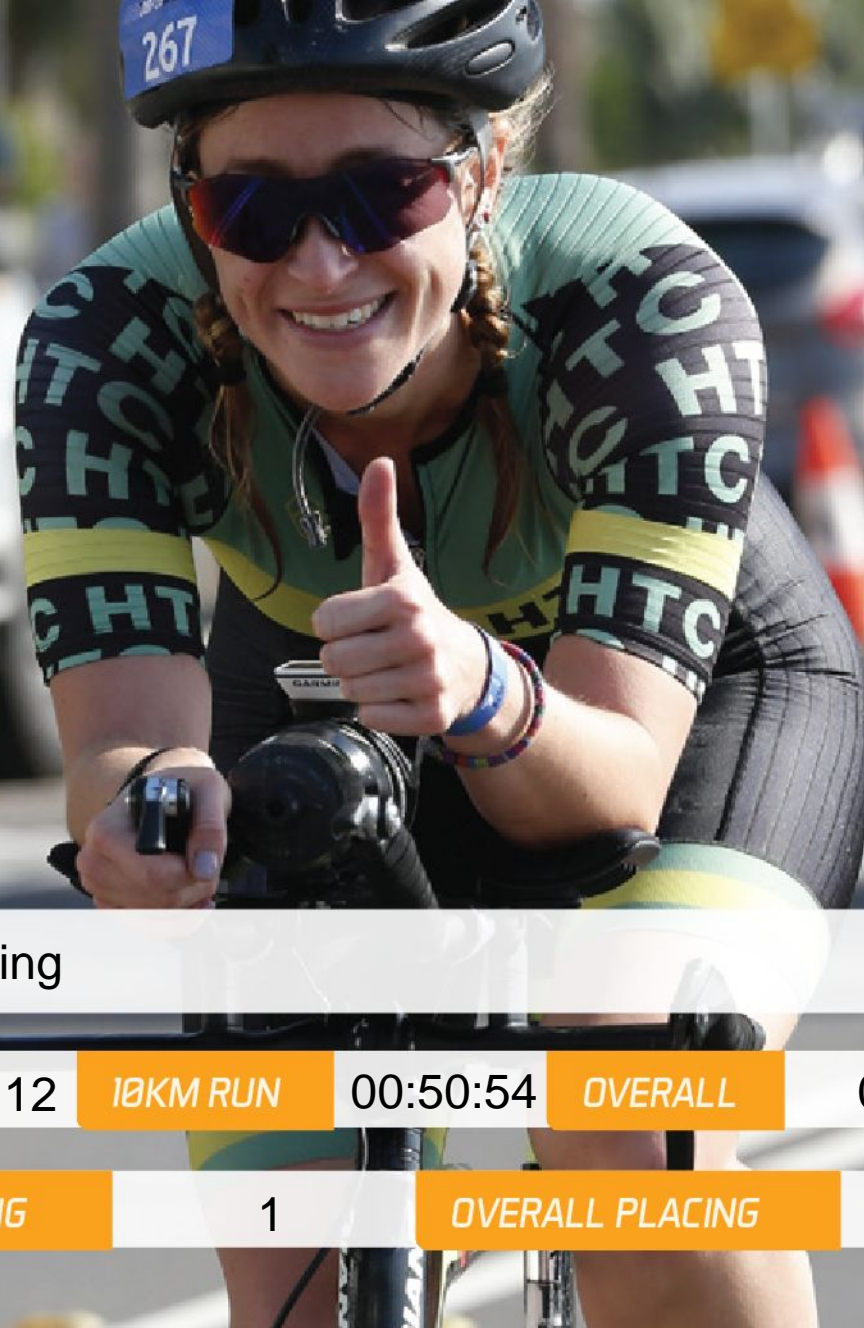




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

TEAM Be Flamazing

1.5KM SWIM

00:29:04

40KM BIKE

01:08:12

10KM RUN

00:50:54

OVERALL

02:31:52

CATEGORY

Relay

CATEGORY PLACING

1

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  
Crafting inspiration

catfish