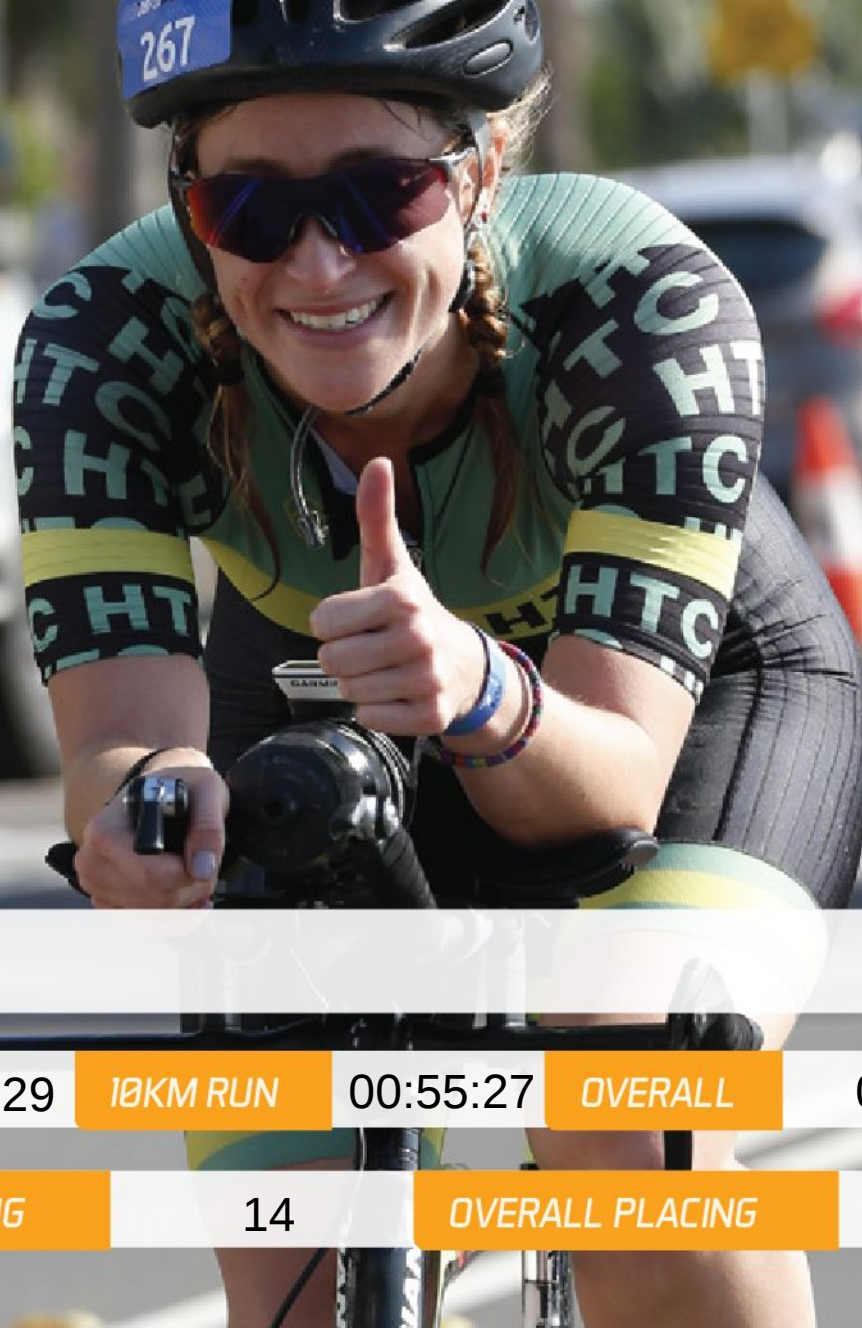




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Brendon JAMES

1.5KM SWIM

00:29:52

40KM BIKE

01:07:29

10KM RUN

00:55:27

OVERALL

02:39:05

CATEGORY

35-39

CATEGORY PLACING

14

OVERALL PLACING

94

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

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ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
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KIND

soto
Crafting experiences

catfish