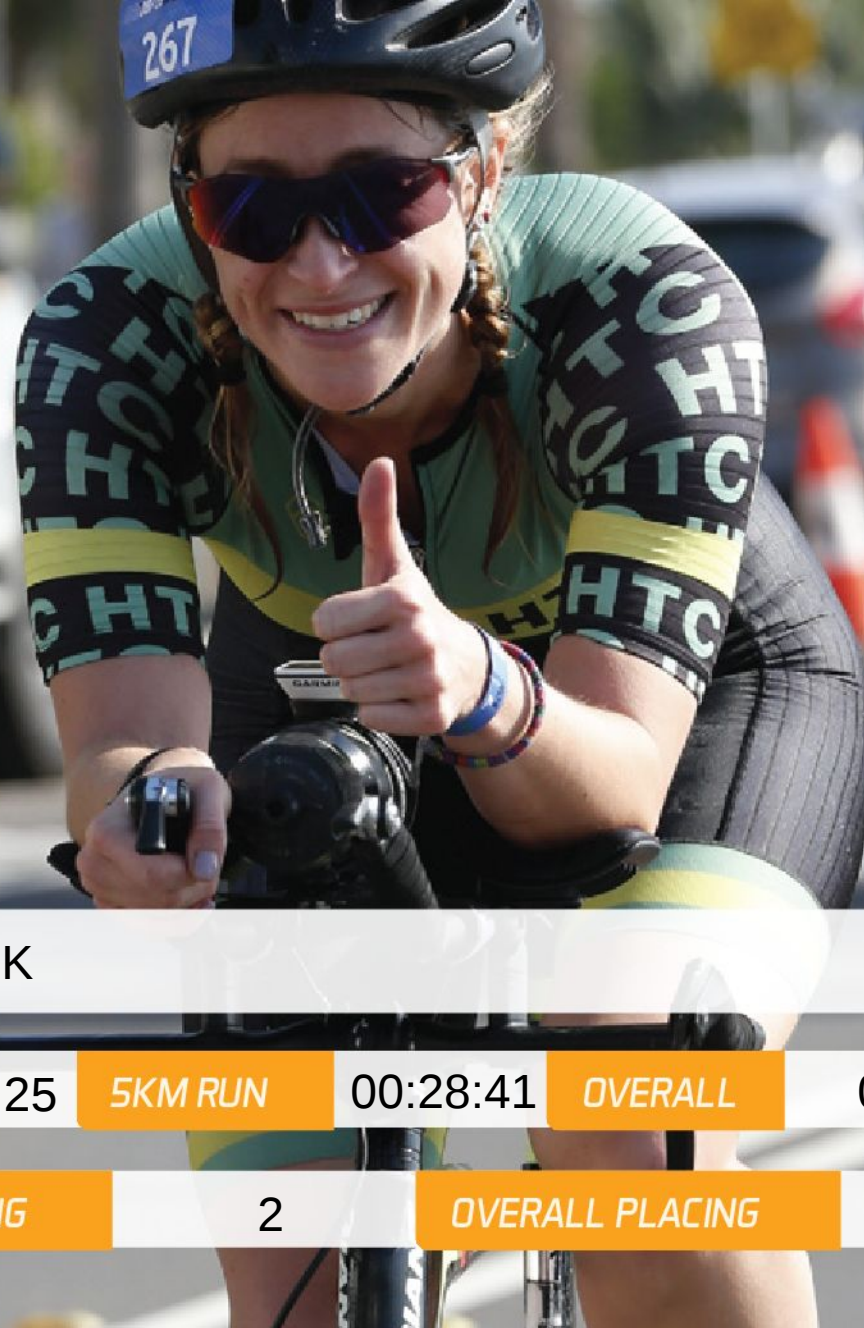




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Gavin MORTLOCK

750M SWIM

00:12:56

20KM BIKE

00:33:25

5KM RUN

00:28:41

OVERALL

01:19:25

CATEGORY

55-59

CATEGORY PLACING

2

OVERALL PLACING

59

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