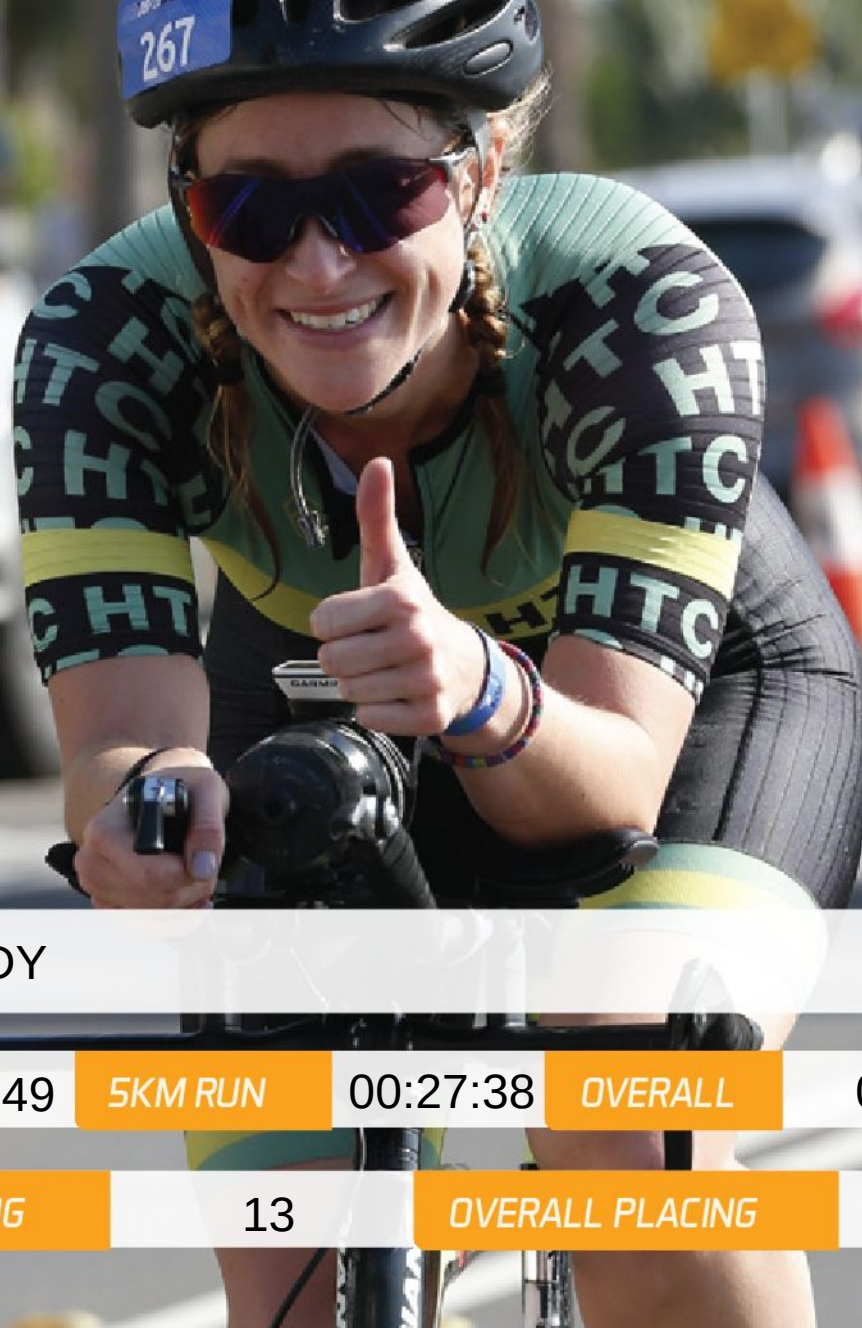




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Simon LIGHTBODY

750M SWIM

00:17:06

20KM BIKE

00:37:49

5KM RUN

00:27:38

OVERALL

01:30:20

CATEGORY

55-59

CATEGORY PLACING

13

OVERALL PLACING

215

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