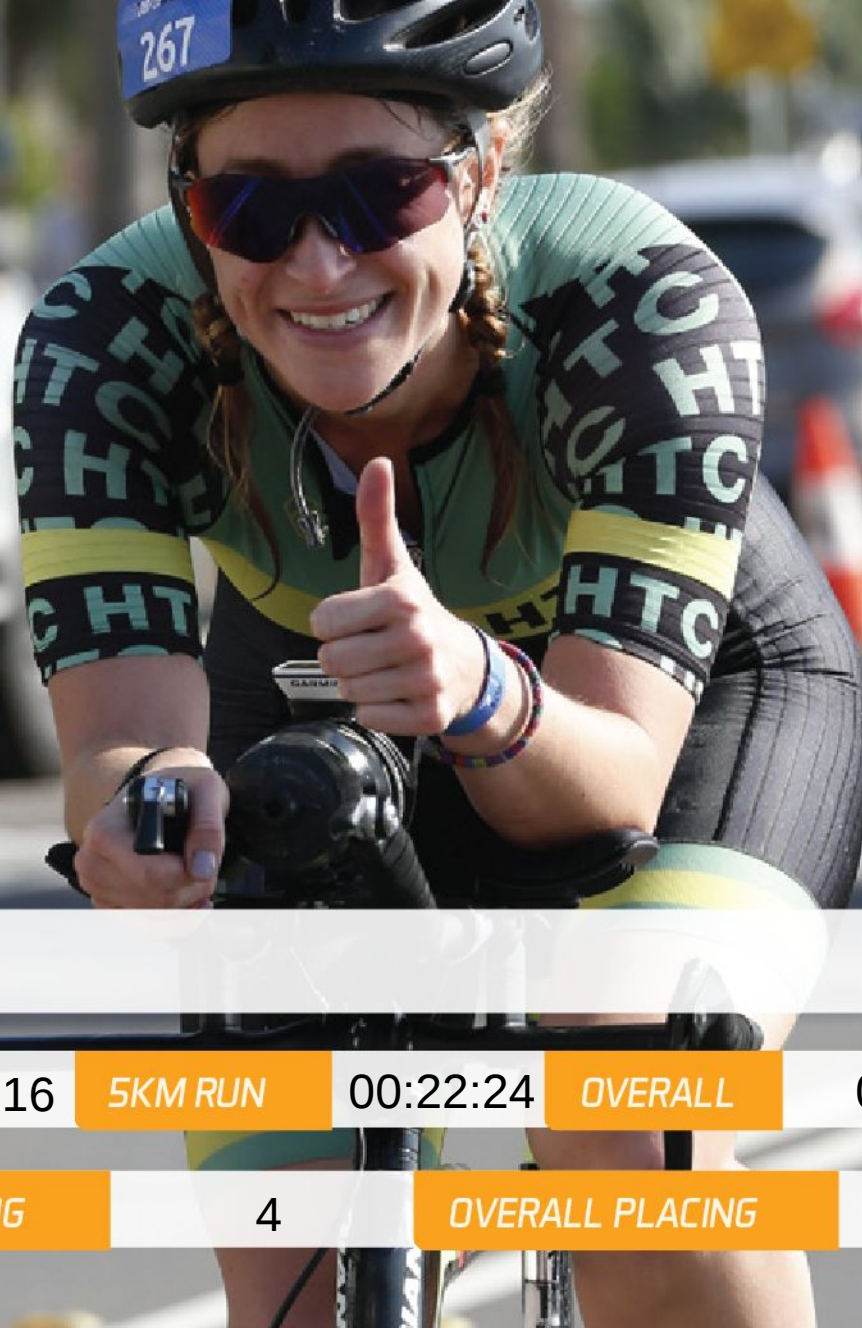




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Clint PICKIN

750M SWIM

00:12:29

20KM BIKE

00:32:16

5KM RUN

00:22:24

OVERALL

01:12:35

CATEGORY

30-34

CATEGORY PLACING

4

OVERALL PLACING

19

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