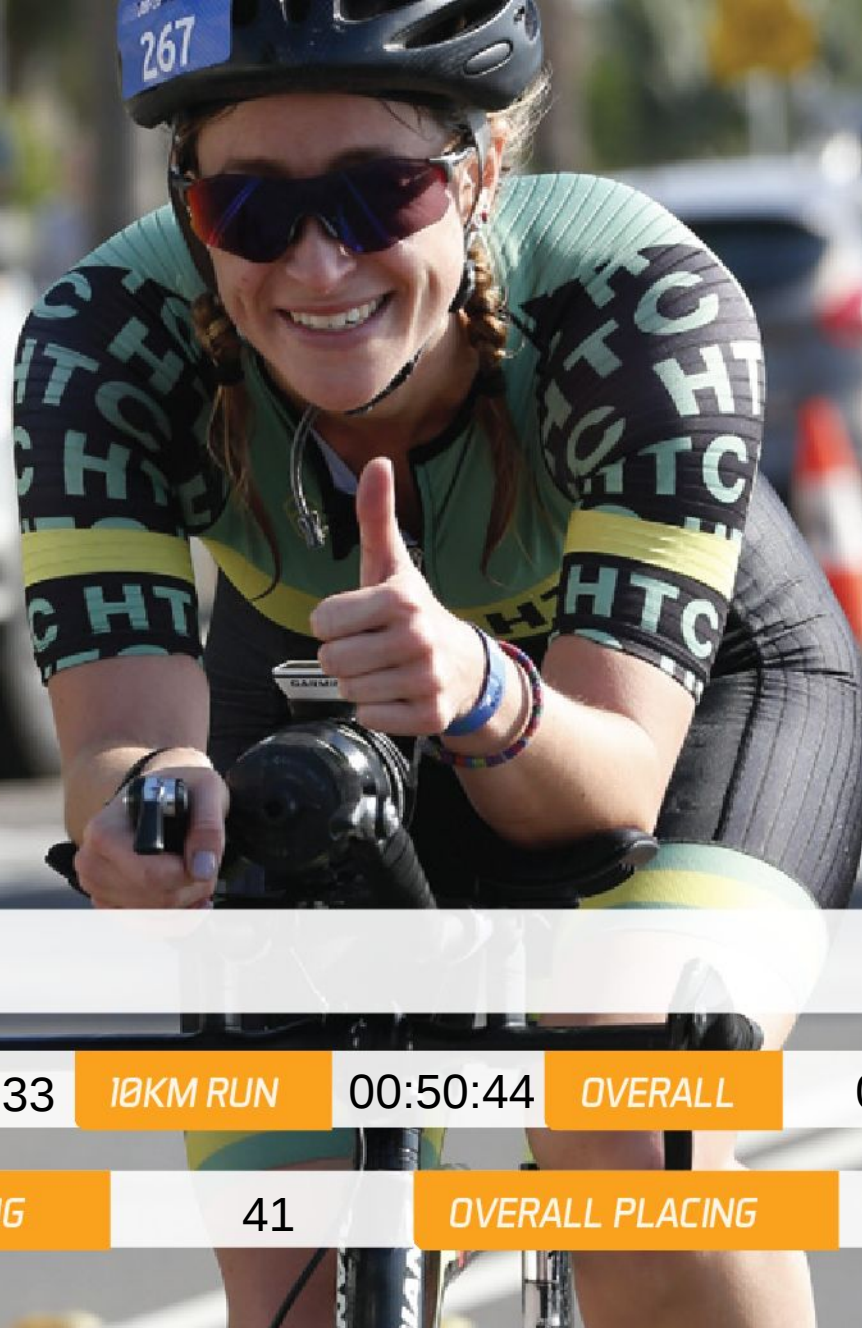




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Matthew SYRON

1.5KM SWIM

00:32:50

40KM BIKE

01:18:33

10KM RUN

00:50:44

OVERALL

02:48:02

CATEGORY

30-34

CATEGORY PLACING

41

OVERALL PLACING

157

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
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catfish