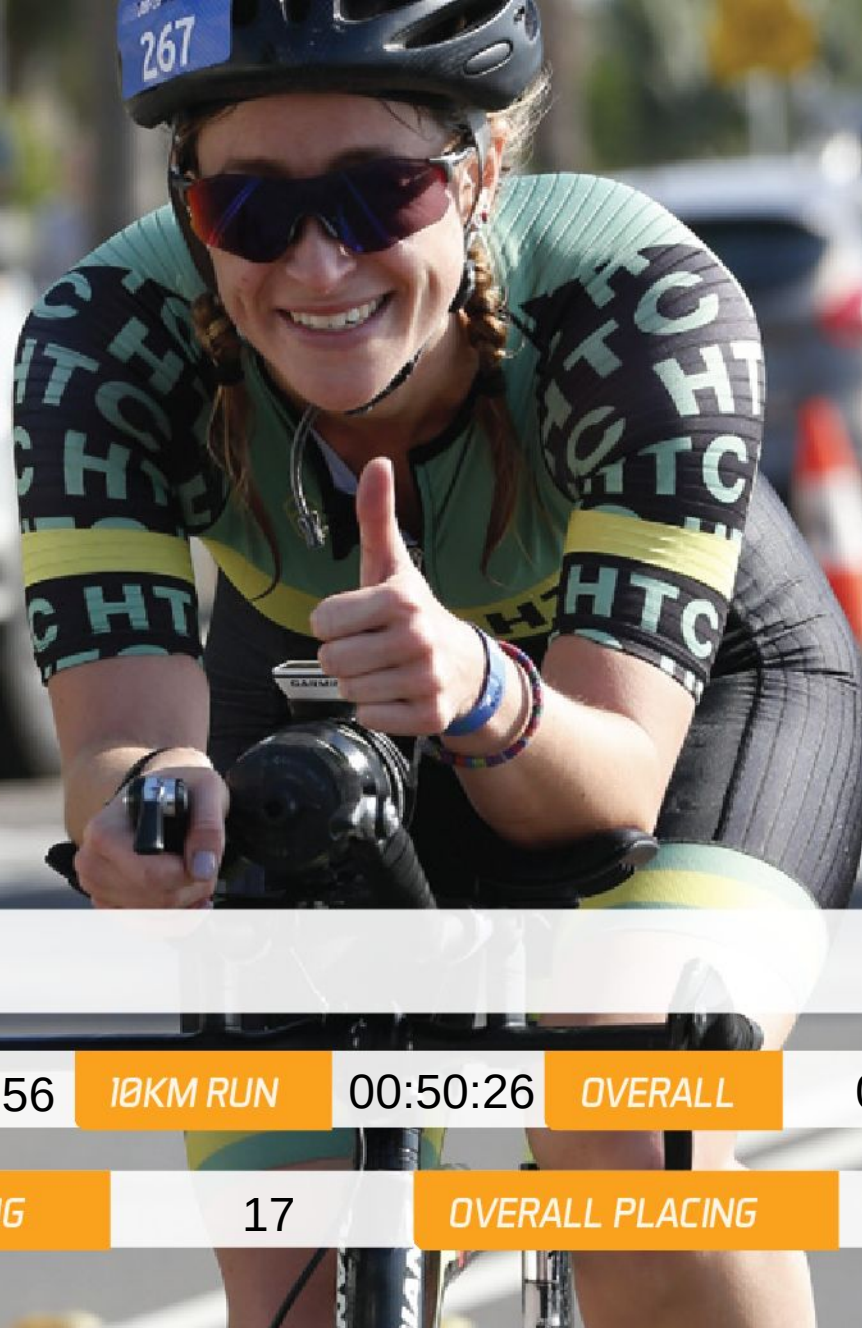




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Ryan HEDLEY

1.5KM SWIM

00:21:38

40KM BIKE

01:05:56

10KM RUN

00:50:26

OVERALL

02:22:15

CATEGORY

30-34

CATEGORY PLACING

17

OVERALL PLACING

38

POWERADE.

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEERS

Mc  
i'm lovin' it™

KIND

soto  
Crafting your space

catfish