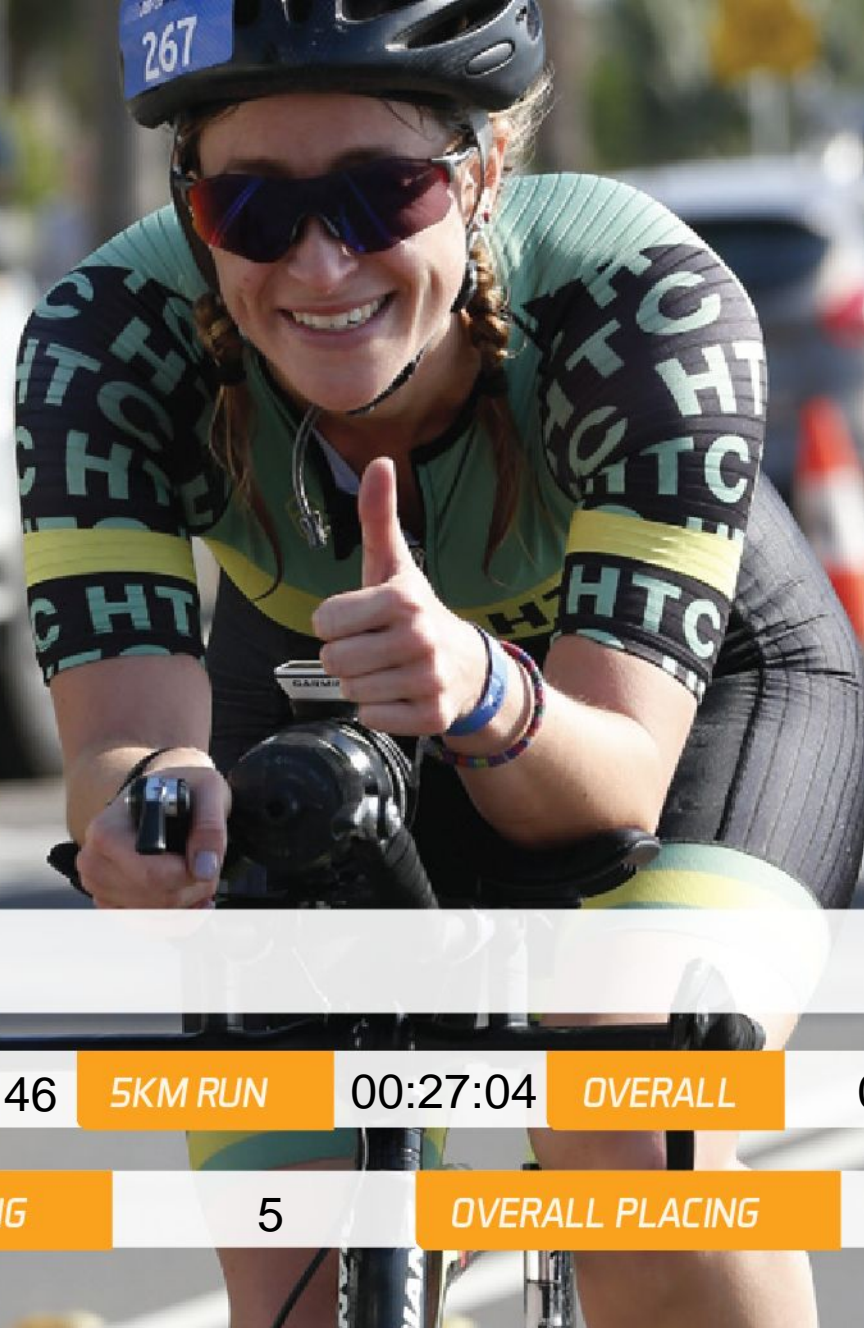




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



**SPRINT**

Nathan COATES

750M SWIM

00:11:57

20KM BIKE

00:37:46

5KM RUN

00:27:04

OVERALL

01:21:37

CATEGORY

14-15

CATEGORY PLACING

5

OVERALL PLACING

80

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 INSPIRED

catfish