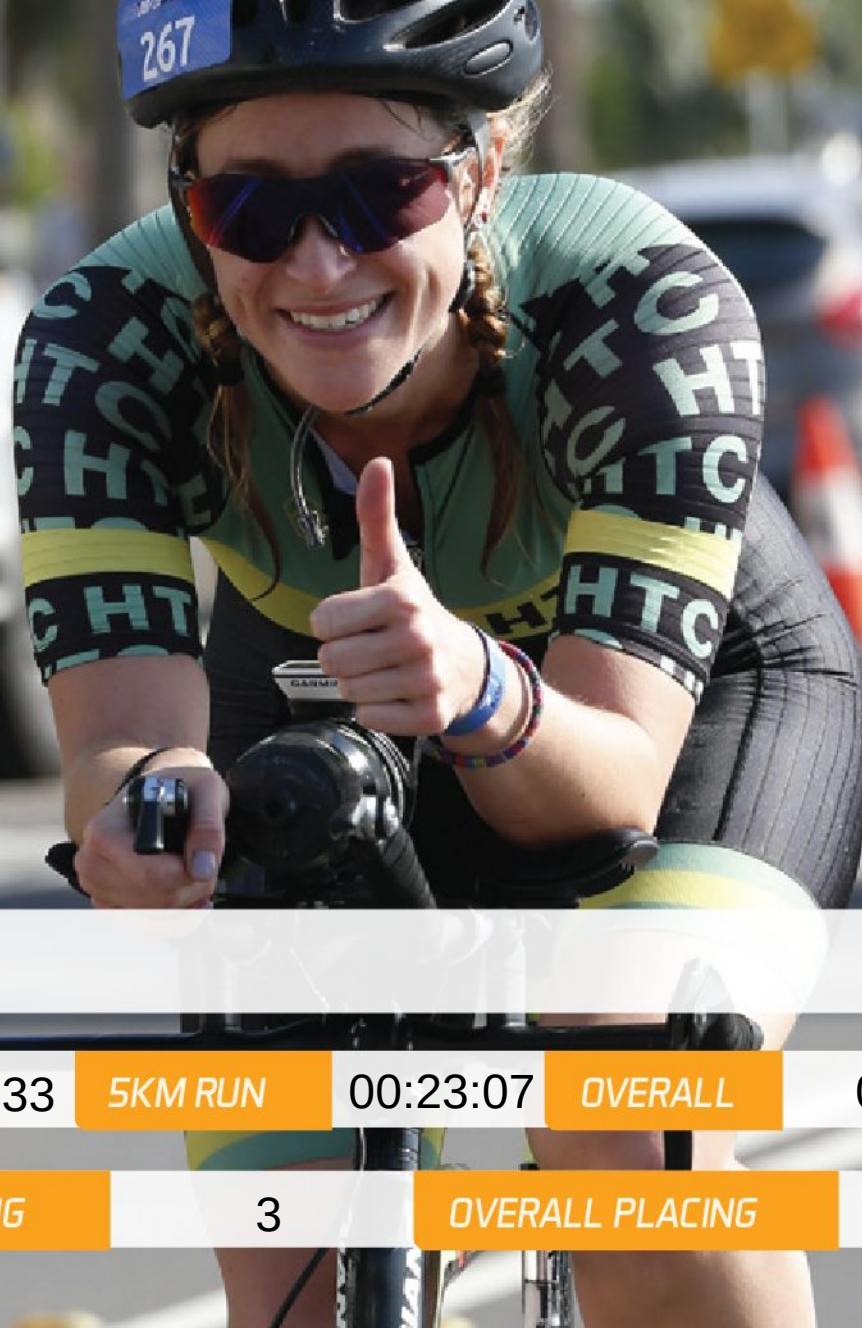




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Grant QUICK

750M SWIM

00:14:11

20KM BIKE

00:34:33

5KM RUN

00:23:07

OVERALL

01:17:13

CATEGORY

35-39

CATEGORY PLACING

3

OVERALL PLACING

43

POWERADE

Destination
WOLLONGONG

Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

Traffic
Management

ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
CRAFTING INSPIRATION

catfish