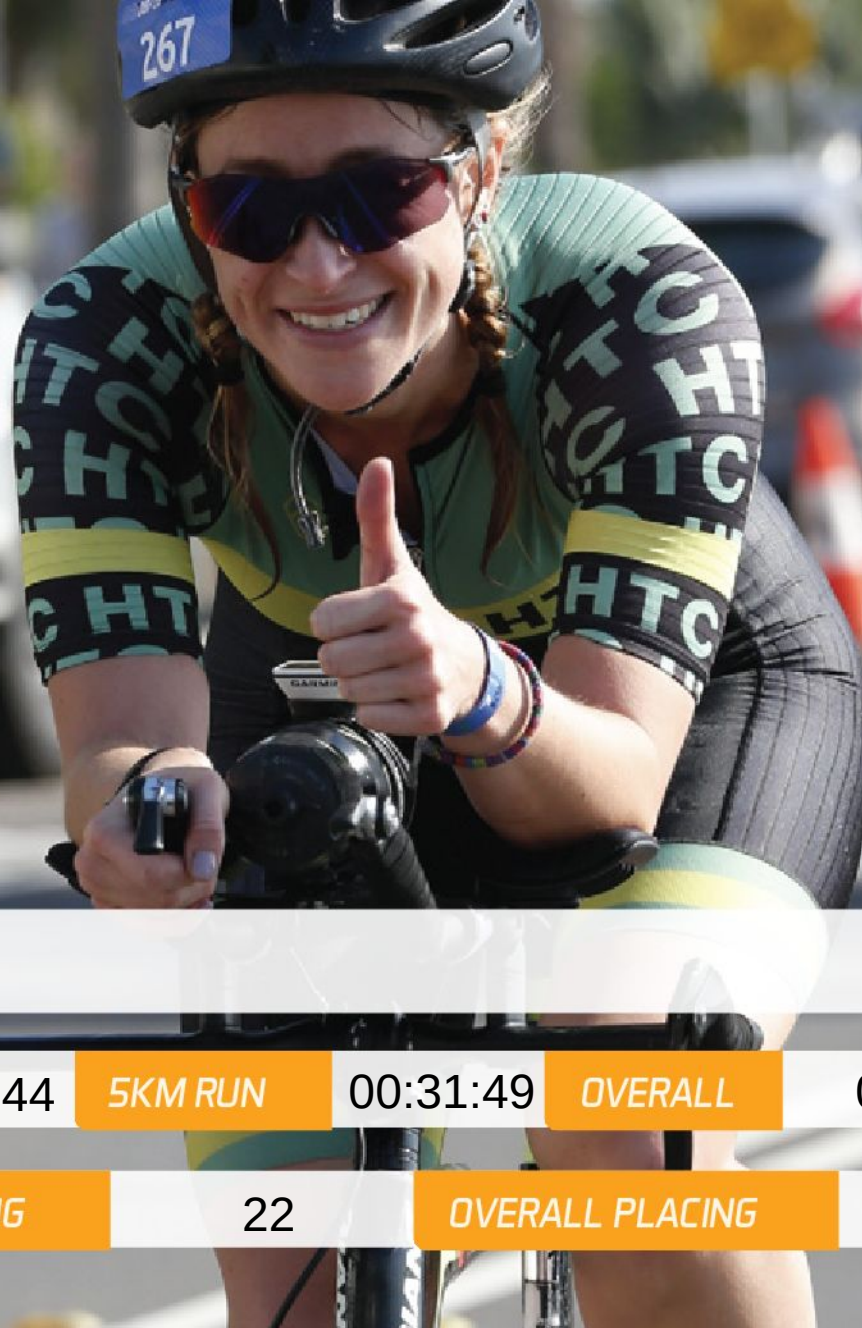




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Ian GATES

750M SWIM

00:16:39

20KM BIKE

00:45:44

5KM RUN

00:31:49

OVERALL

01:41:09

CATEGORY

40-44

CATEGORY PLACING

22

OVERALL PLACING

370

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish