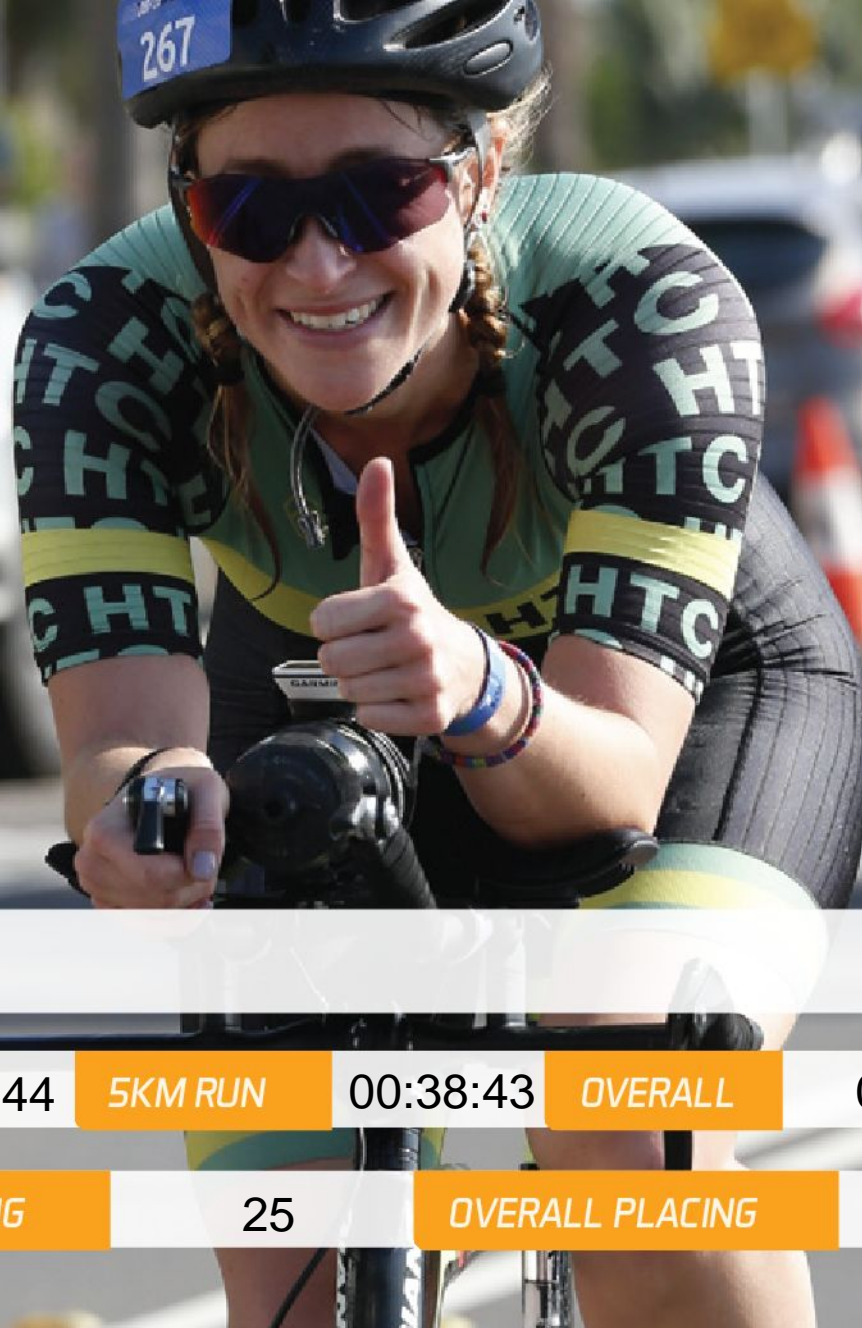




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



**SPRINT**

Ben JOSEPH

750M SWIM

00:16:58

20KM BIKE

00:42:44

5KM RUN

00:38:43

OVERALL

01:47:50

CATEGORY

35-39

CATEGORY PLACING

25

OVERALL PLACING

438

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