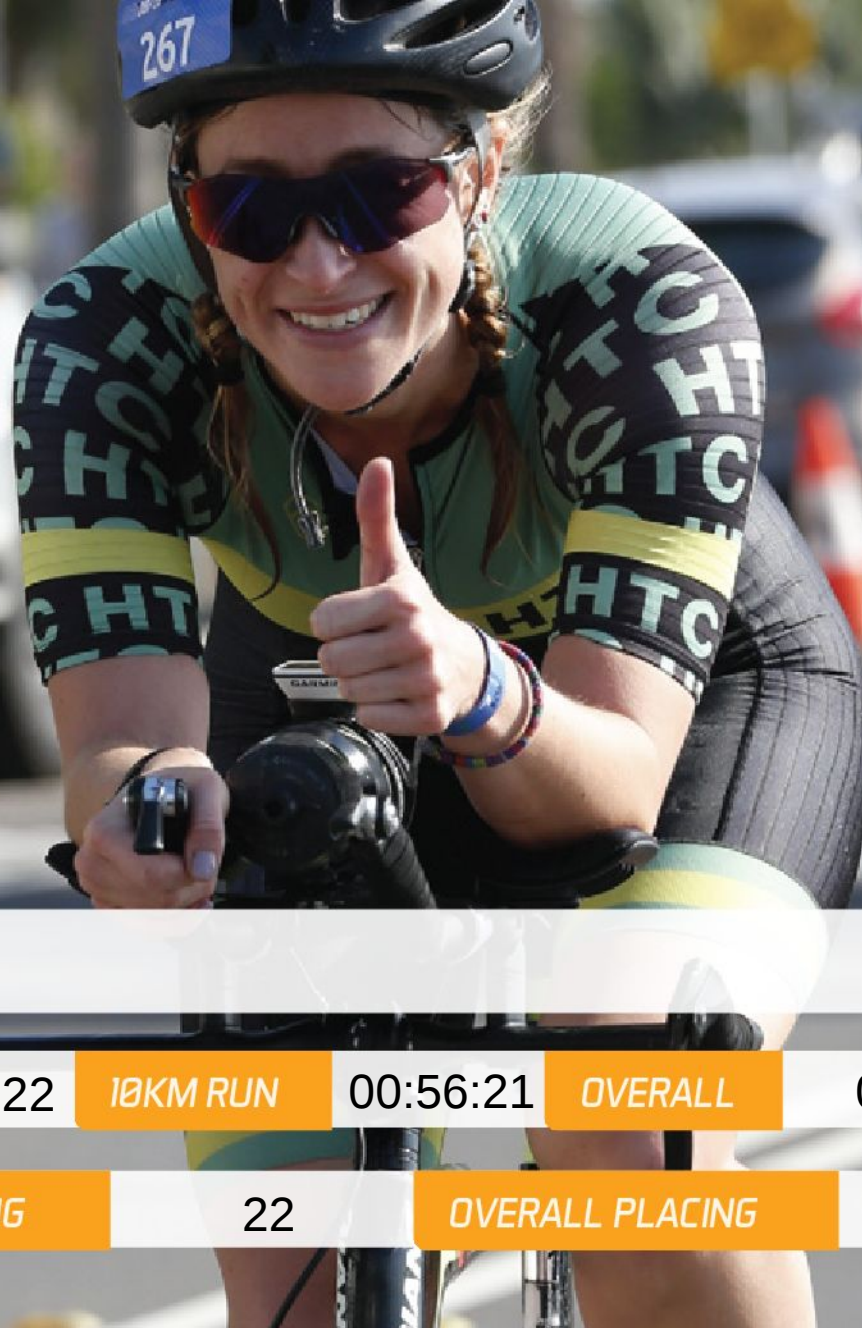




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Declan SINFIELD

1.5KM SWIM

00:40:36

40KM BIKE

01:18:22

10KM RUN

00:56:21

OVERALL

03:02:39

CATEGORY

20-24

CATEGORY PLACING

22

OVERALL PLACING

241

POWERADE.

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEERS

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i'm lovin' it™

KIND

soto  
Crafting your space

catfish