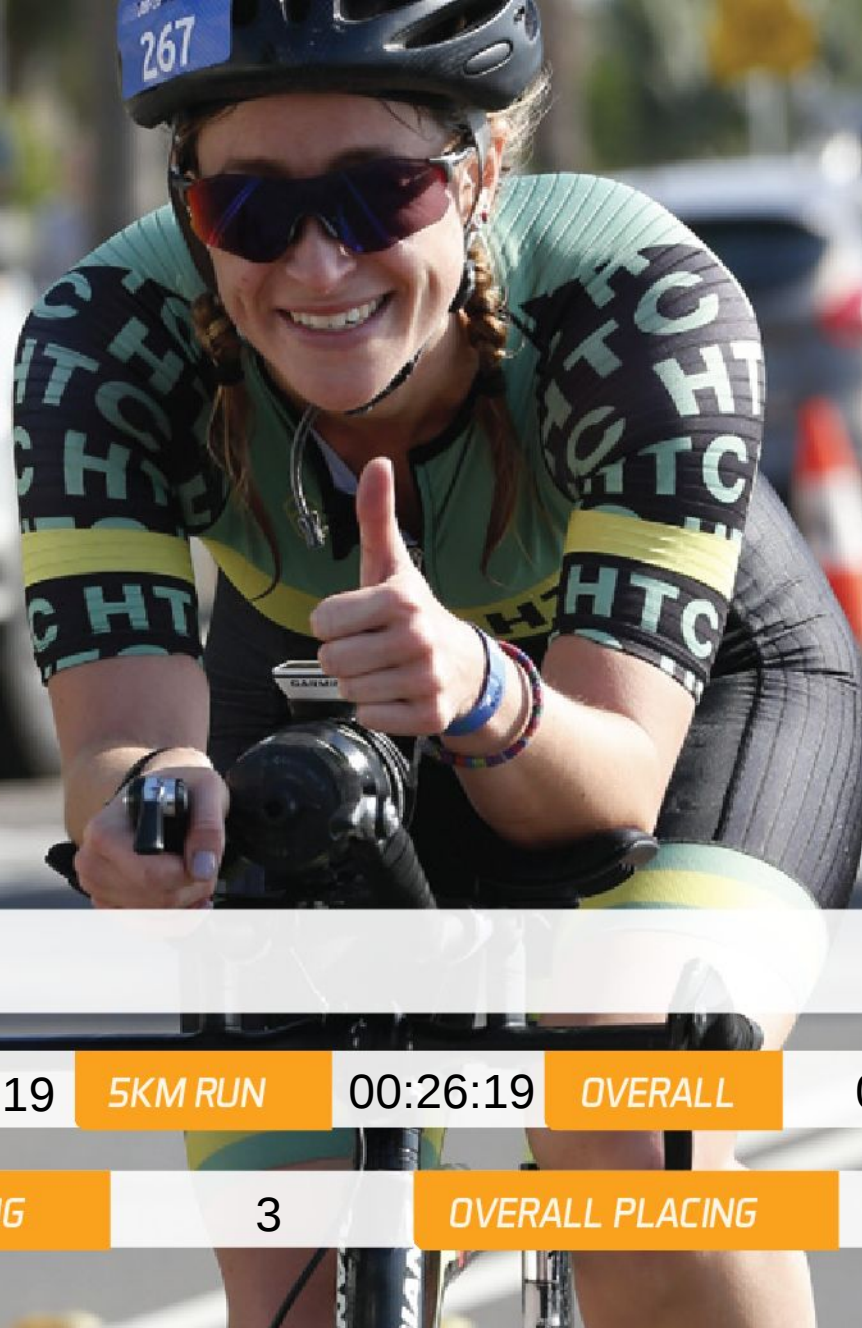




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Matthew BONNY

750M SWIM

00:14:59

20KM BIKE

00:34:19

5KM RUN

00:26:19

OVERALL

01:20:20

CATEGORY

55-59

CATEGORY PLACING

3

OVERALL PLACING

68

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
Coughing required

>>>>>
catfish