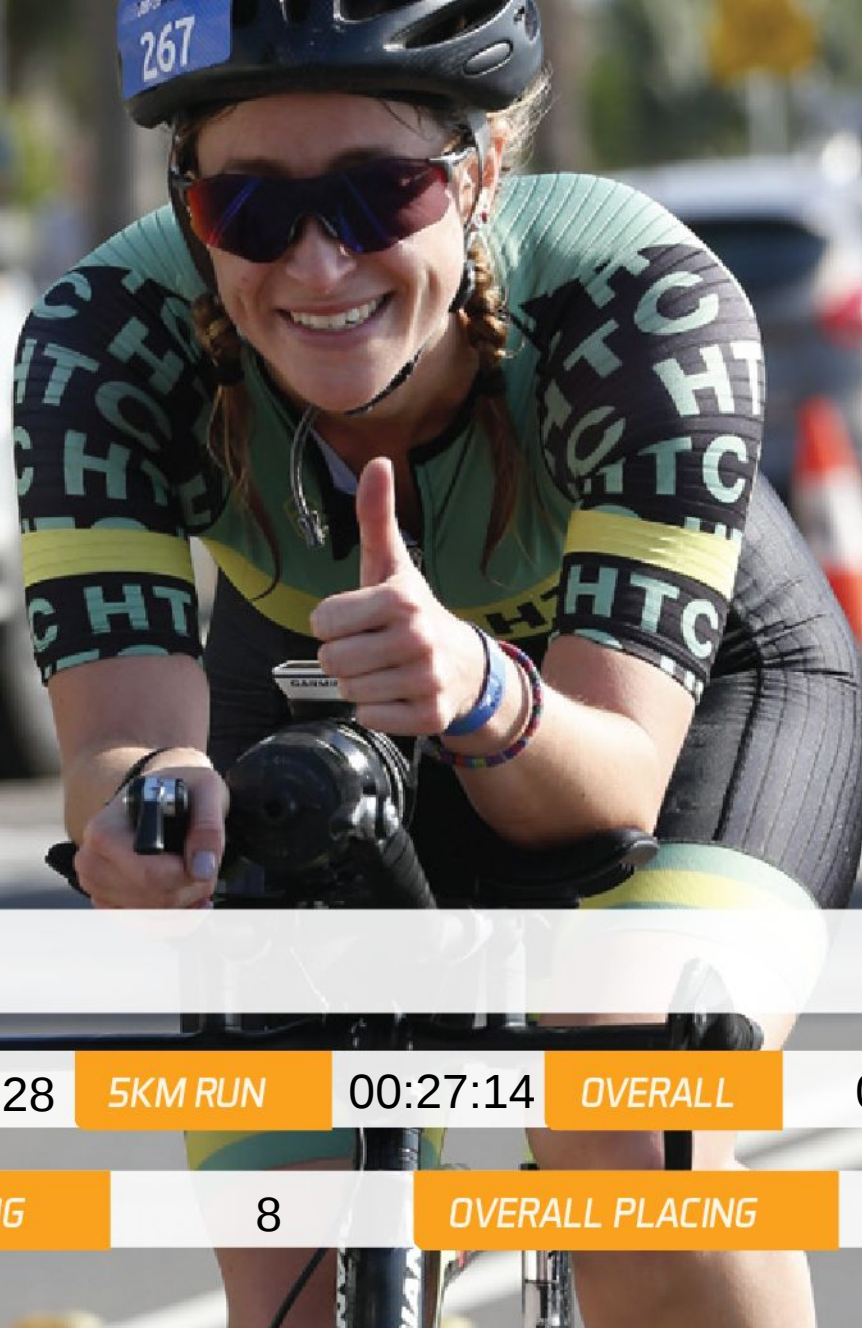




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Mark ETTRIDGE

750M SWIM

00:14:56

20KM BIKE

00:35:28

5KM RUN

00:27:14

OVERALL

01:24:03

CATEGORY

40-44

CATEGORY PLACING

8

OVERALL PLACING

118

POWERADE

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B&B
Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
Coughing required

catfish