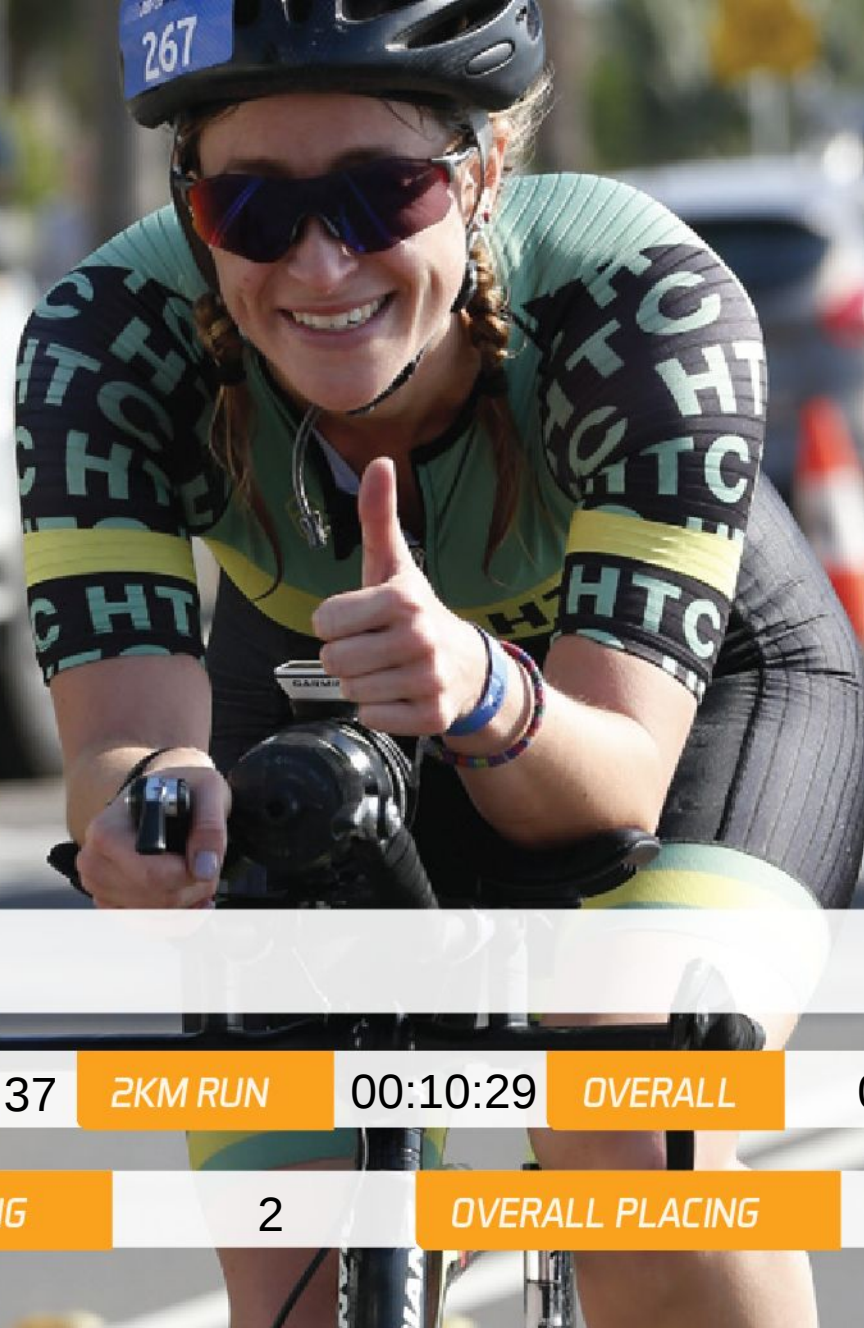




TRI THE GONG

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 is possible

catfish