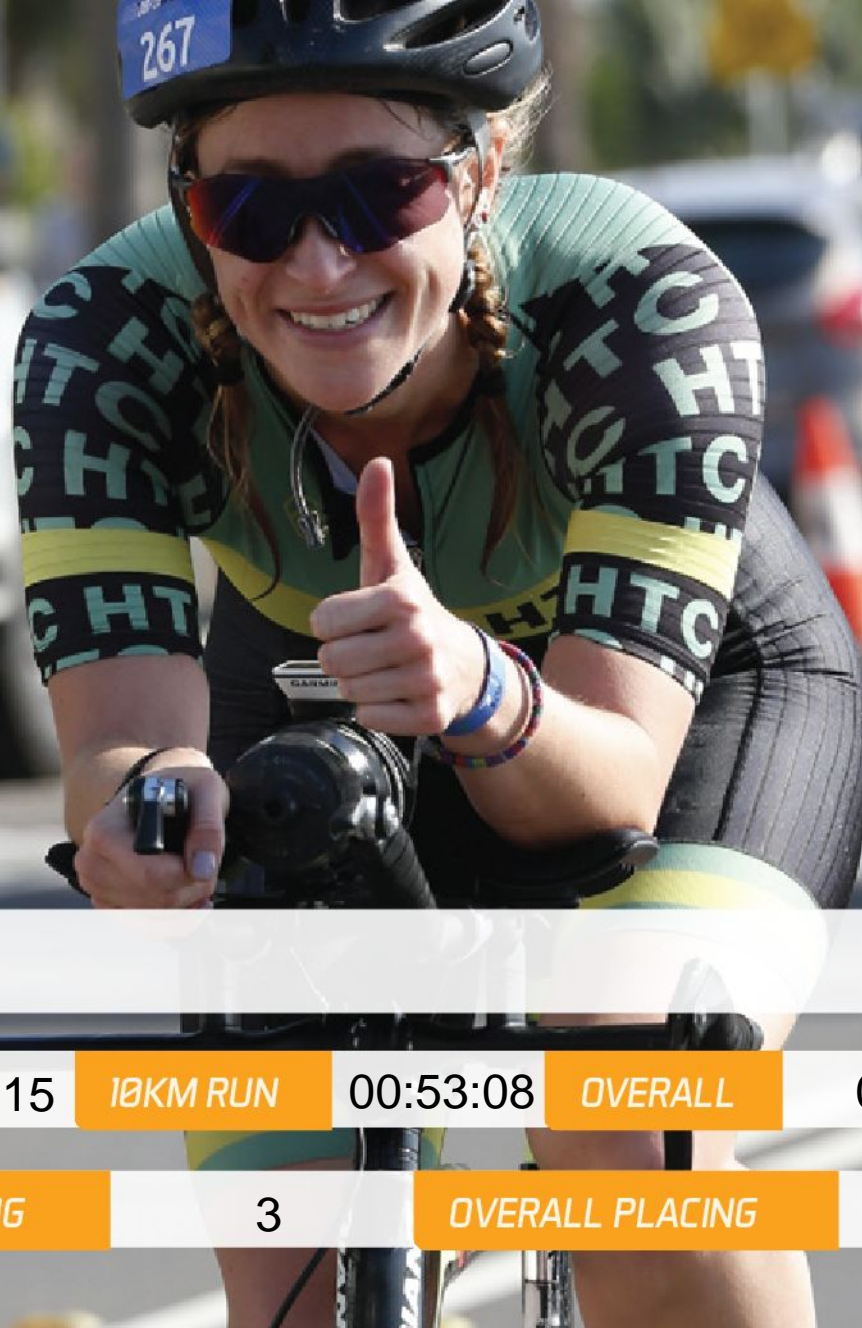




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Dean ORMSTON

1.5KM SWIM

00:28:17

40KM BIKE

01:10:15

10KM RUN

00:53:08

OVERALL

02:36:51

CATEGORY

55-59

CATEGORY PLACING

3

OVERALL PLACING

85

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