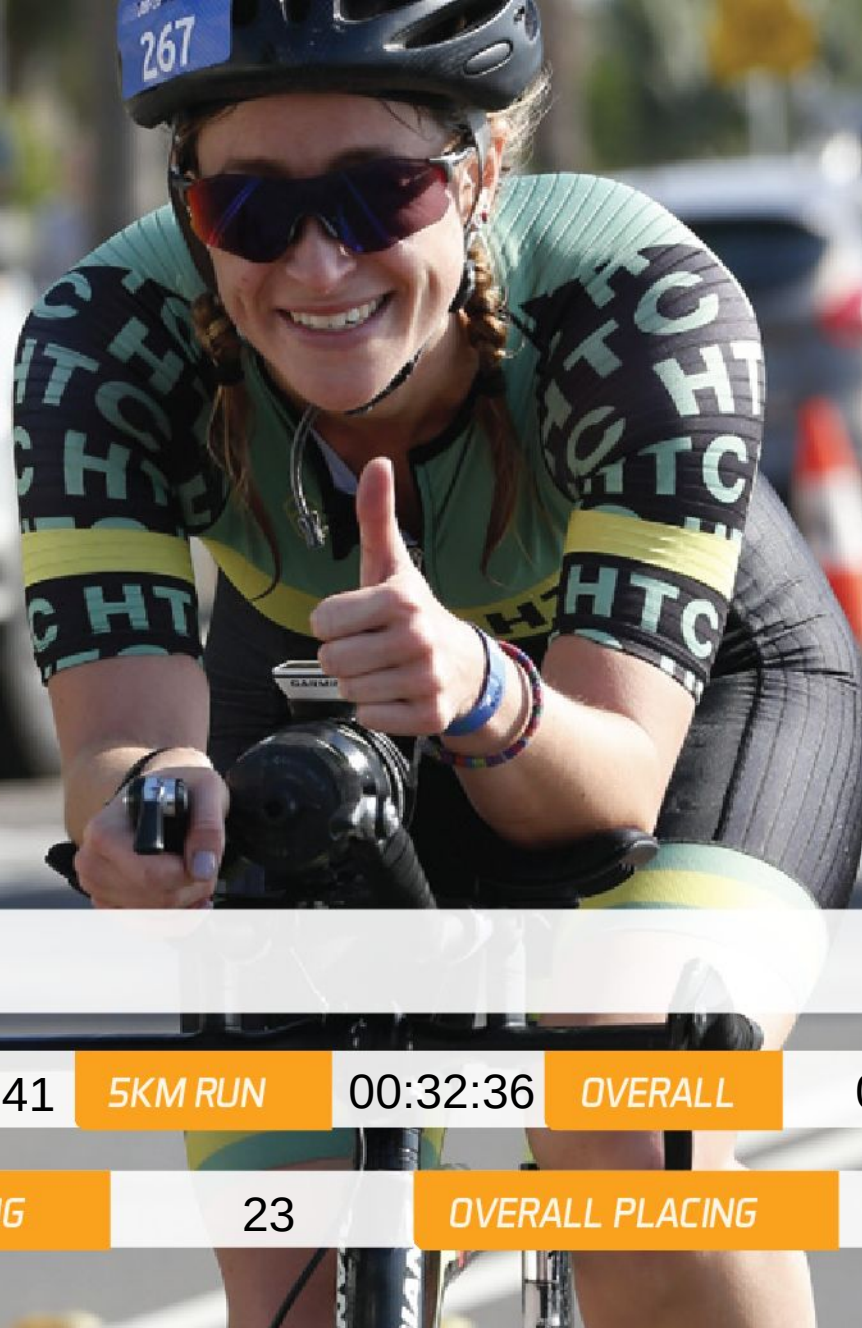




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Paul GREIG

750M SWIM

00:19:18

20KM BIKE

00:40:41

5KM RUN

00:32:36

OVERALL

01:42:50

CATEGORY

40-44

CATEGORY PLACING

23

OVERALL PLACING

386

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B&B
Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish