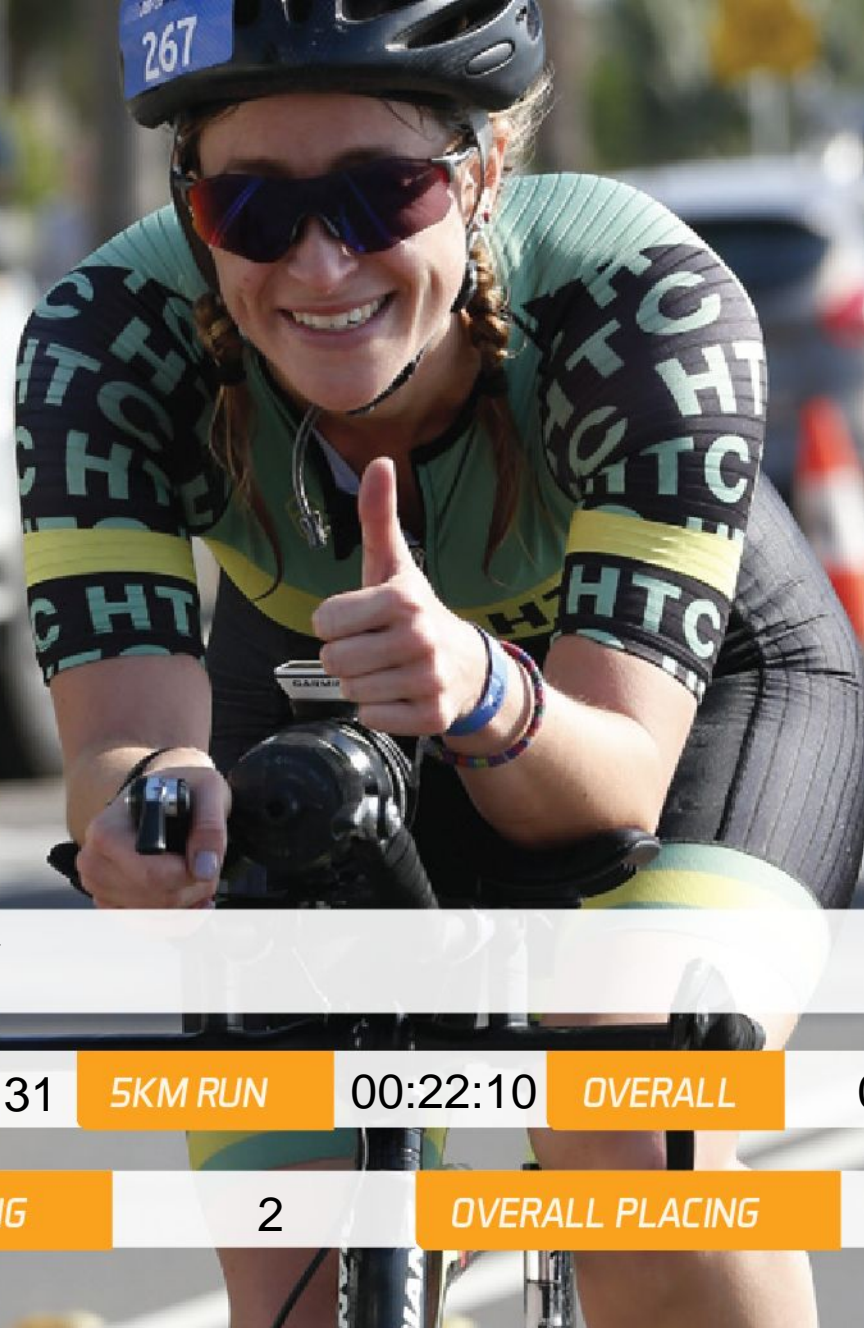




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Nate CHAMPLEY

750M SWIM

00:13:33

20KM BIKE

00:32:31

5KM RUN

00:22:10

OVERALL

01:13:41

CATEGORY

35-39

CATEGORY PLACING

2

OVERALL PLACING

22

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