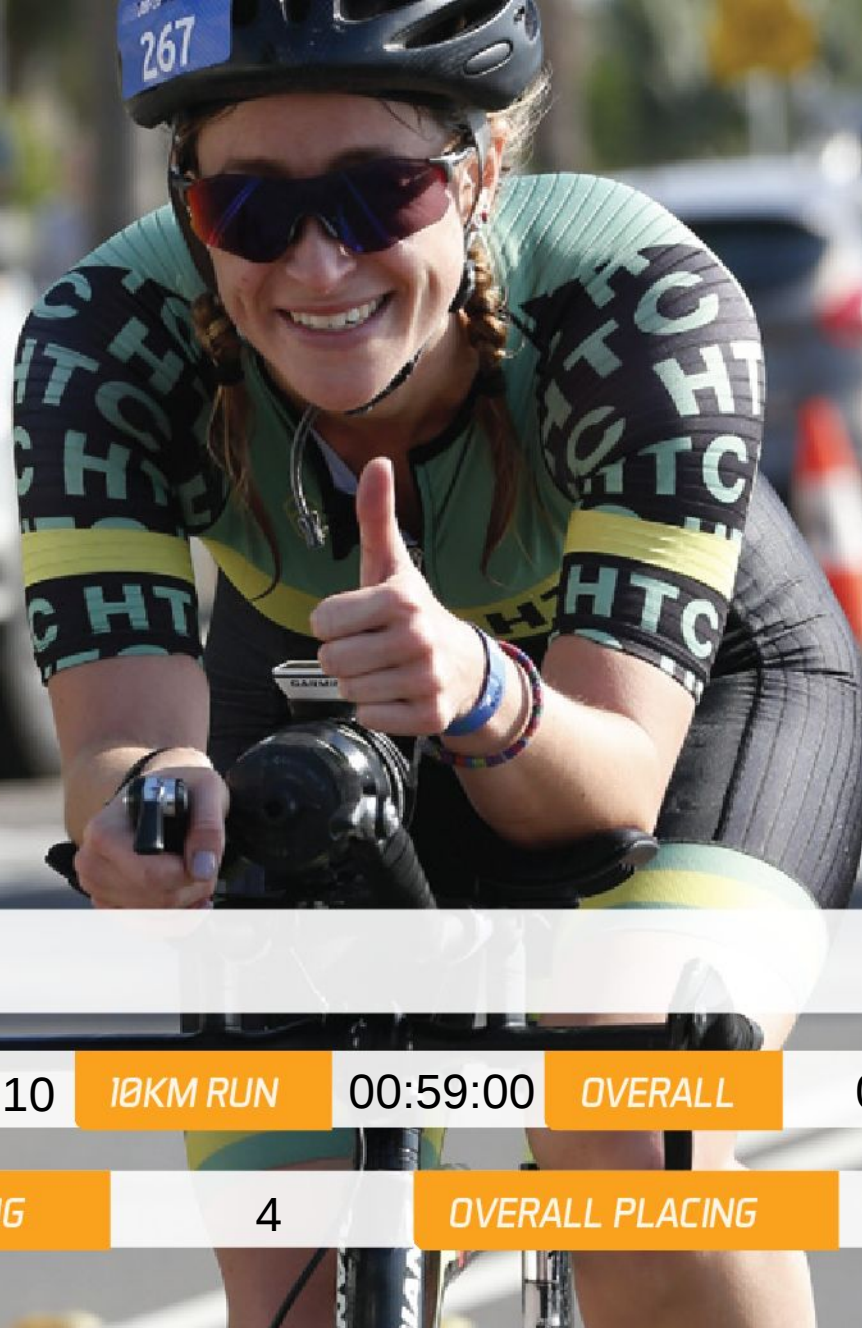




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Steve LLOYD

1.5KM SWIM

00:36:04

40KM BIKE

01:23:10

10KM RUN

00:59:00

OVERALL

03:10:15

CATEGORY

Clydesdale

CATEGORY PLACING

4

OVERALL PLACING

275

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