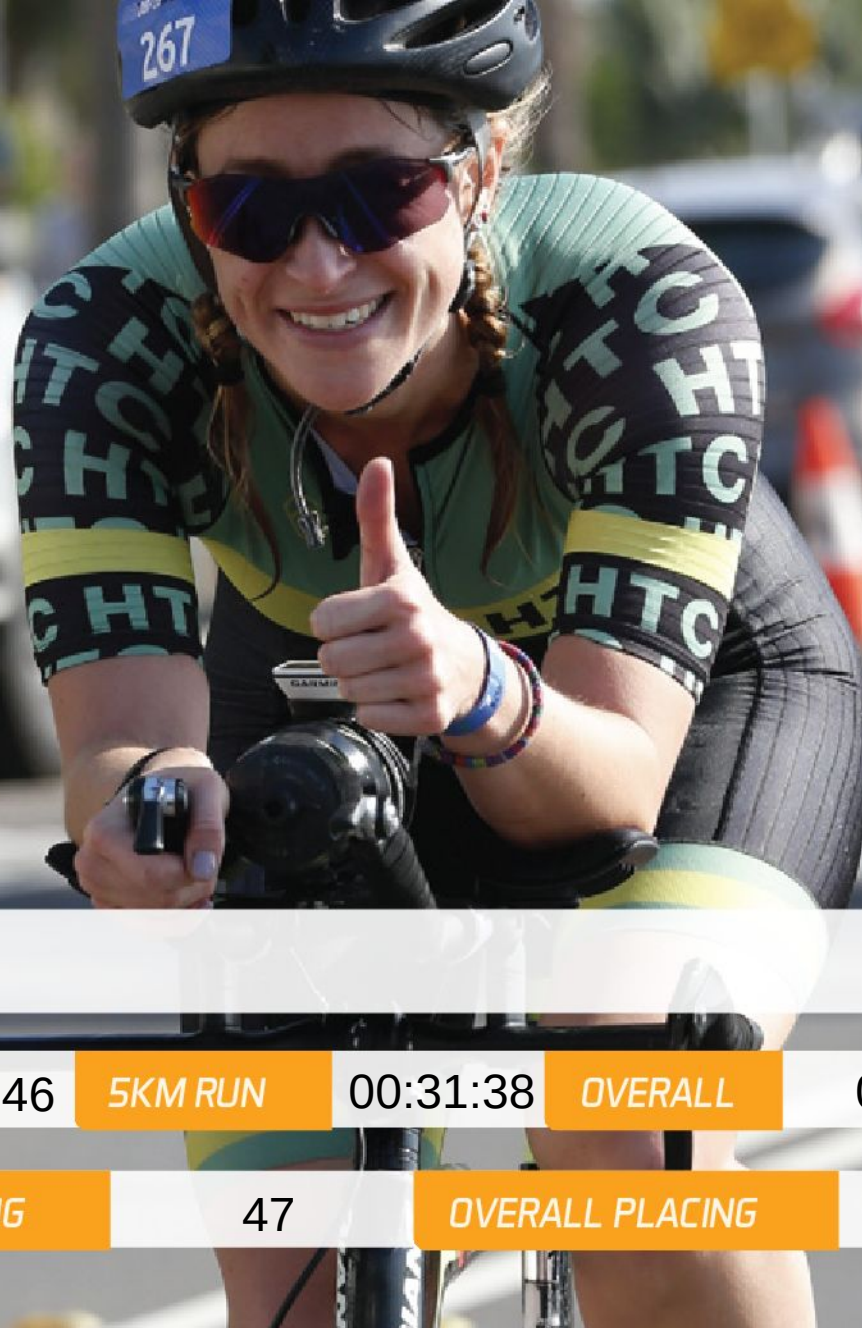




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Danny NGO

750M SWIM

00:18:01

20KM BIKE

00:40:46

5KM RUN

00:31:38

OVERALL

01:37:18

CATEGORY

30-34

CATEGORY PLACING

47

OVERALL PLACING

316

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