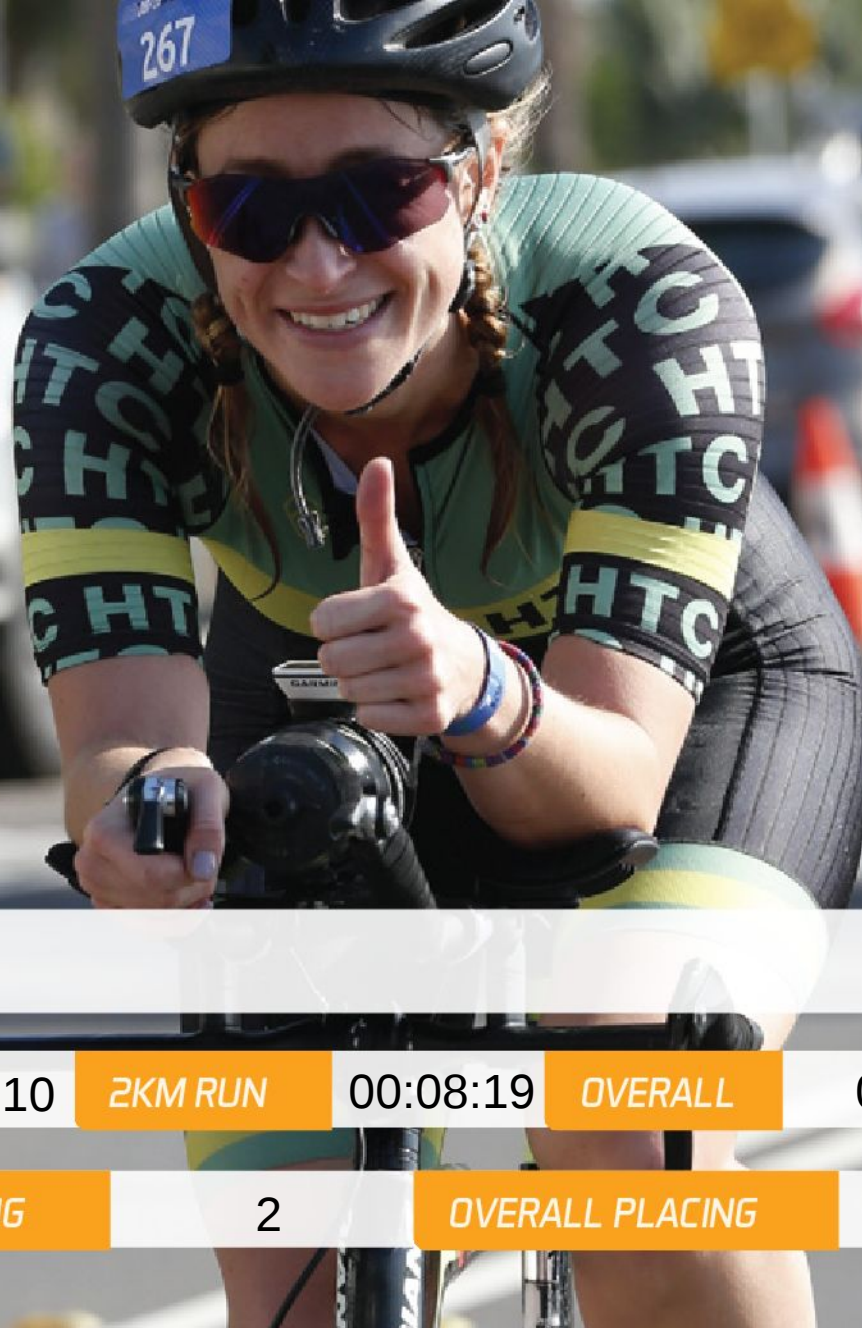




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Mark TERRACINI

200M SWIM

00:04:34

10KM BIKE

00:16:10

2KM RUN

00:08:19

OVERALL

00:33:07

CATEGORY

40-49

CATEGORY PLACING

2

OVERALL PLACING

3

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
sustainable

catfish