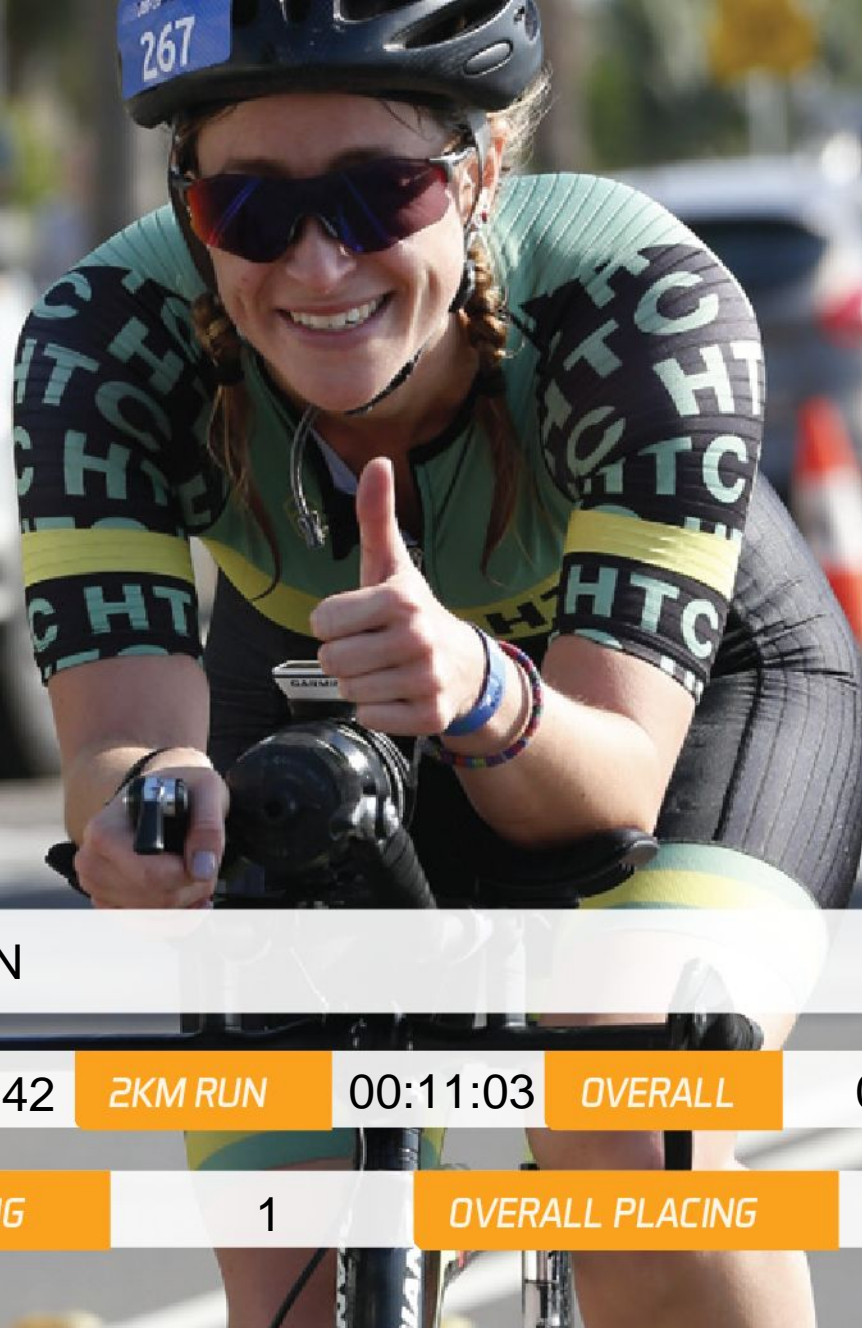




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Ben DONALDSON

200M SWIM	00:04:58	10KM BIKE	00:17:42	2KM RUN	00:11:03	OVERALL	00:38:35
CATEGORY	30-39	CATEGORY PLACING	1	OVERALL PLACING	13		

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
sustainable

catfish