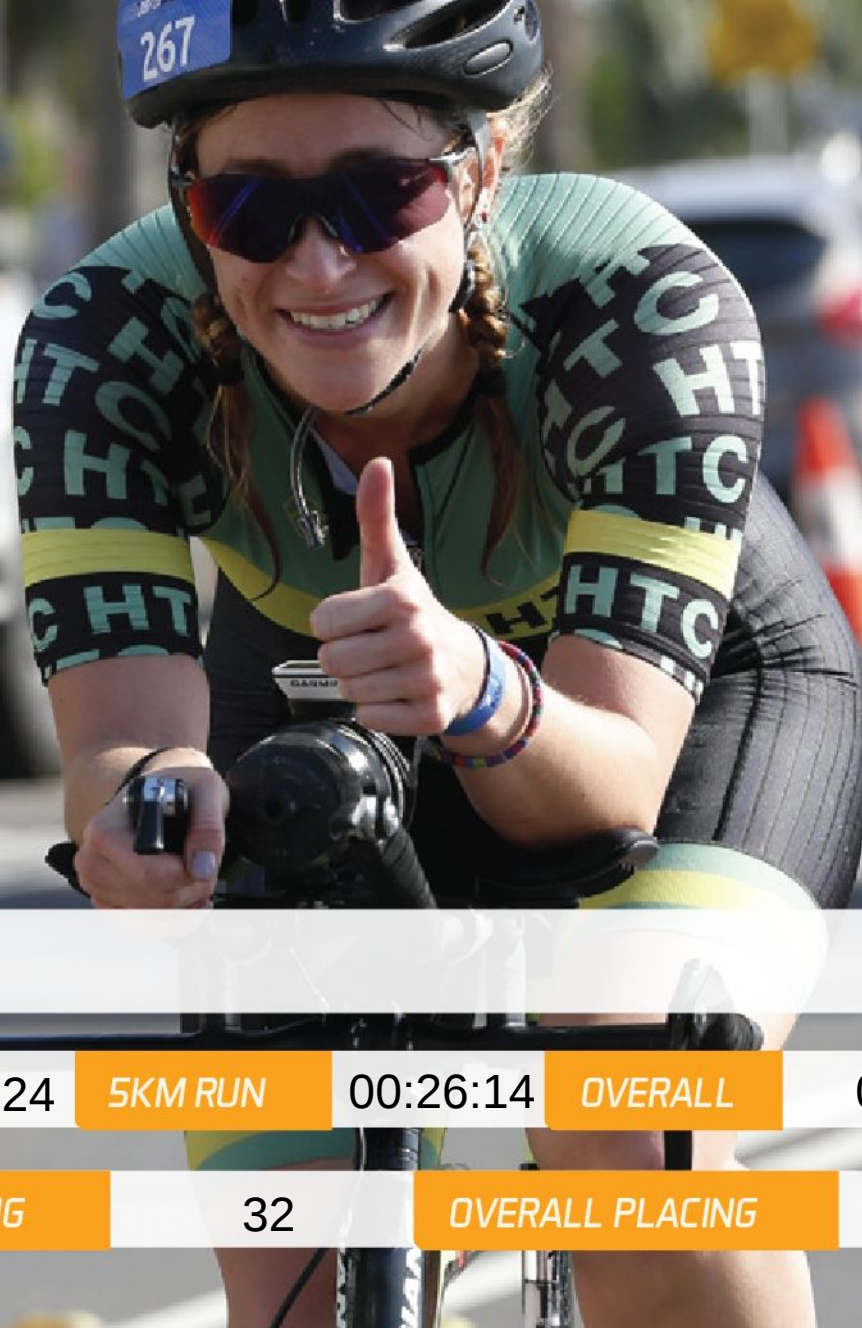




TRI THE GONG

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

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