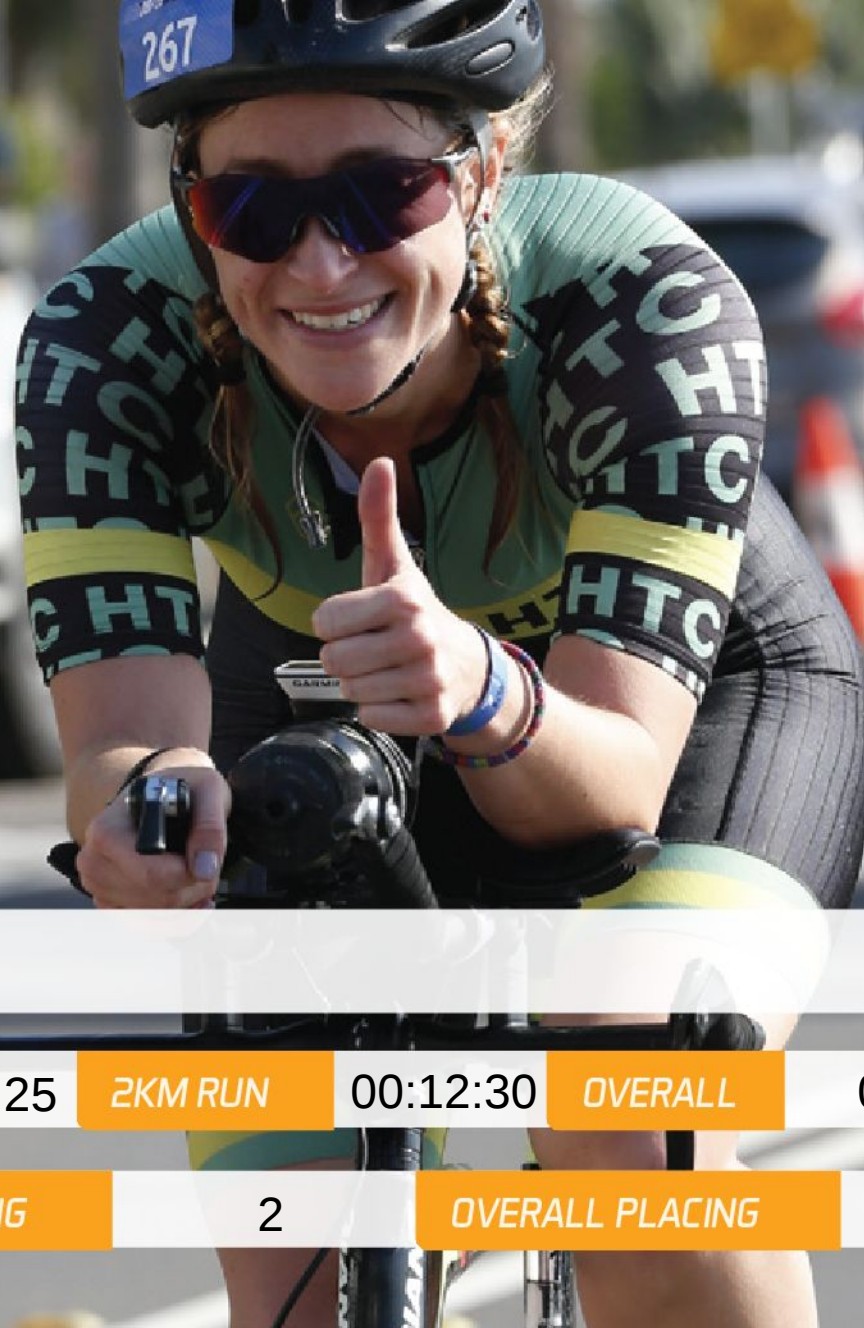




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



TRY A TRI

Richard MARTIN

200M SWIM	00:07:47	10KM BIKE	00:20:25	2KM RUN	00:12:30	OVERALL	00:48:44
CATEGORY	30-39	CATEGORY PLACING	2	OVERALL PLACING	14		

POWERADE

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEVS

Mc
i'm lovin' it™

KIND

soto
everything required

>>>>>
catfish