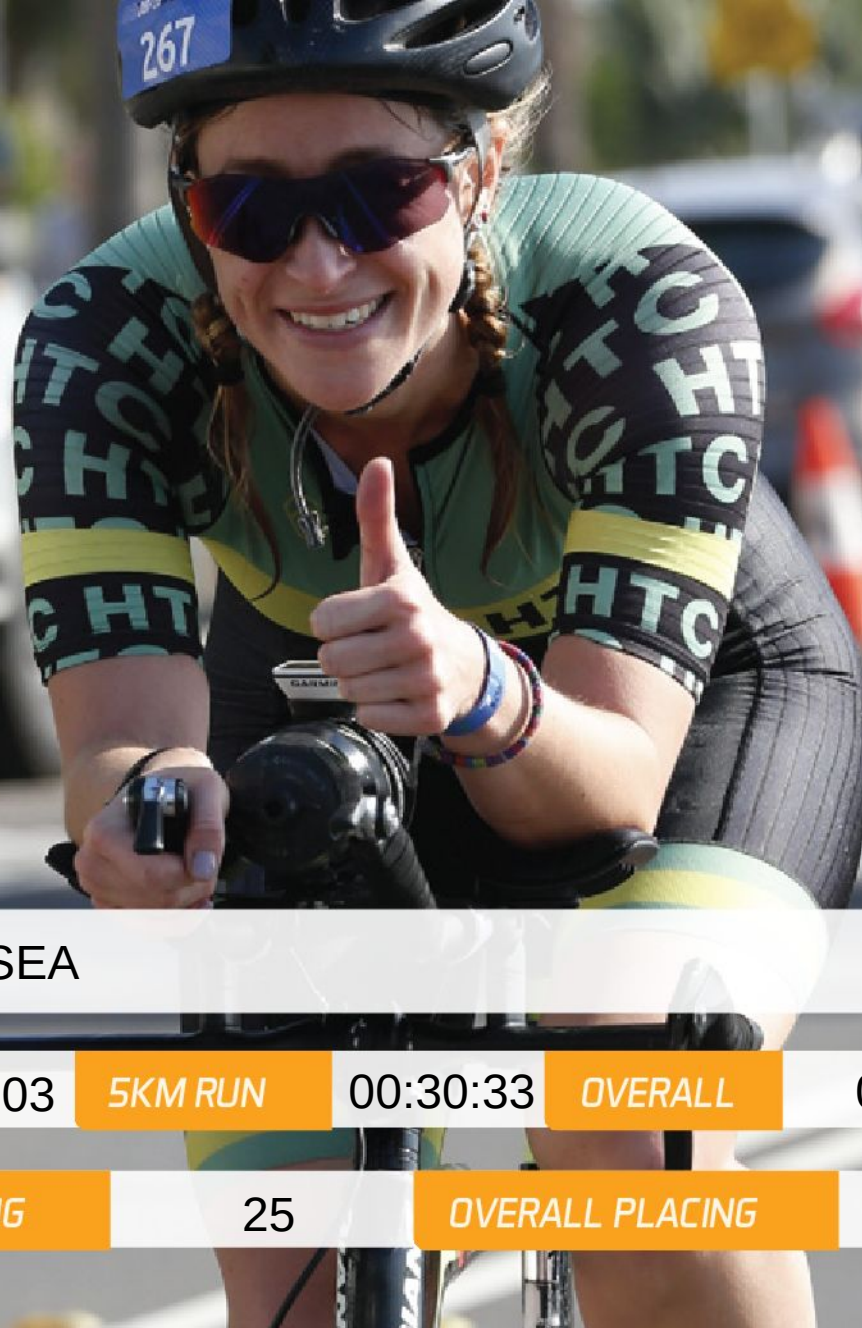




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Michael BROWNSEA

750M SWIM	00:14:19	20KM BIKE	00:45:03	5KM RUN	00:30:33	OVERALL	01:35:29
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CATEGORY	20-24	CATEGORY PLACING	25	OVERALL PLACING	290
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POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

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KIND

soto
Coughing required

catfish