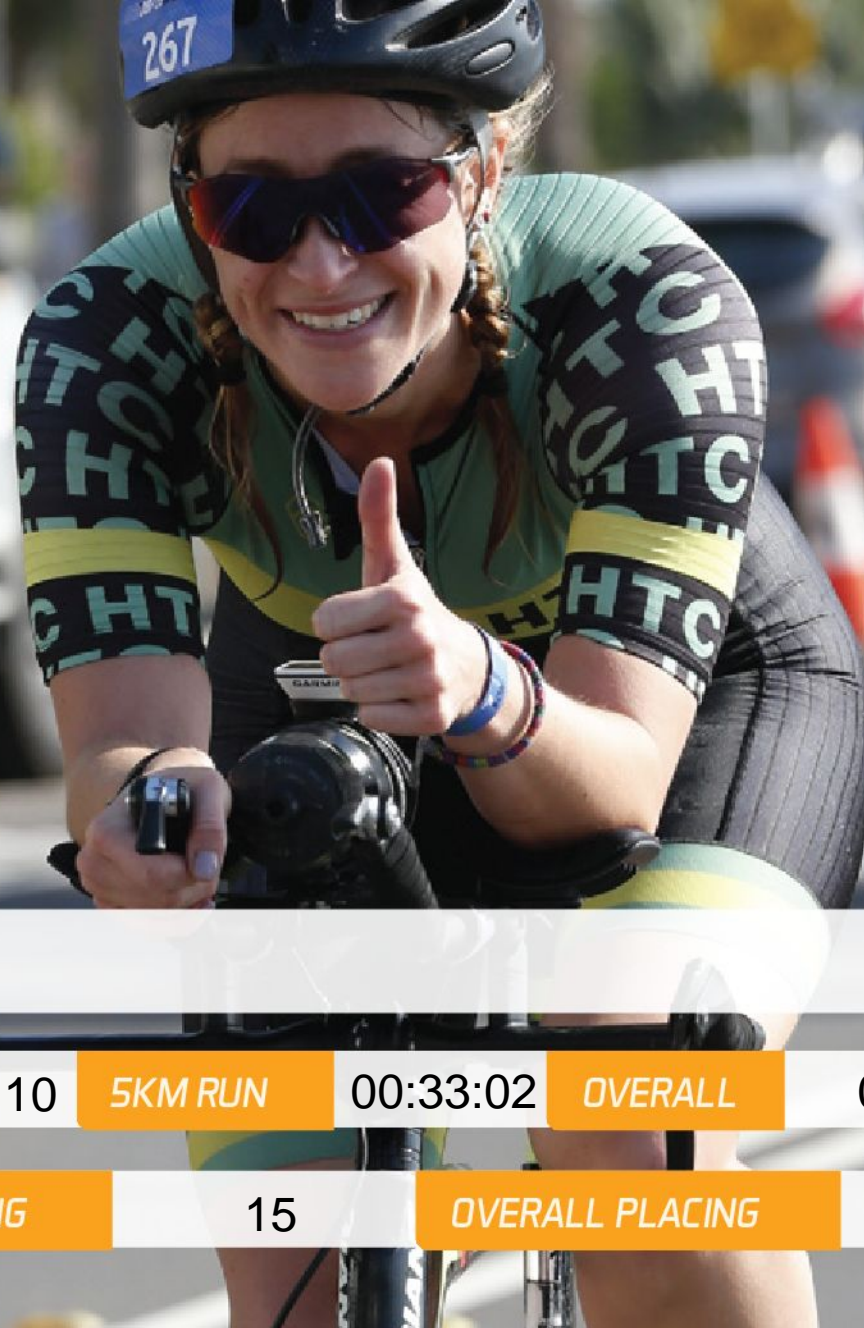




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



**SPRINT**

Ken NGUYEN

750M SWIM

00:22:09

20KM BIKE

00:37:10

5KM RUN

00:33:02

OVERALL

01:39:26

CATEGORY

45-49

CATEGORY PLACING

15

OVERALL PLACING

343

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