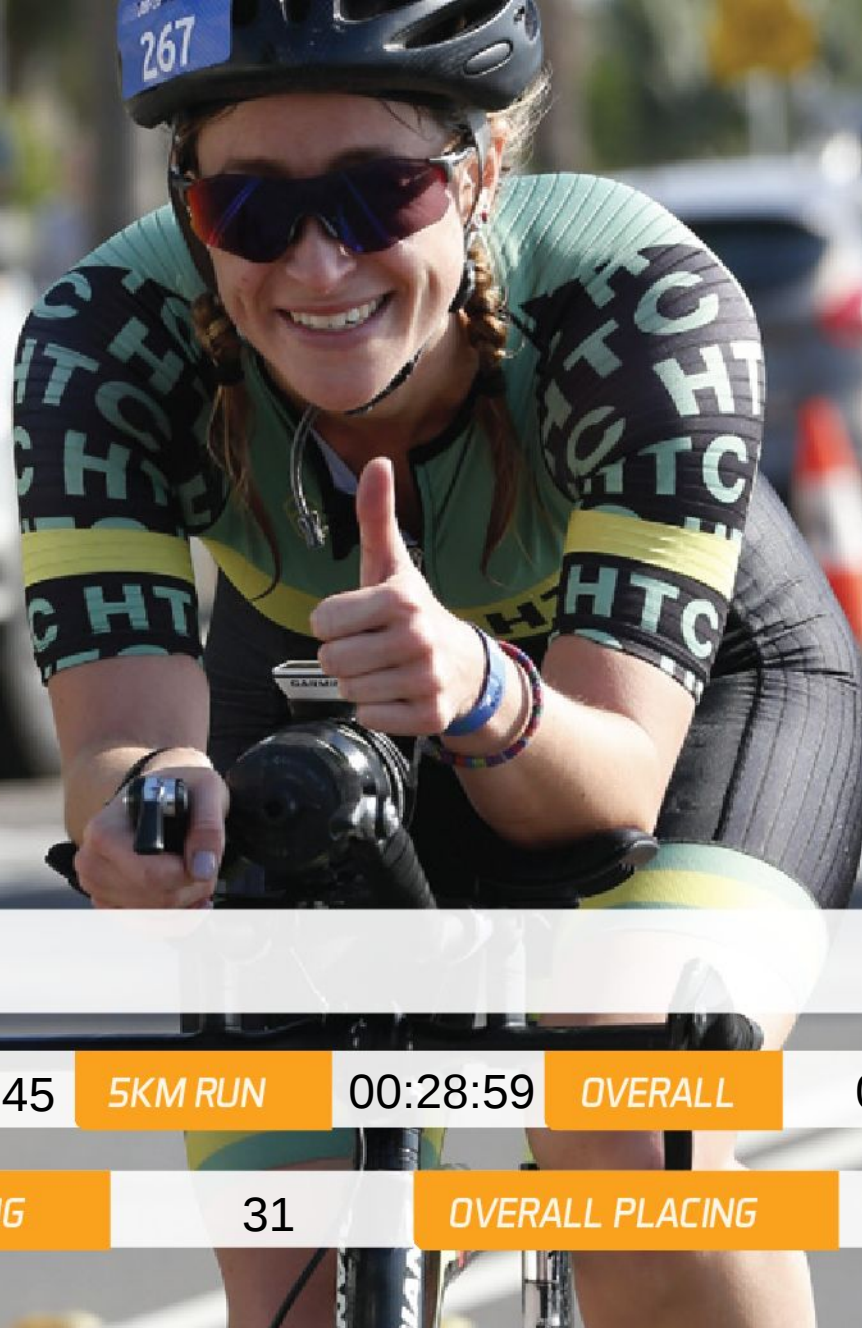




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Glen CLIFTON

750M SWIM

00:15:20

20KM BIKE

00:37:45

5KM RUN

00:28:59

OVERALL

01:28:16

CATEGORY

30-34

CATEGORY PLACING

31

OVERALL PLACING

187

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