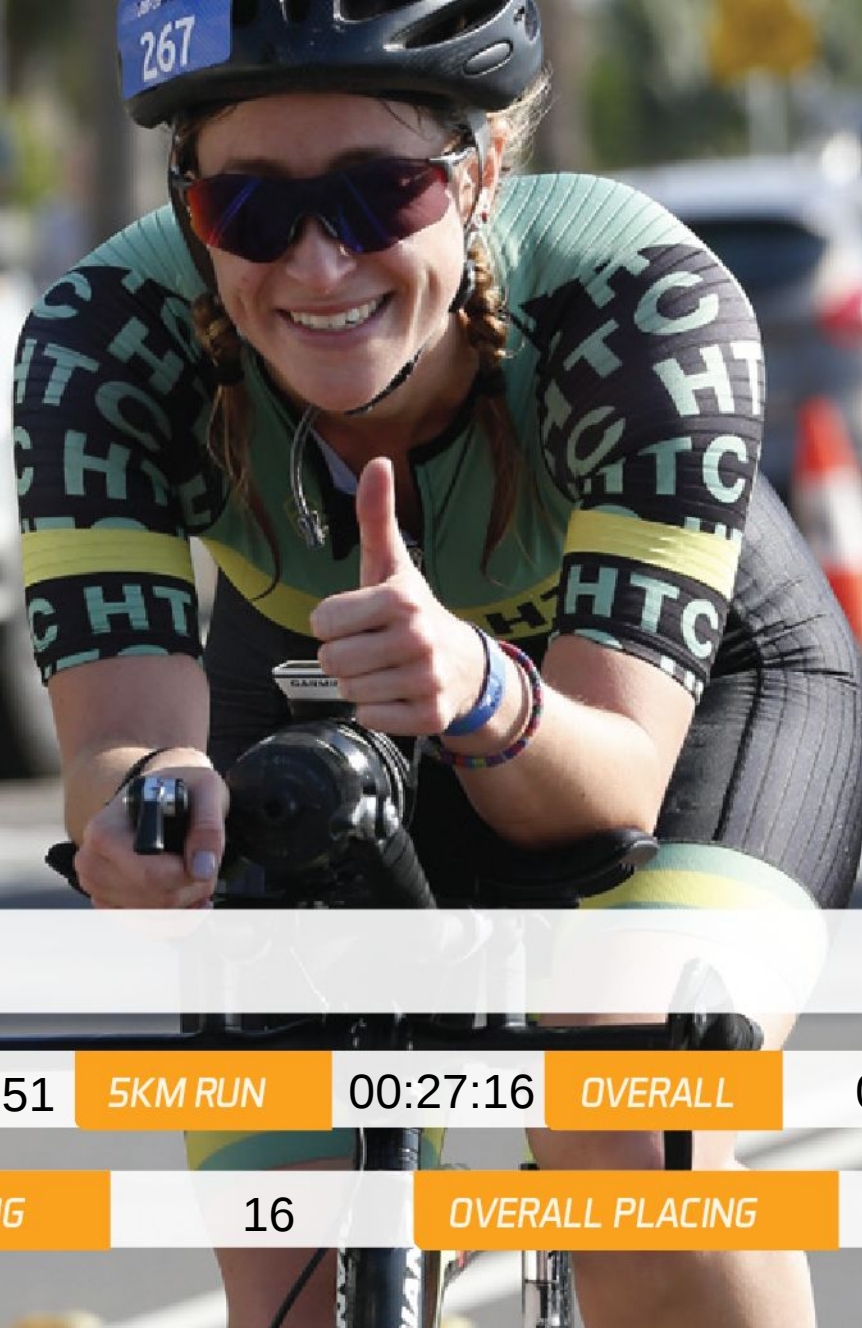




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Seamus KING

750M SWIM

00:15:12

20KM BIKE

00:36:51

5KM RUN

00:27:16

OVERALL

01:24:48

CATEGORY

20-24

CATEGORY PLACING

16

OVERALL PLACING

131

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