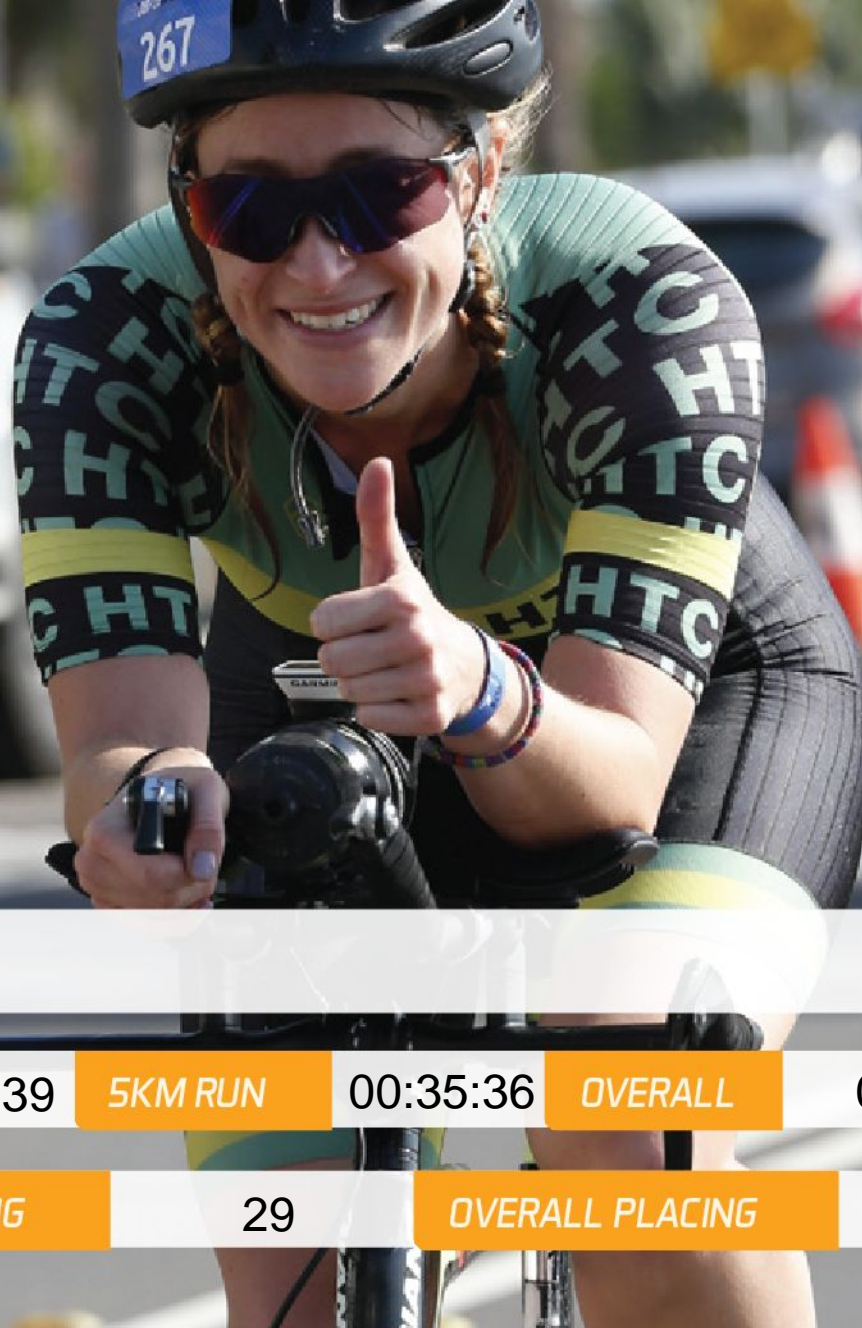




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Lewis ISAACS

750M SWIM

00:17:42

20KM BIKE

00:46:39

5KM RUN

00:35:36

OVERALL

01:49:55

CATEGORY

35-39

CATEGORY PLACING

29

OVERALL PLACING

457

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