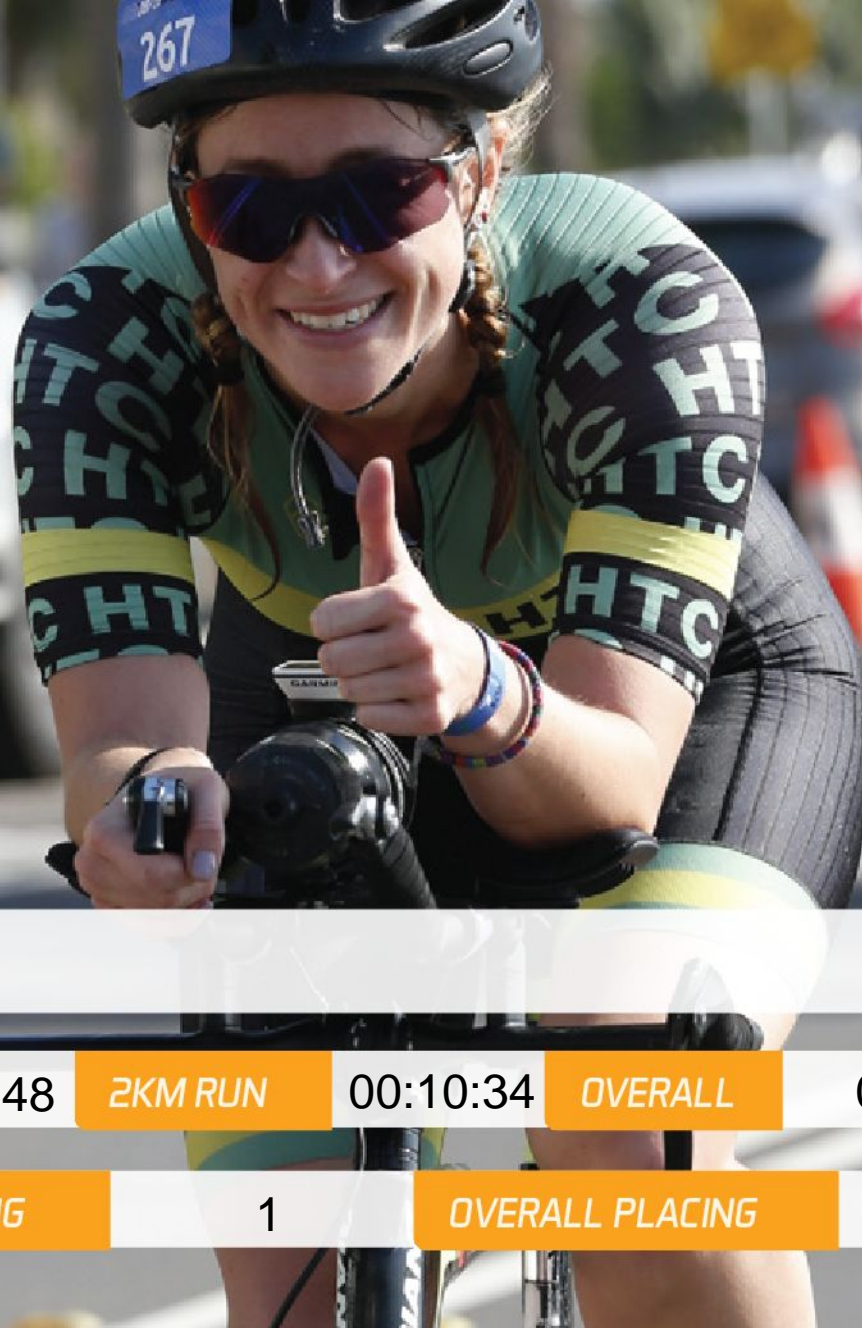




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Damian RYAN

200M SWIM	00:04:33	10KM BIKE	00:20:48	2KM RUN	00:10:34	OVERALL	00:41:50
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CATEGORY	50-59	CATEGORY PLACING	1	OVERALL PLACING	26
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POWERADE.

Destination
WOLLONGONG

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PB Traffic
Management

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KIND

soto
sustainable

catfish