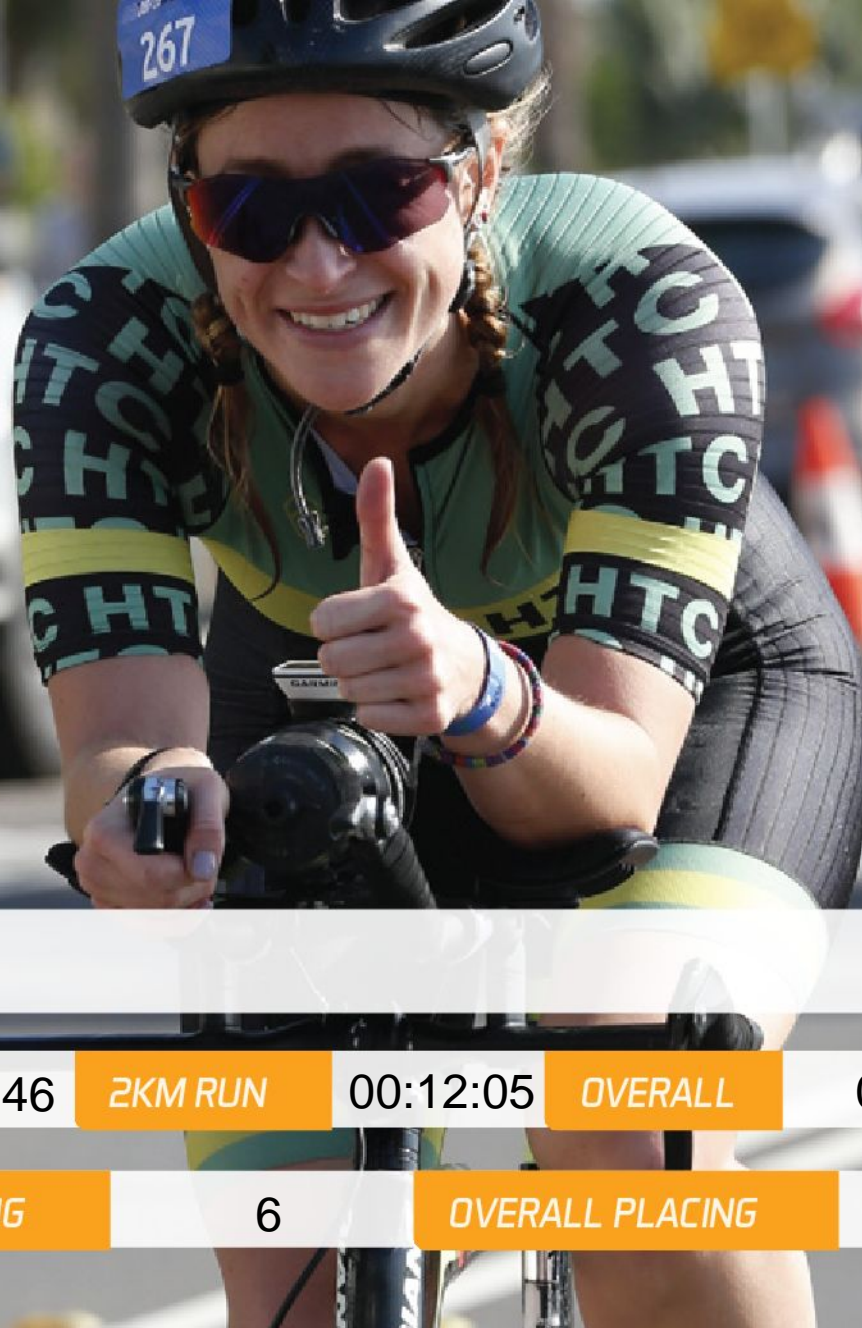




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



## TRY A TRI

David HUGHES

200M SWIM	00:06:27	10KM BIKE	00:26:46	2KM RUN	00:12:05	OVERALL	00:52:30
-----------	----------	-----------	----------	---------	----------	---------	----------

CATEGORY	20-29	CATEGORY PLACING	6	OVERALL PLACING	25
----------	-------	------------------	---	-----------------	----

POWERADE.

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEVS

Mc  
i'm lovin' it™

KIND

soto  
everything required

>>>>>  
catfish