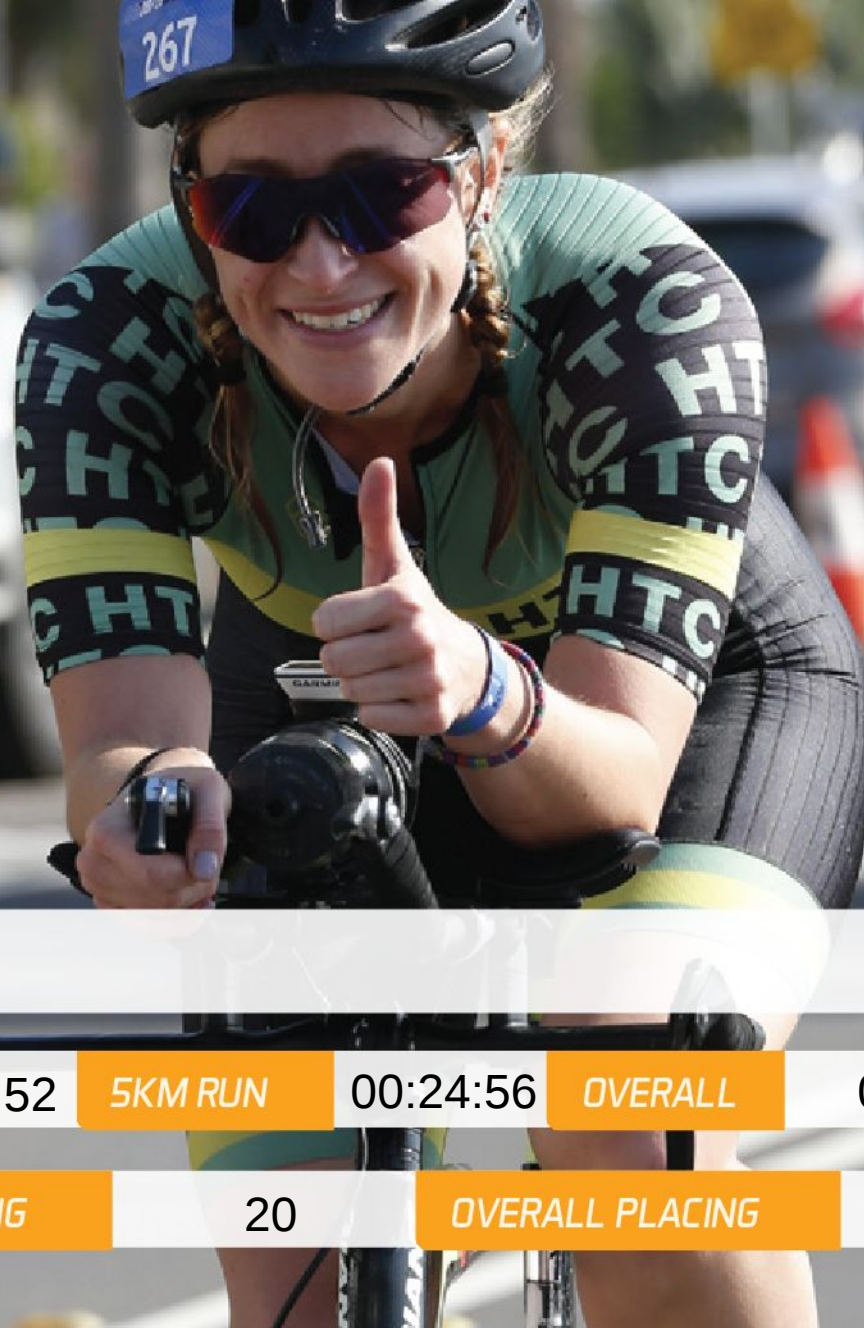




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Ryan BEDFORD

750M SWIM

00:15:01

20KM BIKE

00:38:52

5KM RUN

00:24:56

OVERALL

01:24:17

CATEGORY

25-29

CATEGORY PLACING

20

OVERALL PLACING

124

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