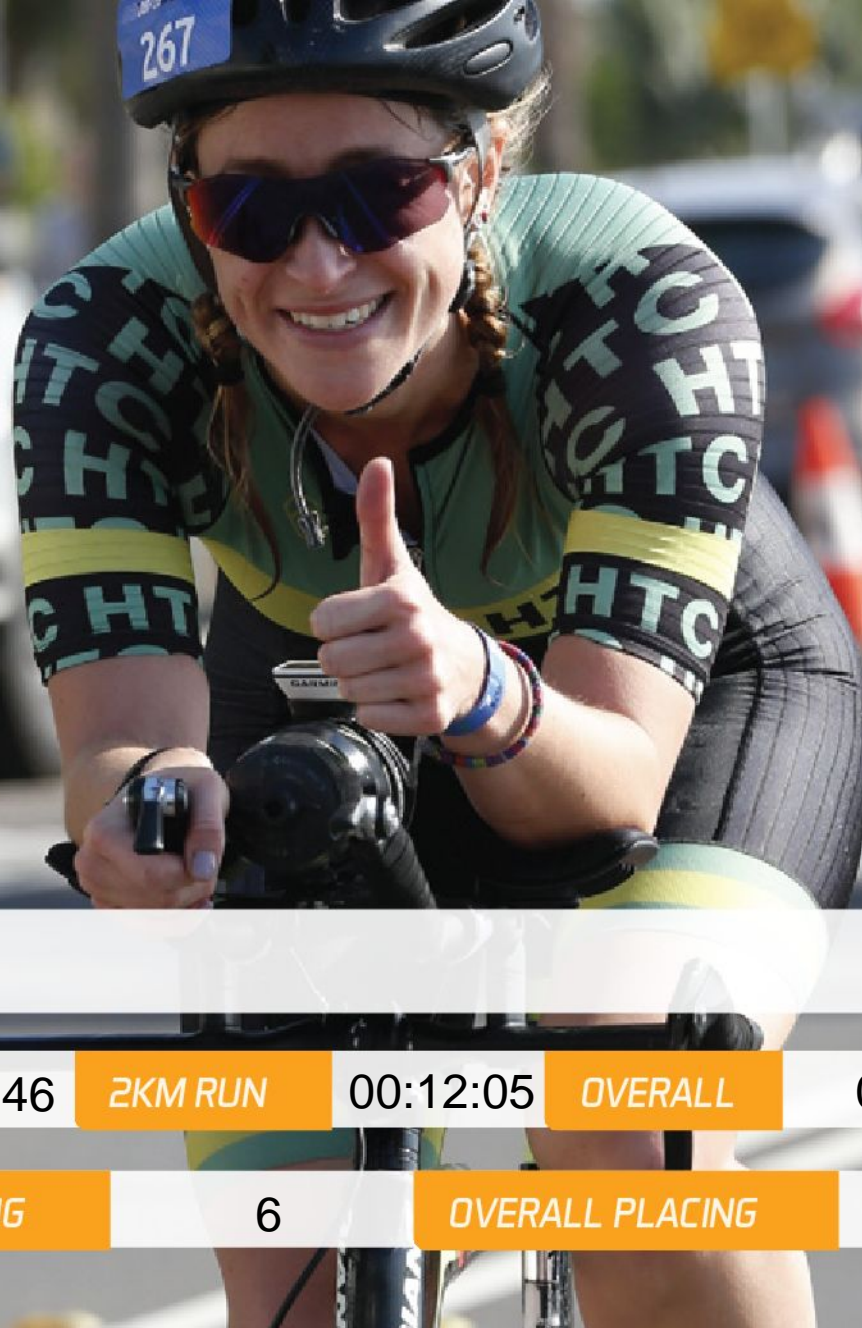




TRI THE GONG

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

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEVS

McDonald's
i'm lovin' it

KIND

soto
everything is possible

catfish