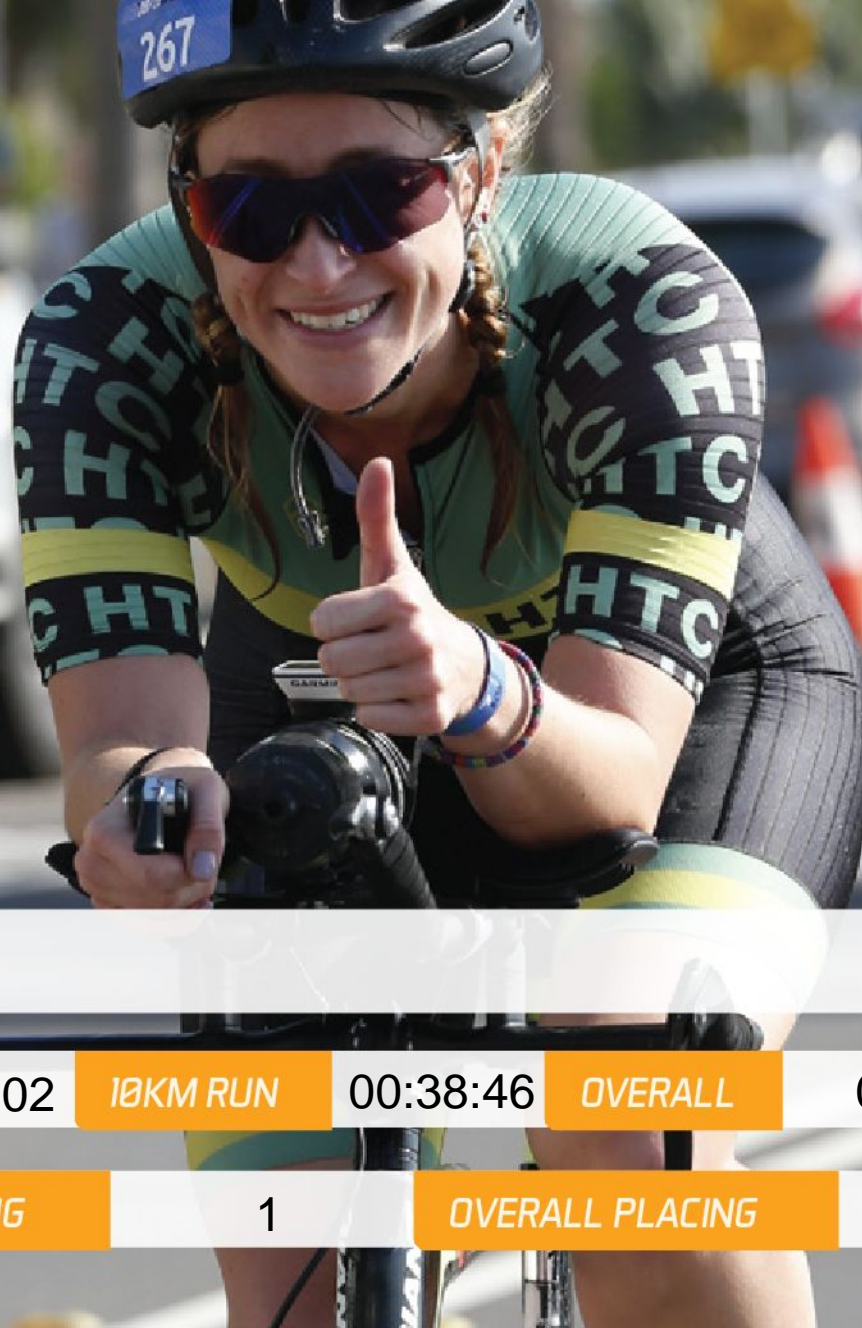




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Luke JONES

1.5KM SWIM

00:26:09

40KM BIKE

00:59:02

10KM RUN

00:38:46

OVERALL

02:07:33

CATEGORY

35-39

CATEGORY PLACING

1

OVERALL PLACING

8

POWERADE.

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEERS

McDonald's  
i'm lovin' it™

KIND

soto  
Crafting your personal

catfish