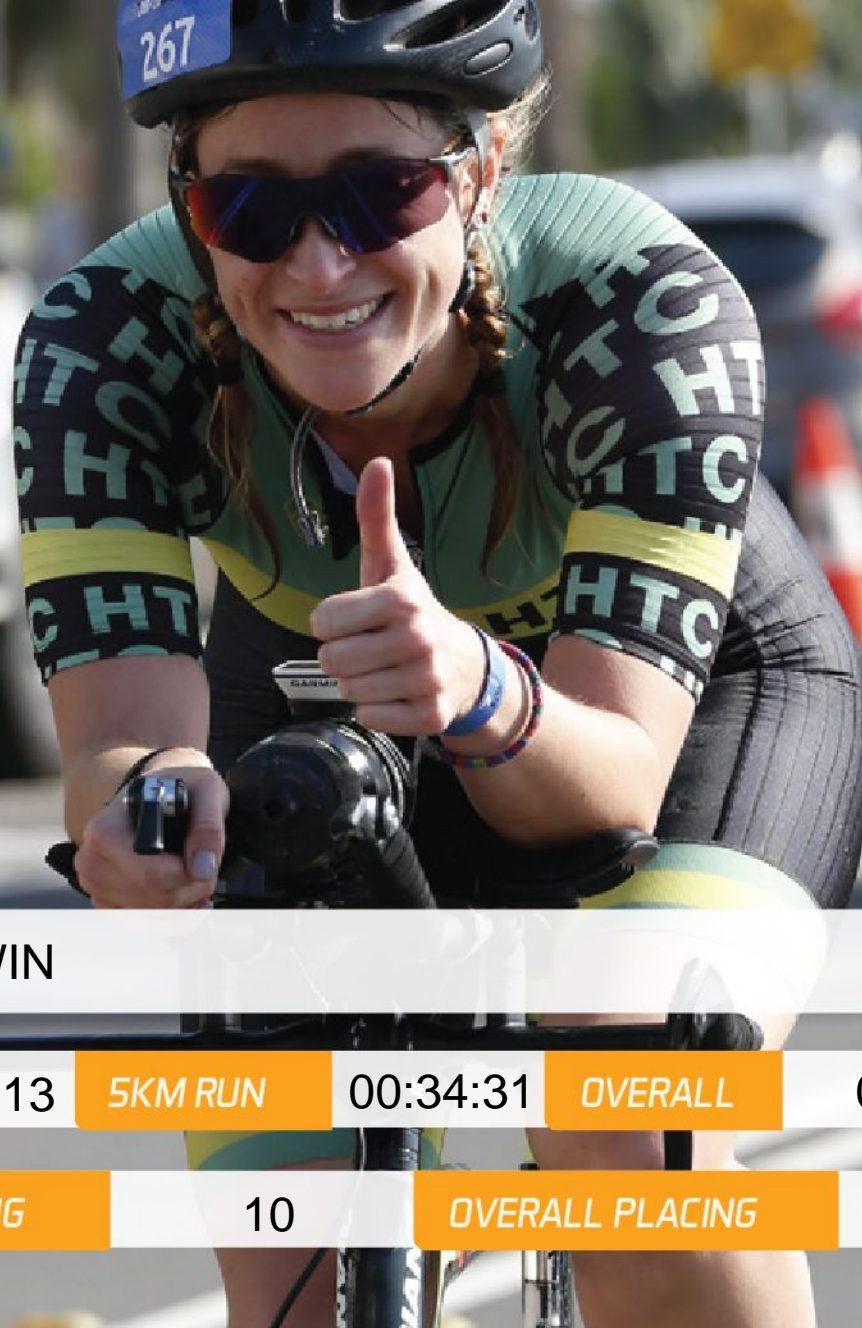




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Grayson GOODWIN

750M SWIM

00:21:00

20KM BIKE

00:42:13

5KM RUN

00:34:31

OVERALL

01:45:39

CATEGORY

RYM

CATEGORY PLACING

10

OVERALL PLACING

413

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B&B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
Coughing required

catfish