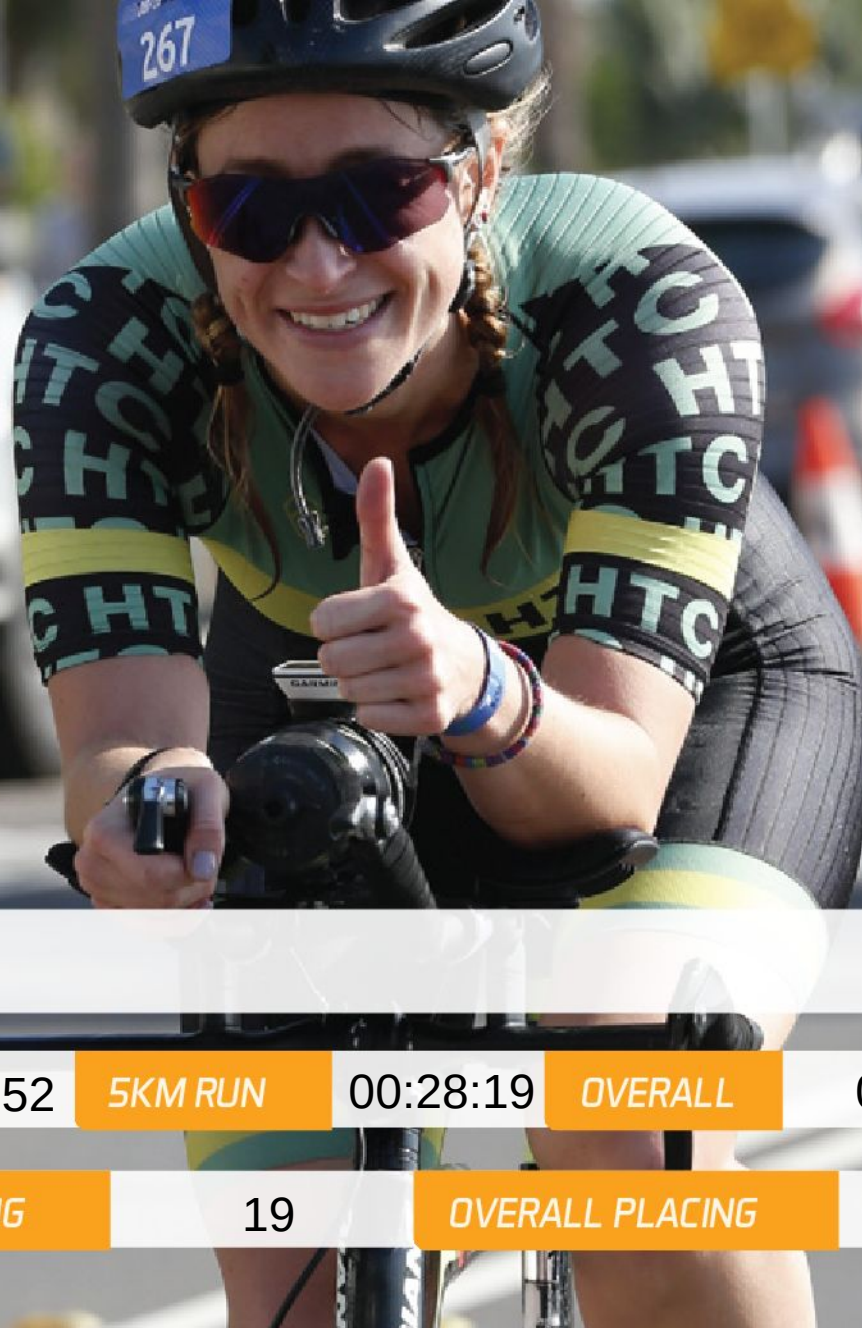




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Richard GRAY

750M SWIM

00:17:31

20KM BIKE

00:42:52

5KM RUN

00:28:19

OVERALL

01:34:51

CATEGORY

40-44

CATEGORY PLACING

19

OVERALL PLACING

279

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