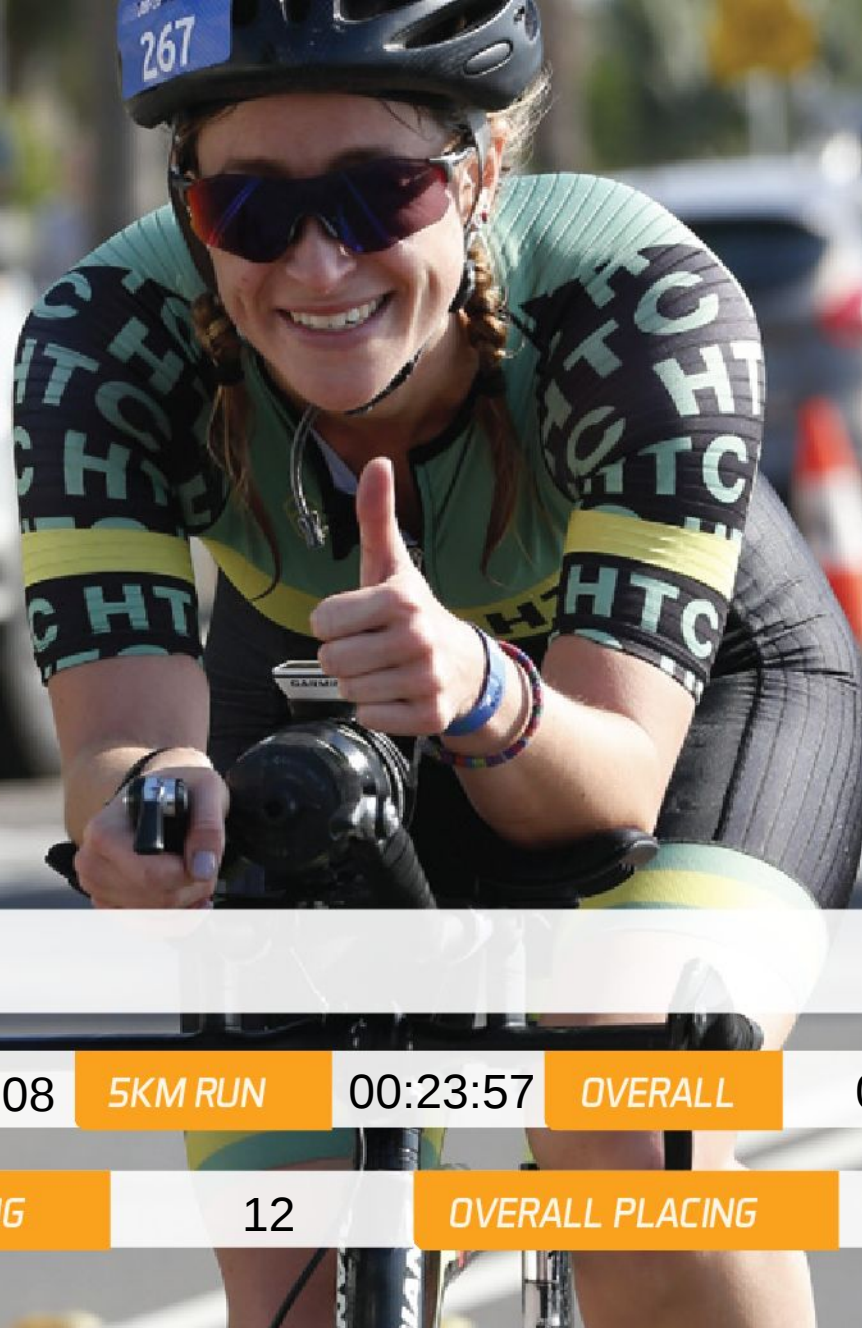




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Neal PROWSE

750M SWIM

00:16:08

20KM BIKE

00:36:08

5KM RUN

00:23:57

OVERALL

01:21:33

CATEGORY

25-29

CATEGORY PLACING

12

OVERALL PLACING

76

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B&B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
Coughing required

catfish