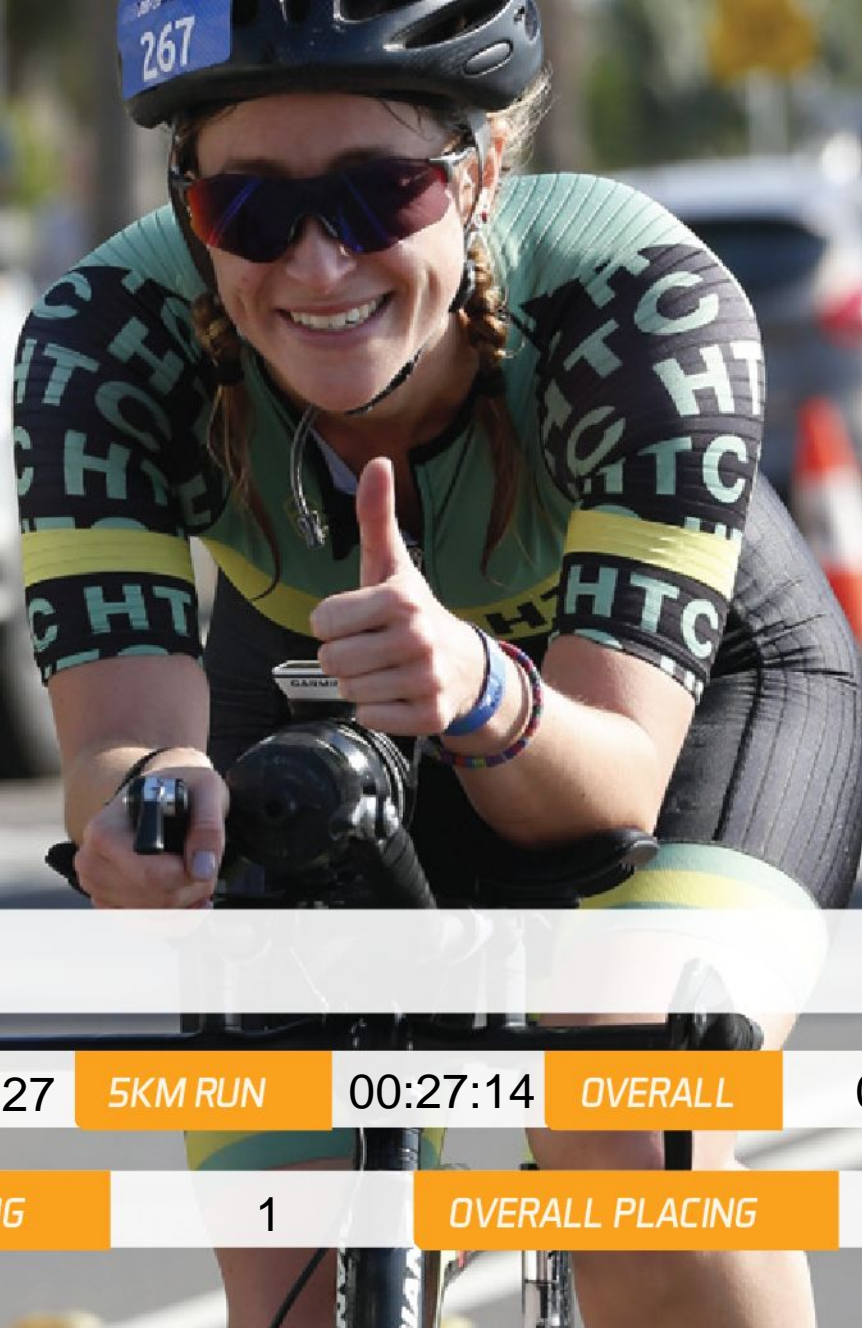




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Ben FOLEY

750M SWIM

00:13:17

20KM BIKE

00:37:27

5KM RUN

00:27:14

OVERALL

01:23:33

CATEGORY

RYM

CATEGORY PLACING

1

OVERALL PLACING

110

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B&B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish