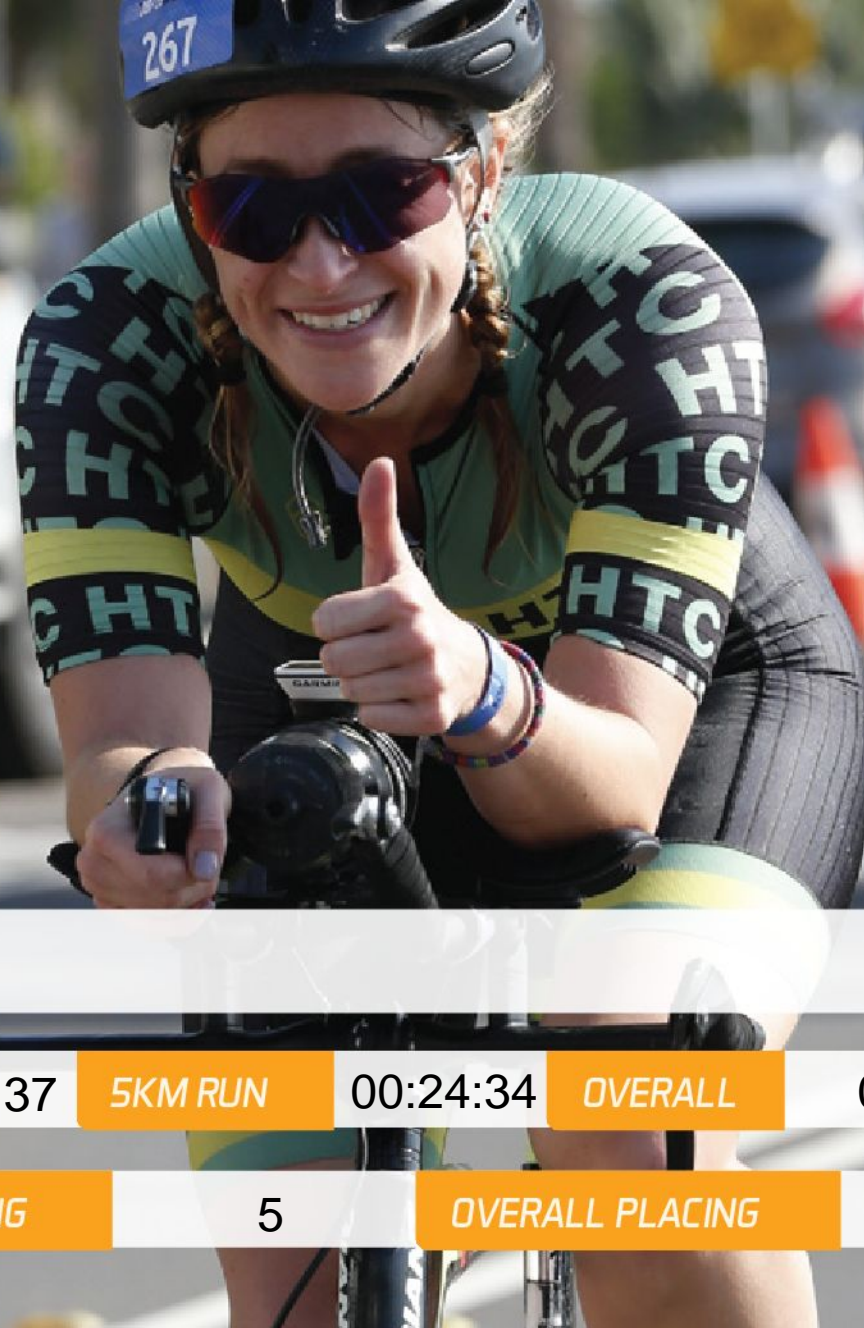




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



**SPRINT**

Blake MITCHELL

750M SWIM

00:14:27

20KM BIKE

00:32:37

5KM RUN

00:24:34

OVERALL

01:17:05

CATEGORY

25-29

CATEGORY PLACING

5

OVERALL PLACING

41

POWERADE.

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B&B  
Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEERS

McDonald's  
i'm lovin' it™

KIND

soto  
Coughing required

catfish