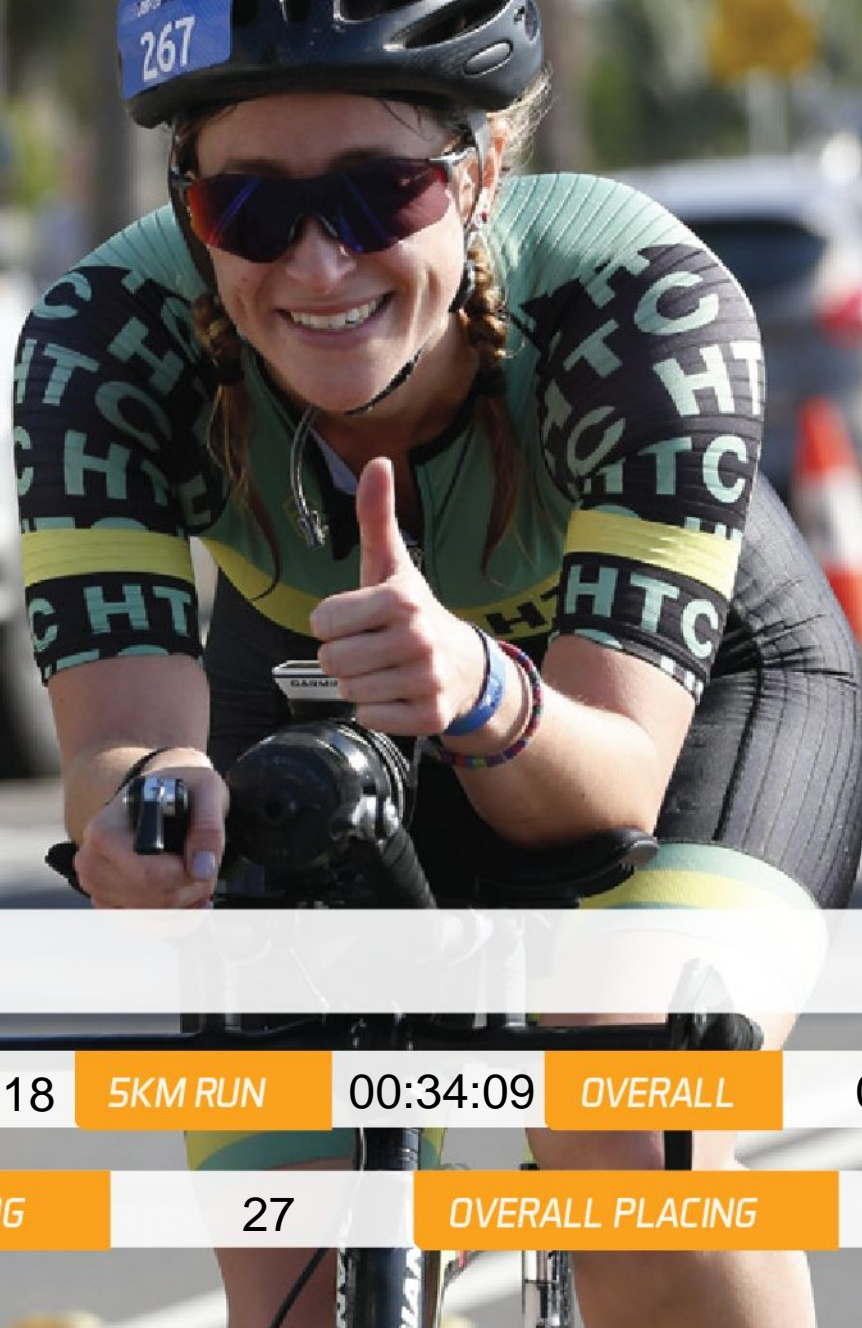




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Tom MCGRATH

750M SWIM

00:19:17

20KM BIKE

00:45:18

5KM RUN

00:34:09

OVERALL

01:48:55

CATEGORY

35-39

CATEGORY PLACING

27

OVERALL PLACING

448

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