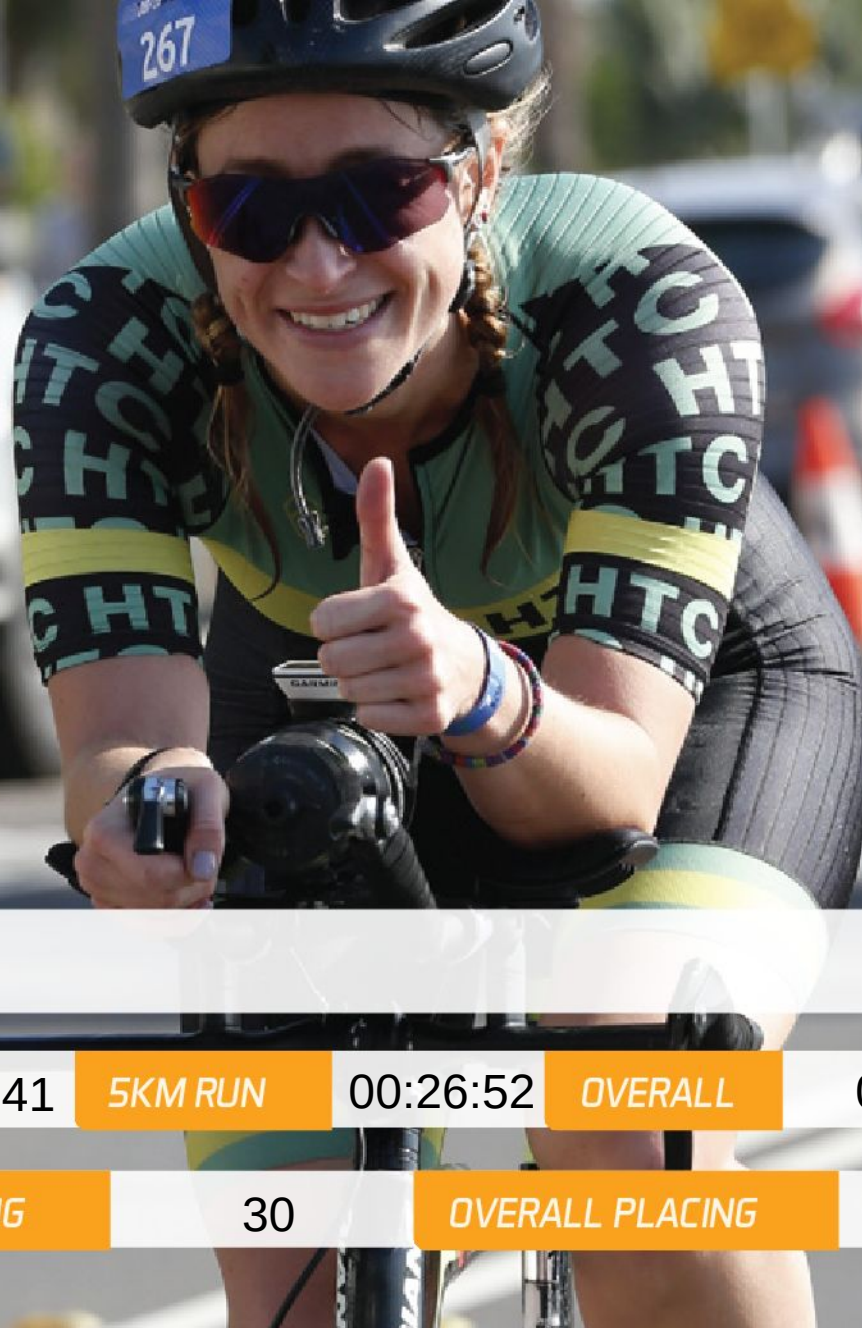




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

John NOWLAN

750M SWIM

00:18:07

20KM BIKE

00:37:41

5KM RUN

00:26:52

OVERALL

01:28:12

CATEGORY

25-29

CATEGORY PLACING

30

OVERALL PLACING

185

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