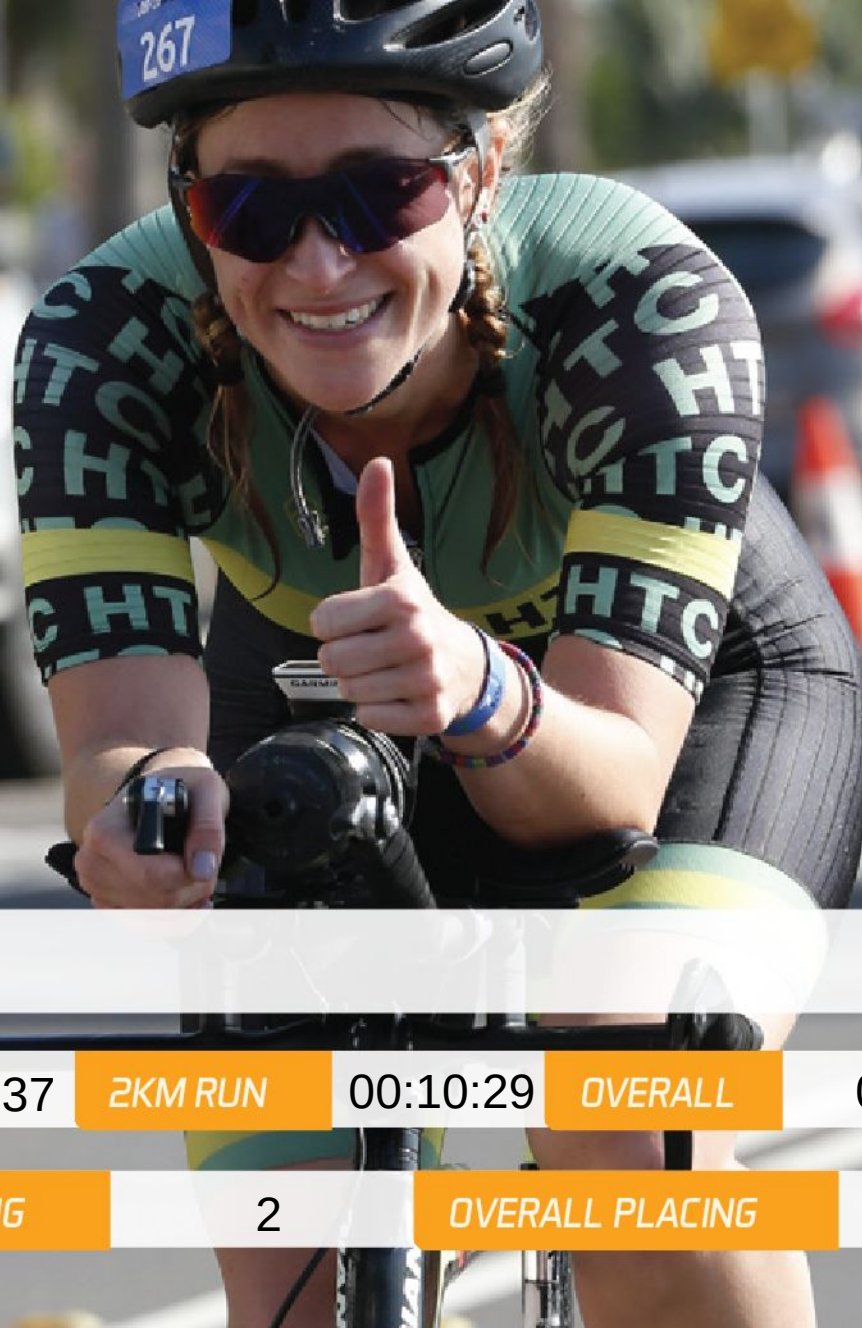




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



TRY A TRI

Matthew HOLM

200M SWIM	00:06:35	10KM BIKE	00:20:37	2KM RUN	00:10:29	OVERALL	00:45:00
CATEGORY	20-29	CATEGORY PLACING	2	OVERALL PLACING	3		

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEVS

Mc
i'm lovin' it™

KIND

soto
everything required

catfish