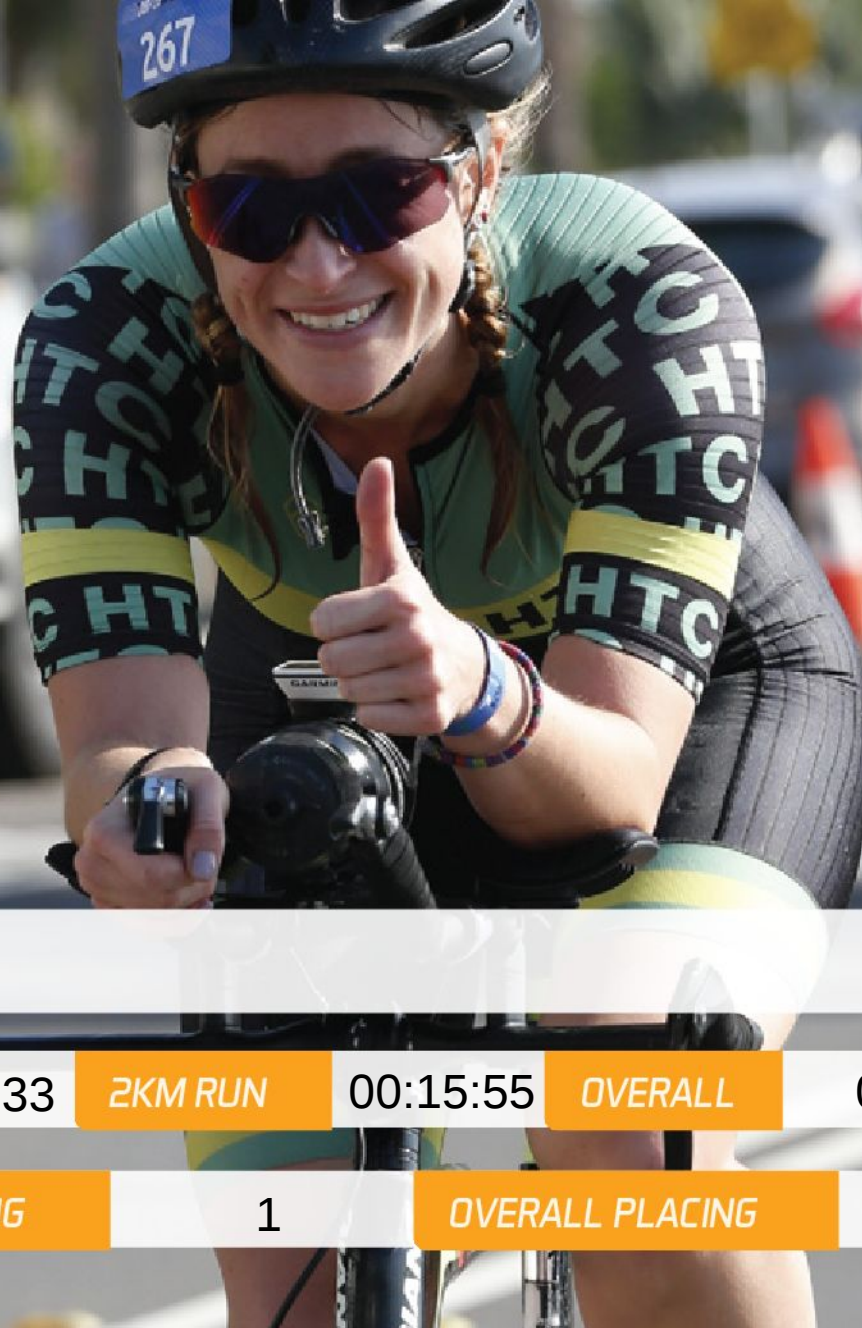




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Allan GARRICK

200M SWIM

00:06:22

10KM BIKE

00:21:33

2KM RUN

00:15:55

OVERALL

00:53:25

CATEGORY

70-79

CATEGORY PLACING

1

OVERALL PLACING

96

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