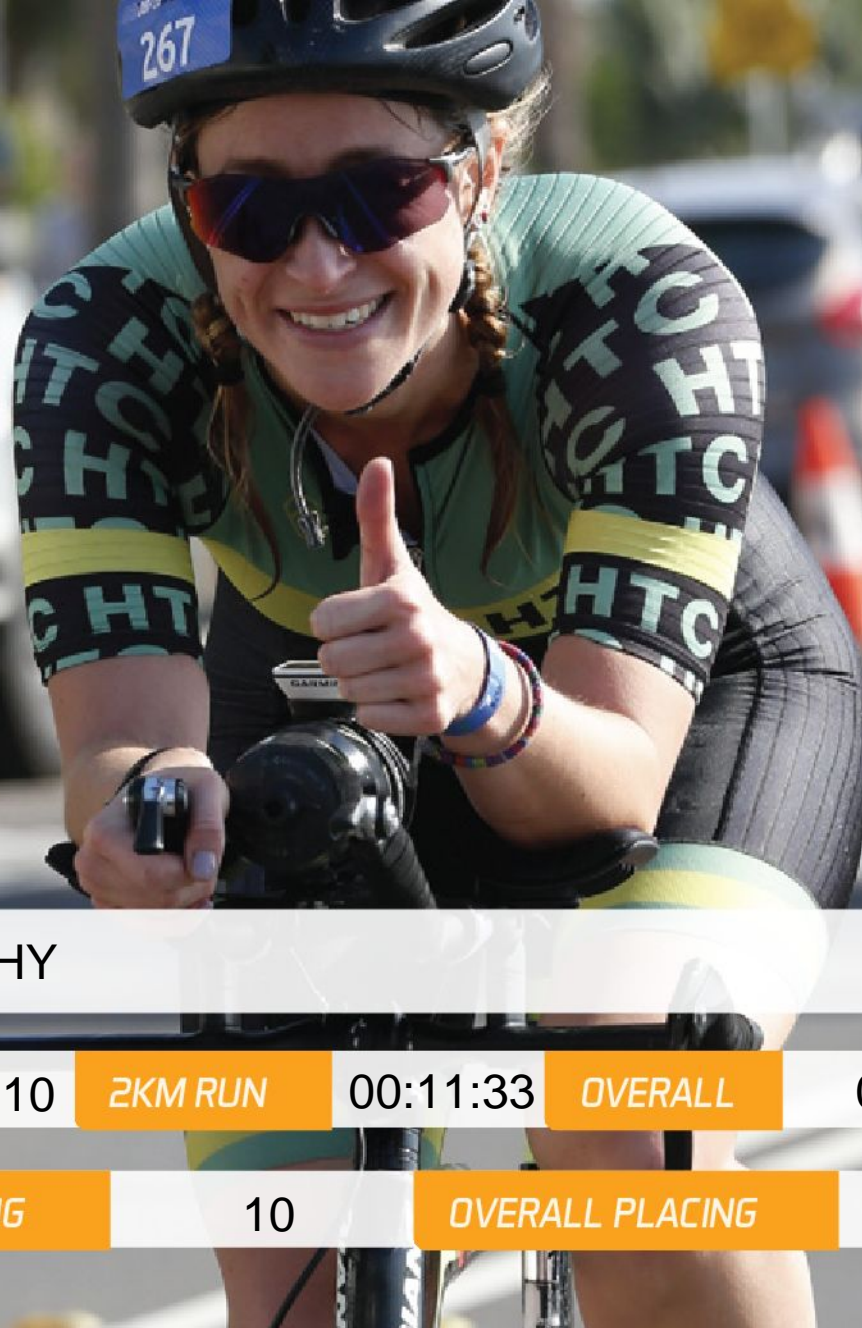




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Mark DAGWORTHY

200M SWIM	00:04:58	10KM BIKE	00:22:10	2KM RUN	00:11:33	OVERALL	00:47:07
-----------	----------	-----------	----------	---------	----------	---------	----------

CATEGORY	40-49	CATEGORY PLACING	10	OVERALL PLACING	53
----------	-------	------------------	----	-----------------	----

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 design

catfish