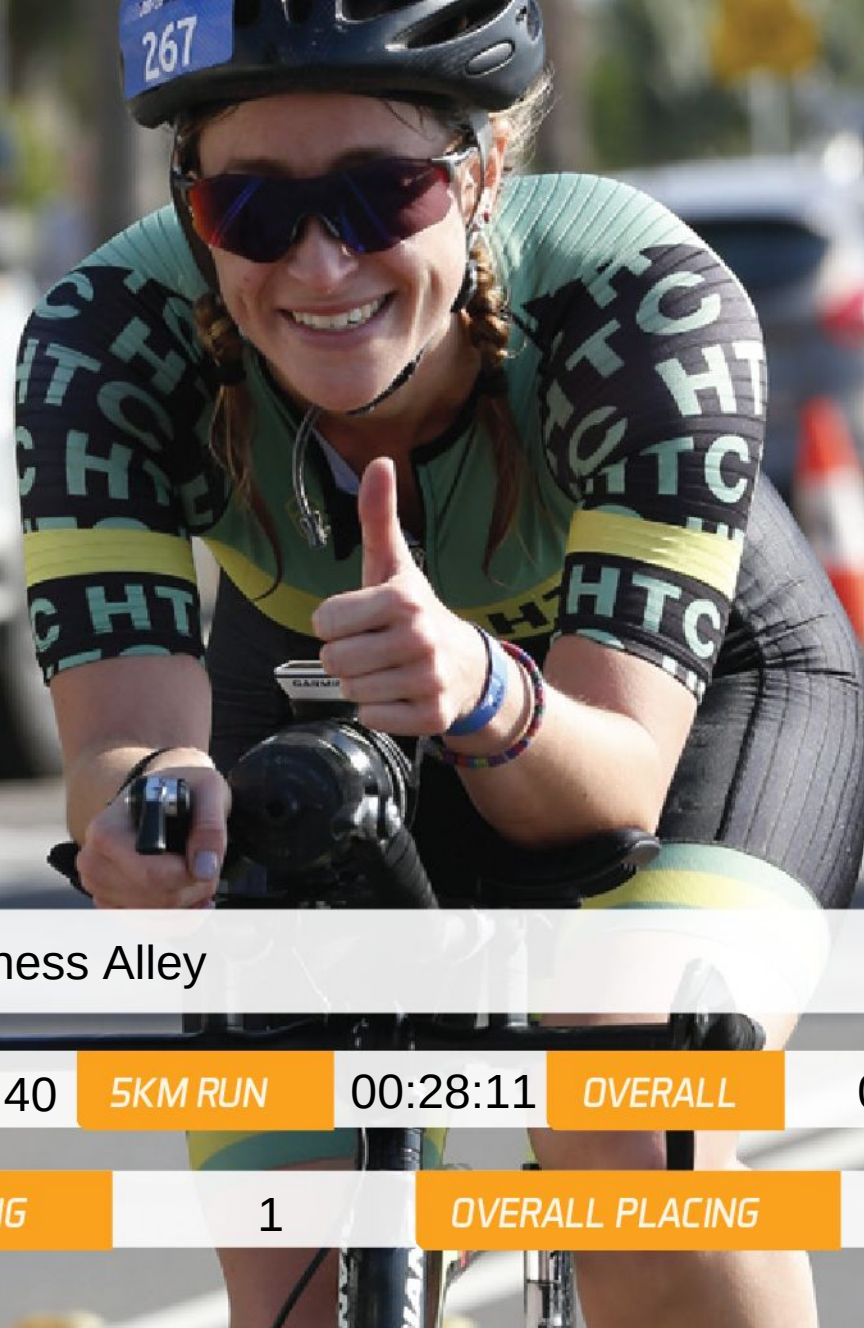




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

TEAM Benton Fitness Alley

750M SWIM

00:19:49

20KM BIKE

00:37:40

5KM RUN

00:28:11

OVERALL

01:29:50

CATEGORY

Relay

CATEGORY PLACING

1

OVERALL PLACING

2

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B&B
Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish