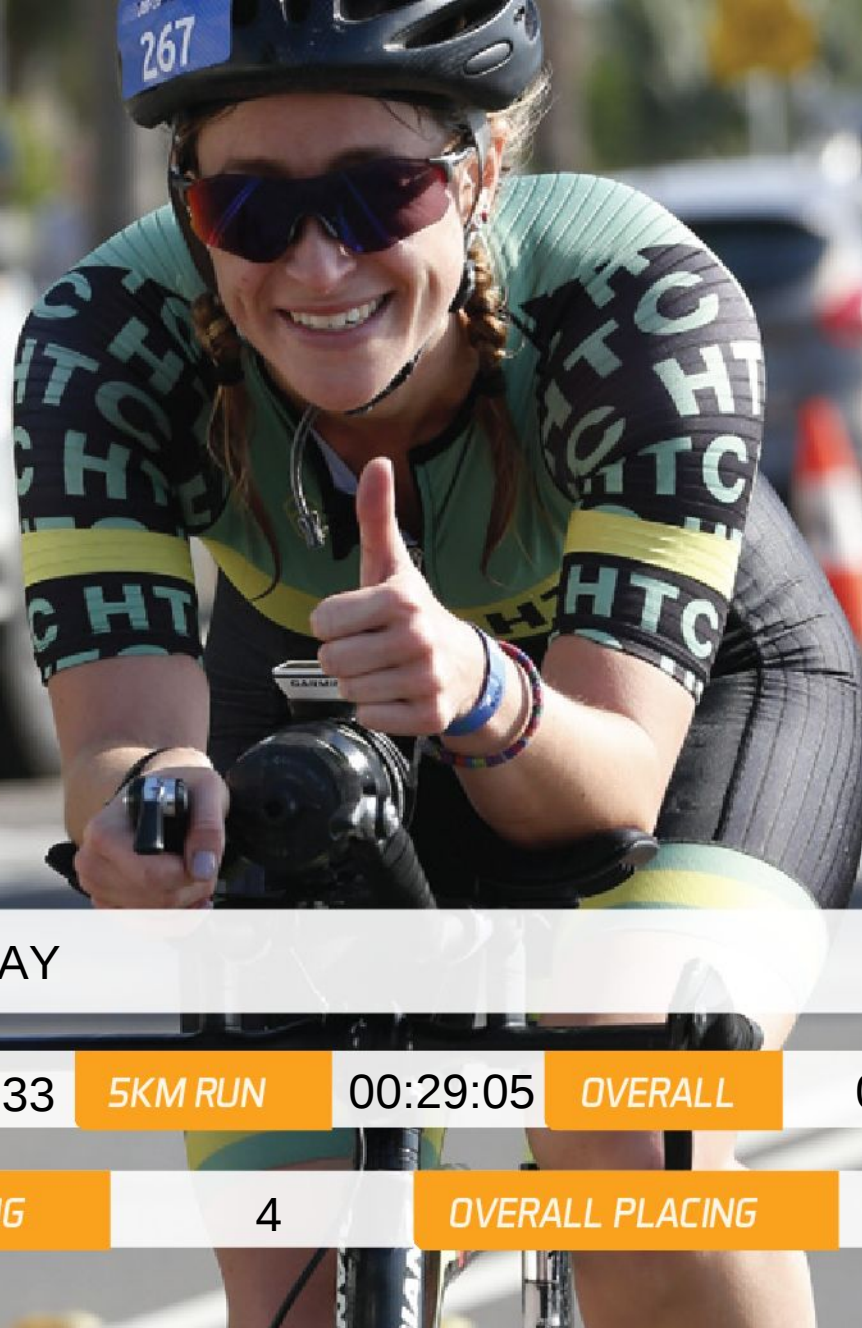




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Graham MOWBRAY

750M SWIM

00:17:23

20KM BIKE

00:40:33

5KM RUN

00:29:05

OVERALL

01:33:40

CATEGORY

60-64

CATEGORY PLACING

4

OVERALL PLACING

268

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish