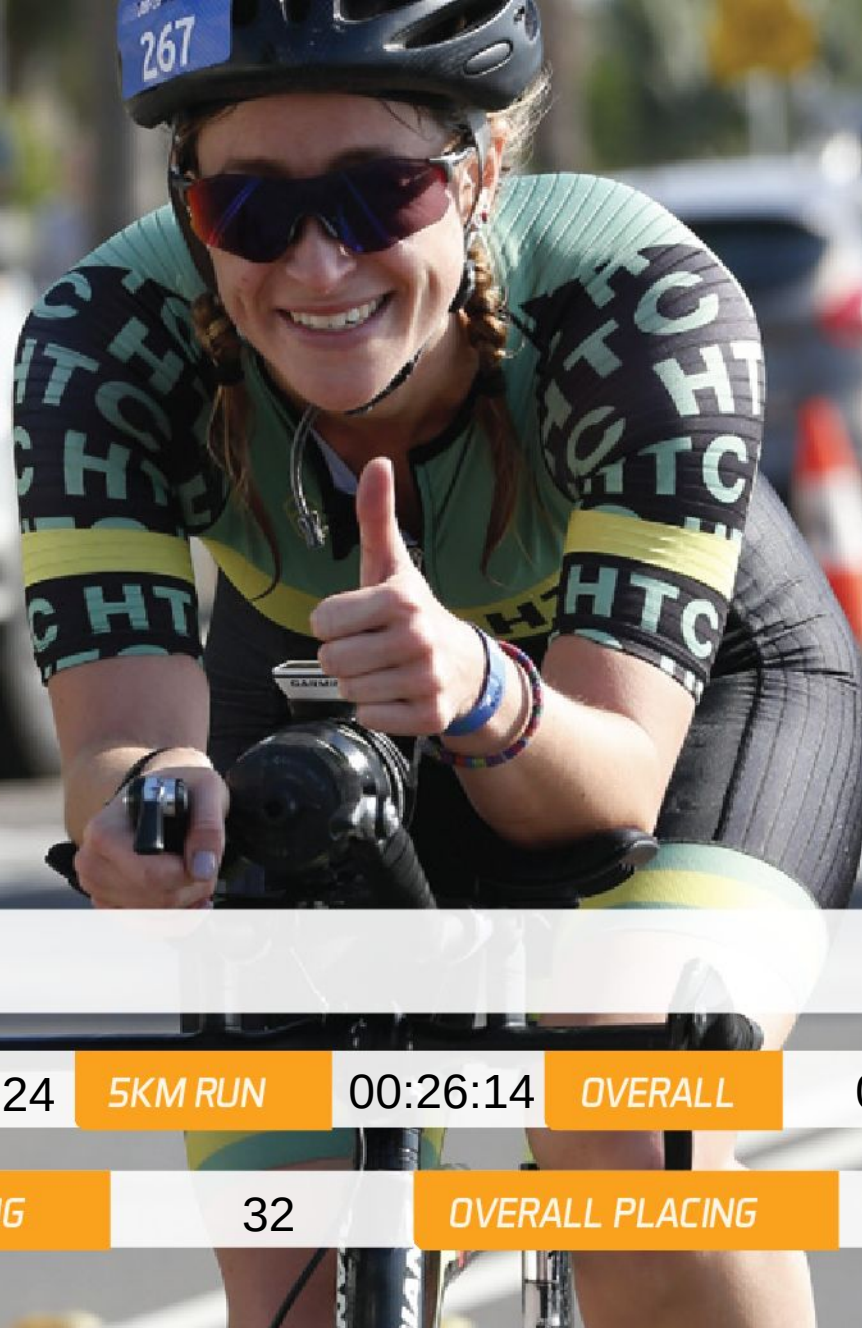




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



**SPRINT**

James BROWN

750M SWIM

00:15:23

20KM BIKE

00:40:24

5KM RUN

00:26:14

OVERALL

01:29:14

CATEGORY

25-29

CATEGORY PLACING

32

OVERALL PLACING

204

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