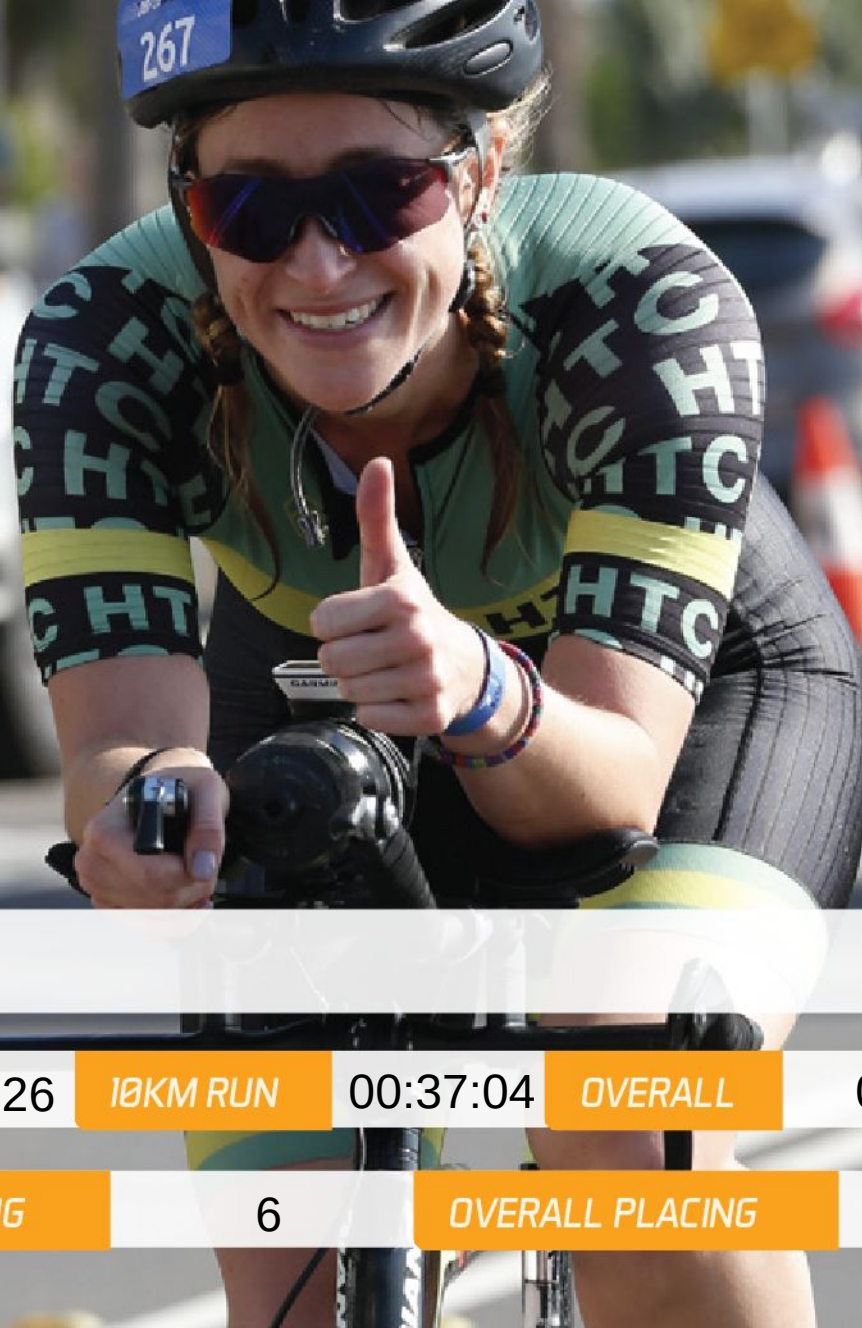




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Sam RUSSELL

1.5KM SWIM

00:25:17

40KM BIKE

01:00:26

10KM RUN

00:37:04

OVERALL

02:06:03

CATEGORY

30-34

CATEGORY PLACING

6

OVERALL PLACING

6

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
CRAFTY INSPIRED

catfish