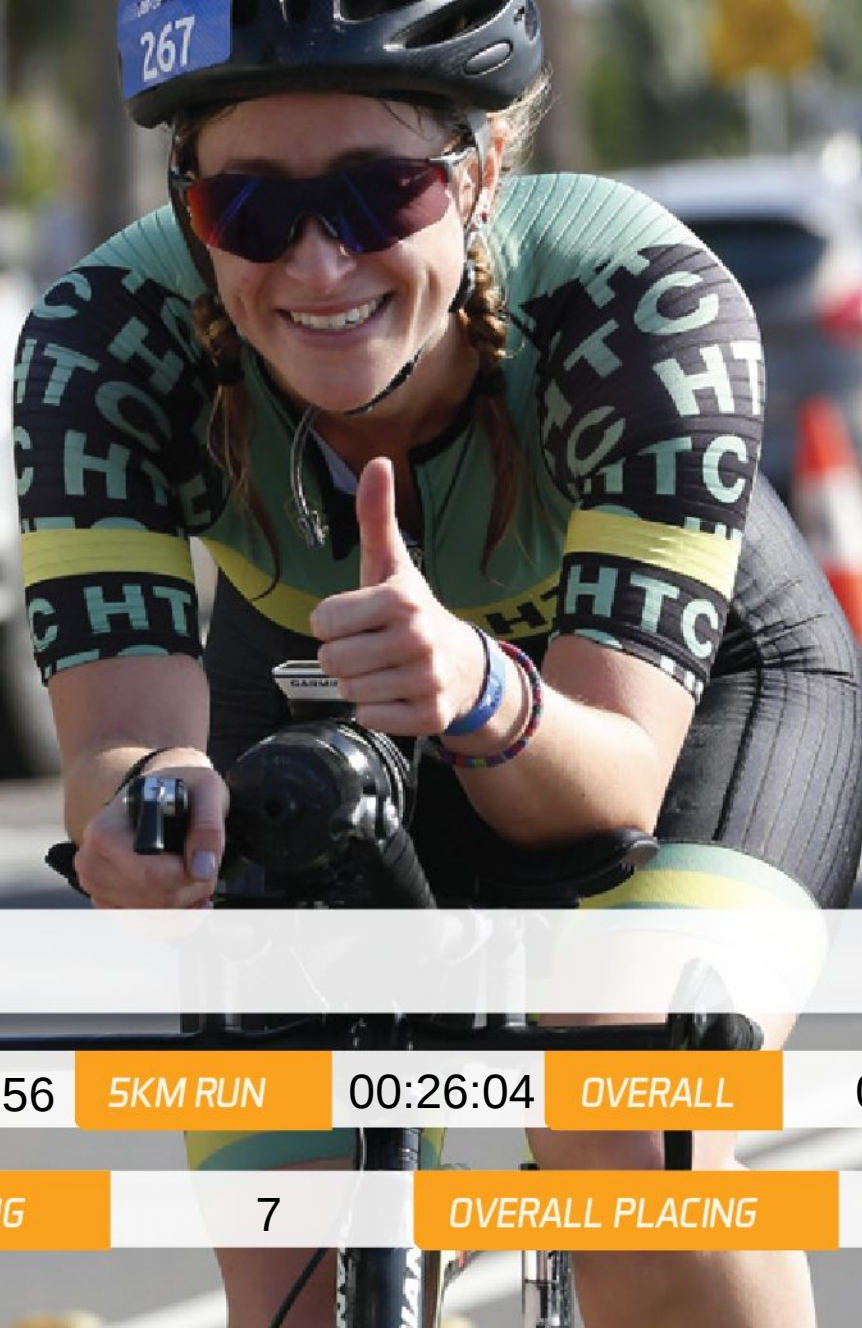




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



**SPRINT**

Garry FRENCH

750M SWIM

00:15:23

20KM BIKE

00:34:56

5KM RUN

00:26:04

OVERALL

01:22:37

CATEGORY

35-39

CATEGORY PLACING

7

OVERALL PLACING

97

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