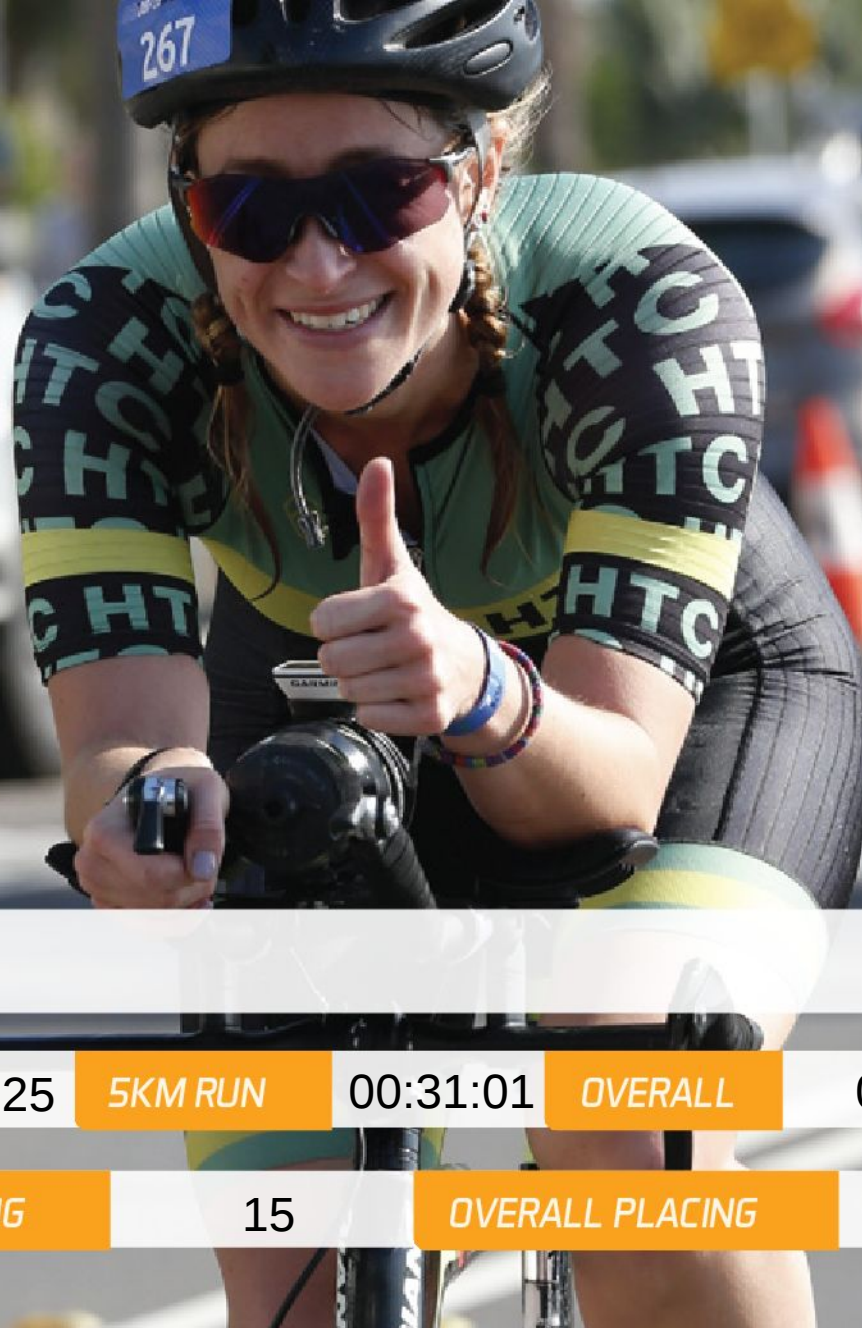




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Mark FRANKLIN

750M SWIM

00:19:53

20KM BIKE

00:42:25

5KM RUN

00:31:01

OVERALL

01:41:10

CATEGORY

50-54

CATEGORY PLACING

15

OVERALL PLACING

371

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