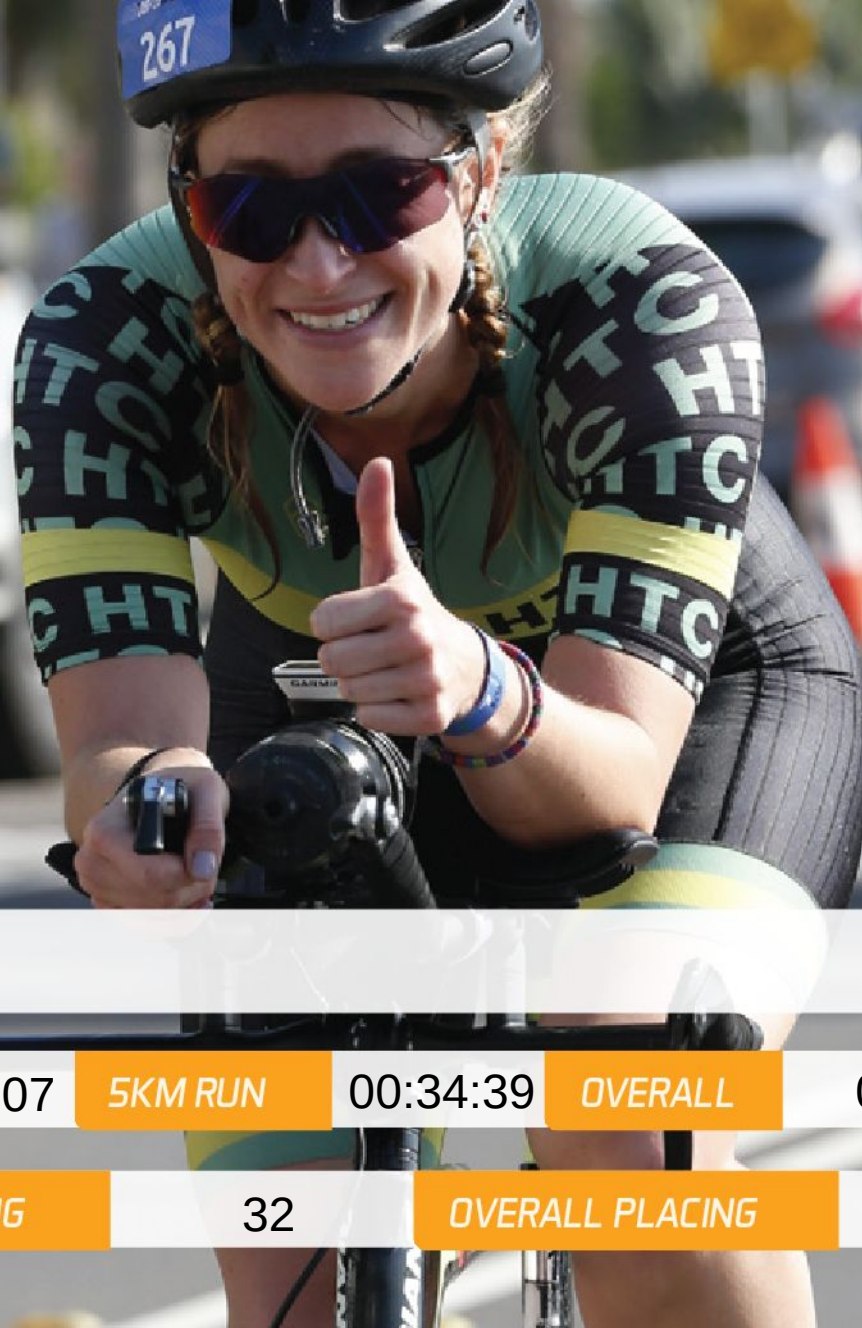




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Chris MUTTON

750M SWIM

00:14:34

20KM BIKE

00:34:07

5KM RUN

00:34:39

OVERALL

01:28:24

CATEGORY

30-34

CATEGORY PLACING

32

OVERALL PLACING

191

POWERADE

Destination
WOLLONGONG

Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

Traffic
Management

ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
CRAFTING INSPIRED

catfish