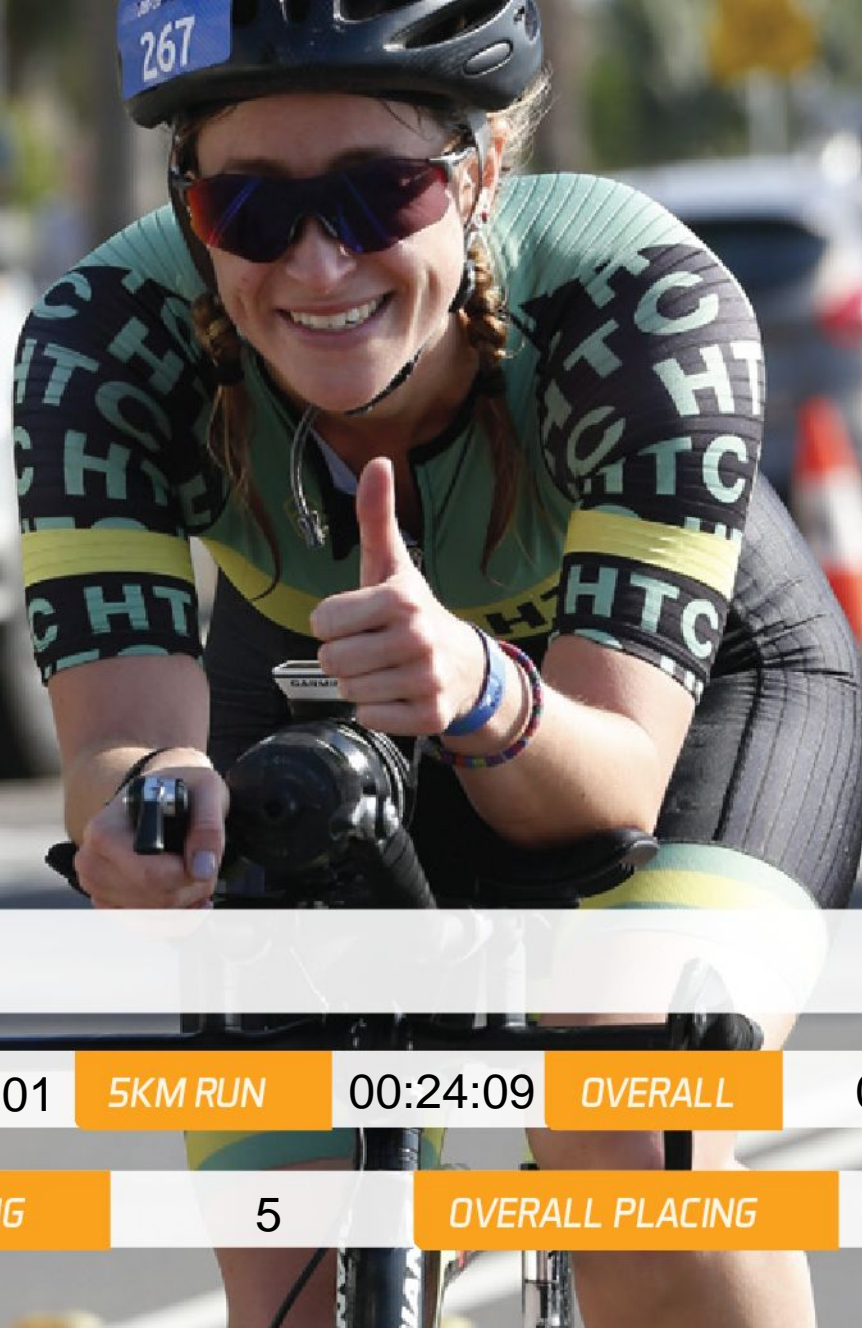




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



**SPRINT**

Aaron MURPHY

750M SWIM

00:13:46

20KM BIKE

00:36:01

5KM RUN

00:24:09

OVERALL

01:19:04

CATEGORY

35-39

CATEGORY PLACING

5

OVERALL PLACING

57

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