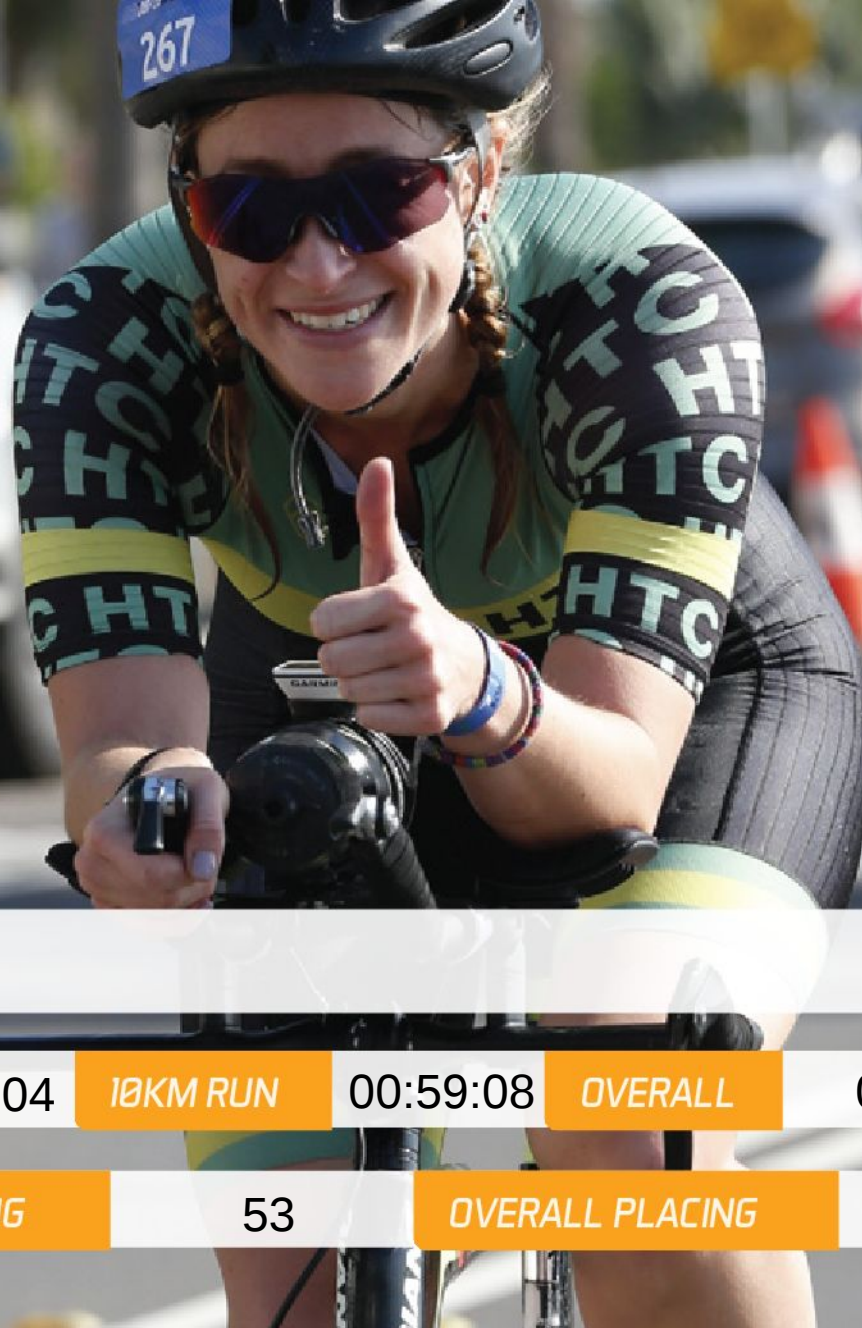




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Matthew SMITH

1.5KM SWIM

00:33:47

40KM BIKE

01:28:04

10KM RUN

00:59:08

OVERALL

03:05:44

CATEGORY

30-34

CATEGORY PLACING

53

OVERALL PLACING

256

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

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soto
Crafting your space

catfish