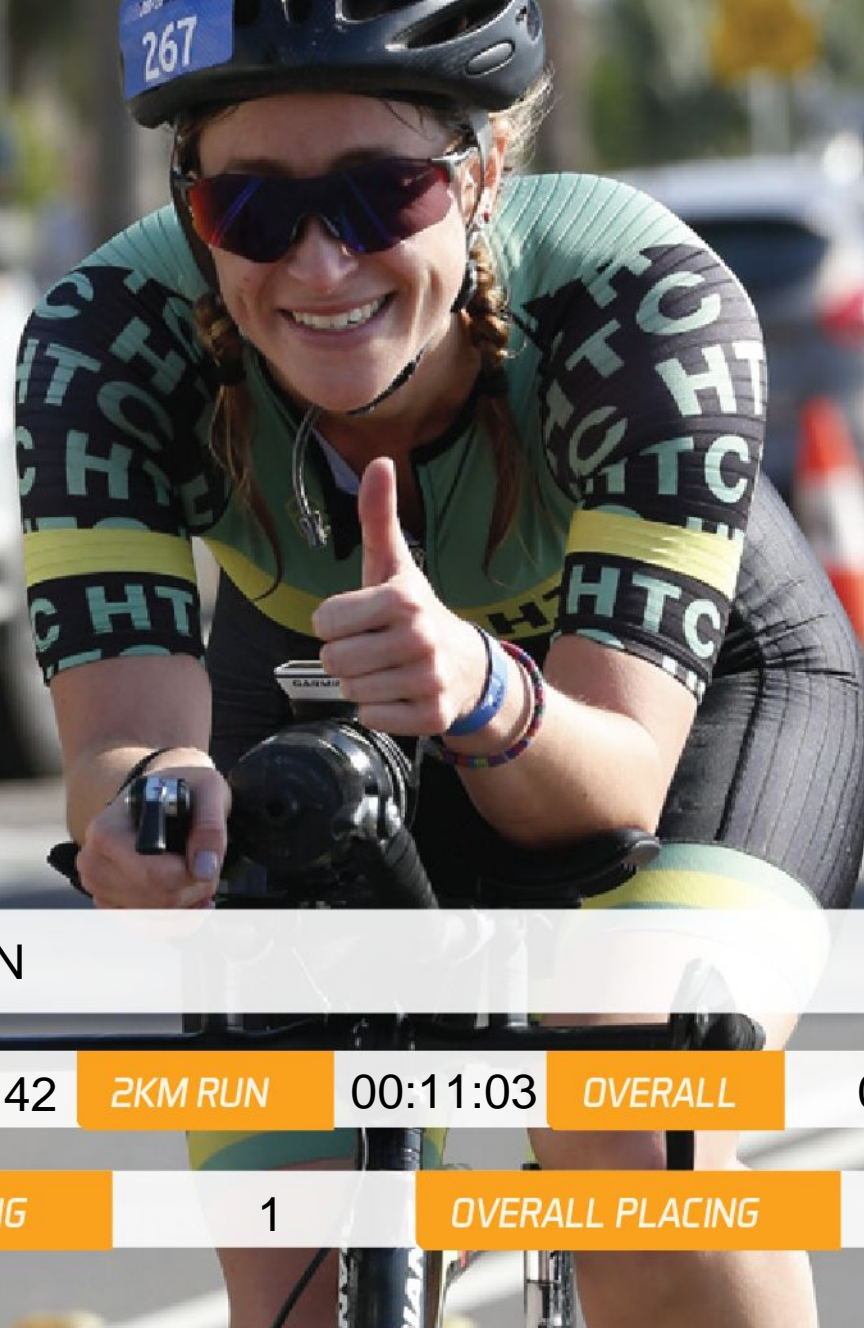




# TRI THE GONG

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