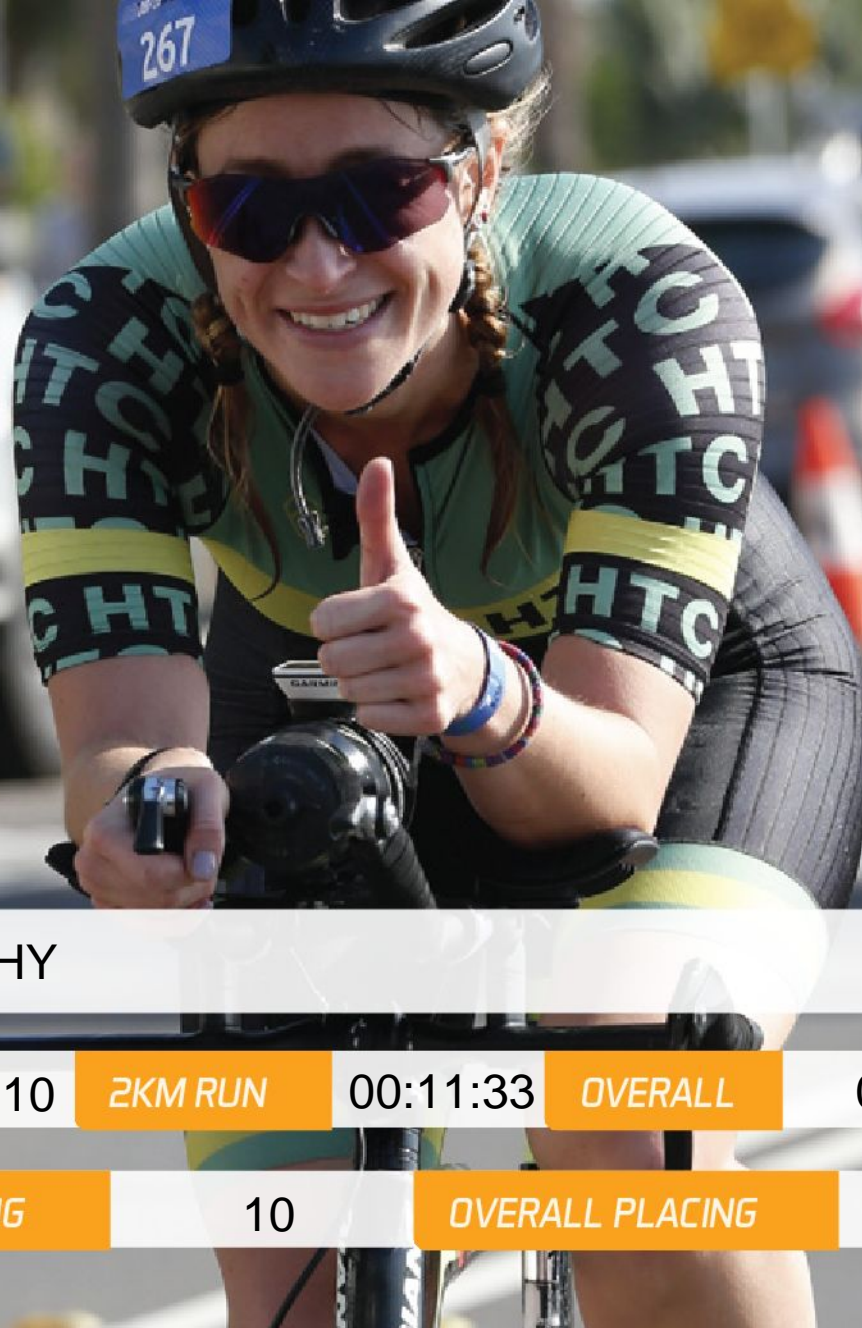




TRI THE GONG

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

Mc
i'm lovin' it™

KIND

soto
sustainable

catfish