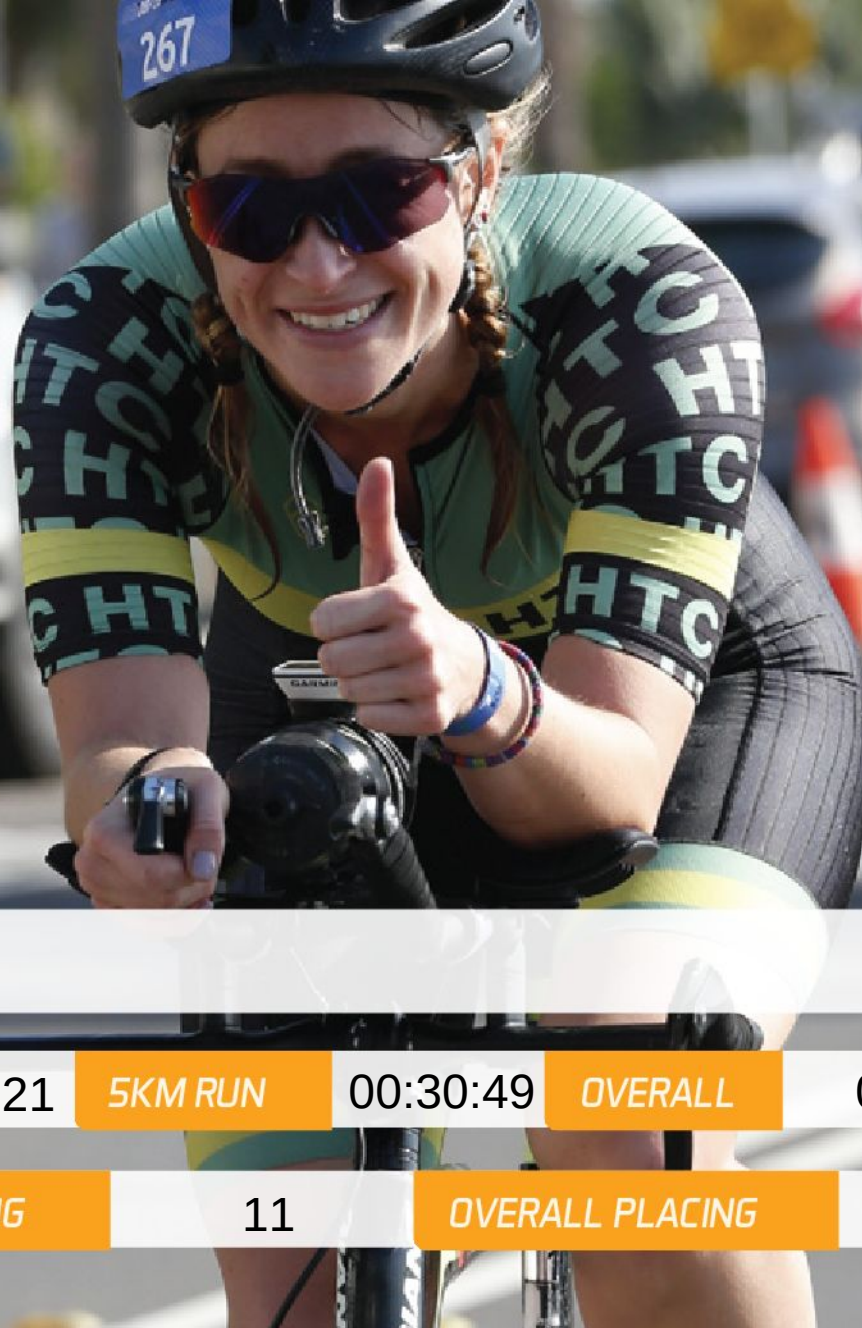




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Gary TALL

750M SWIM

00:14:44

20KM BIKE

00:37:21

5KM RUN

00:30:49

OVERALL

01:28:22

CATEGORY

55-59

CATEGORY PLACING

11

OVERALL PLACING

189

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish