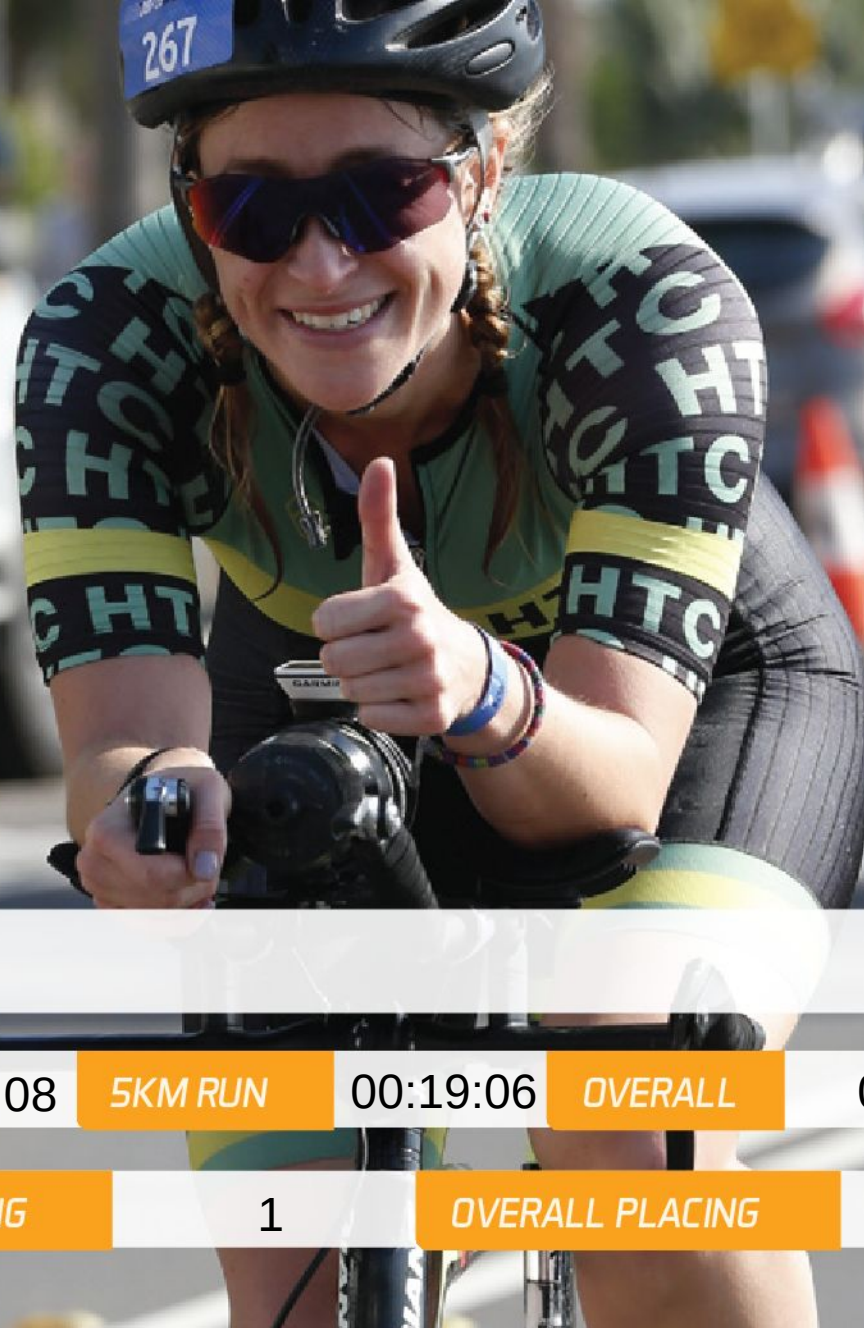




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Shaun HARRIS

750M SWIM

00:10:34

20KM BIKE

00:30:08

5KM RUN

00:19:06

OVERALL

01:03:00

CATEGORY

16-19

CATEGORY PLACING

1

OVERALL PLACING

1

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