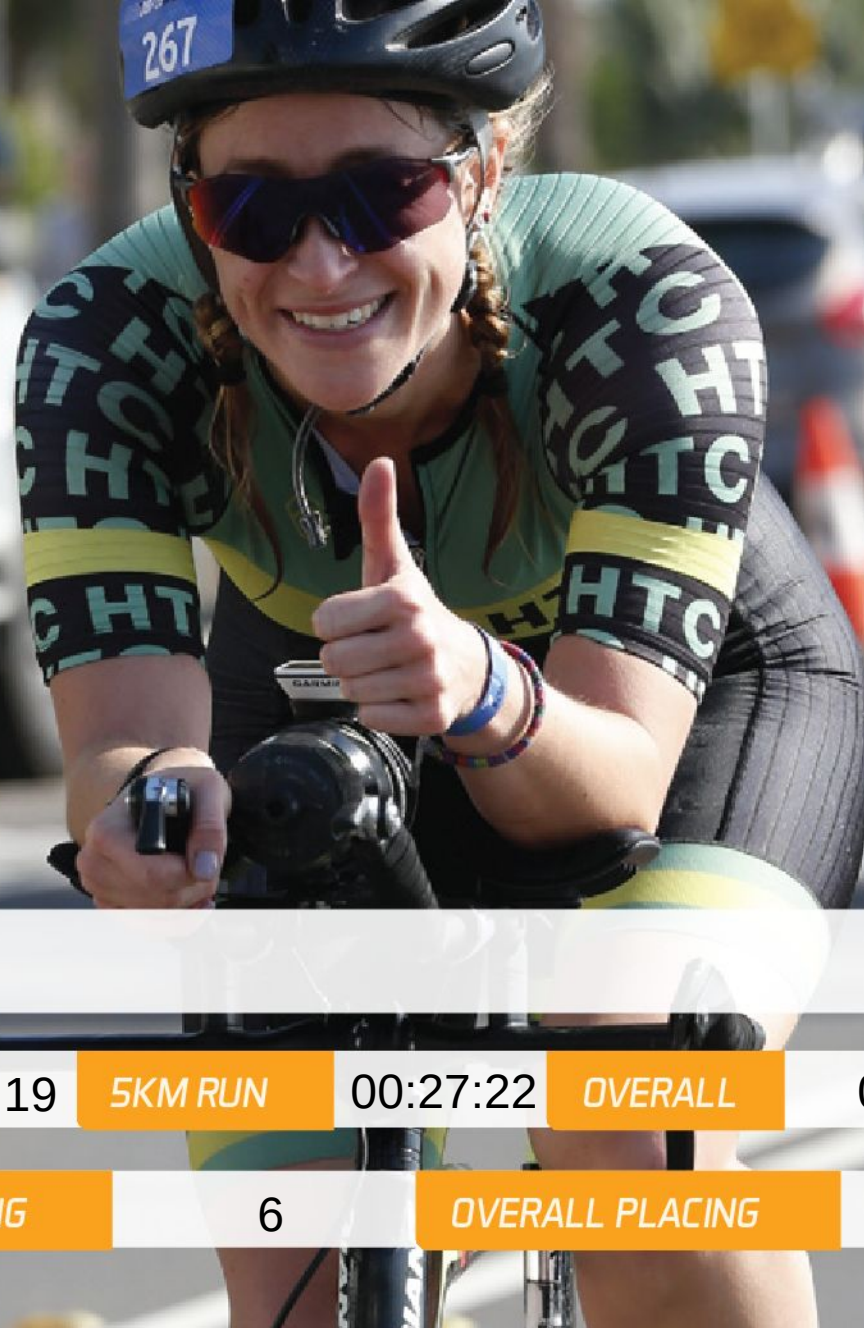




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Mark GOGGINS

750M SWIM

00:14:49

20KM BIKE

00:34:19

5KM RUN

00:27:22

OVERALL

01:22:14

CATEGORY

55-59

CATEGORY PLACING

6

OVERALL PLACING

90

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish