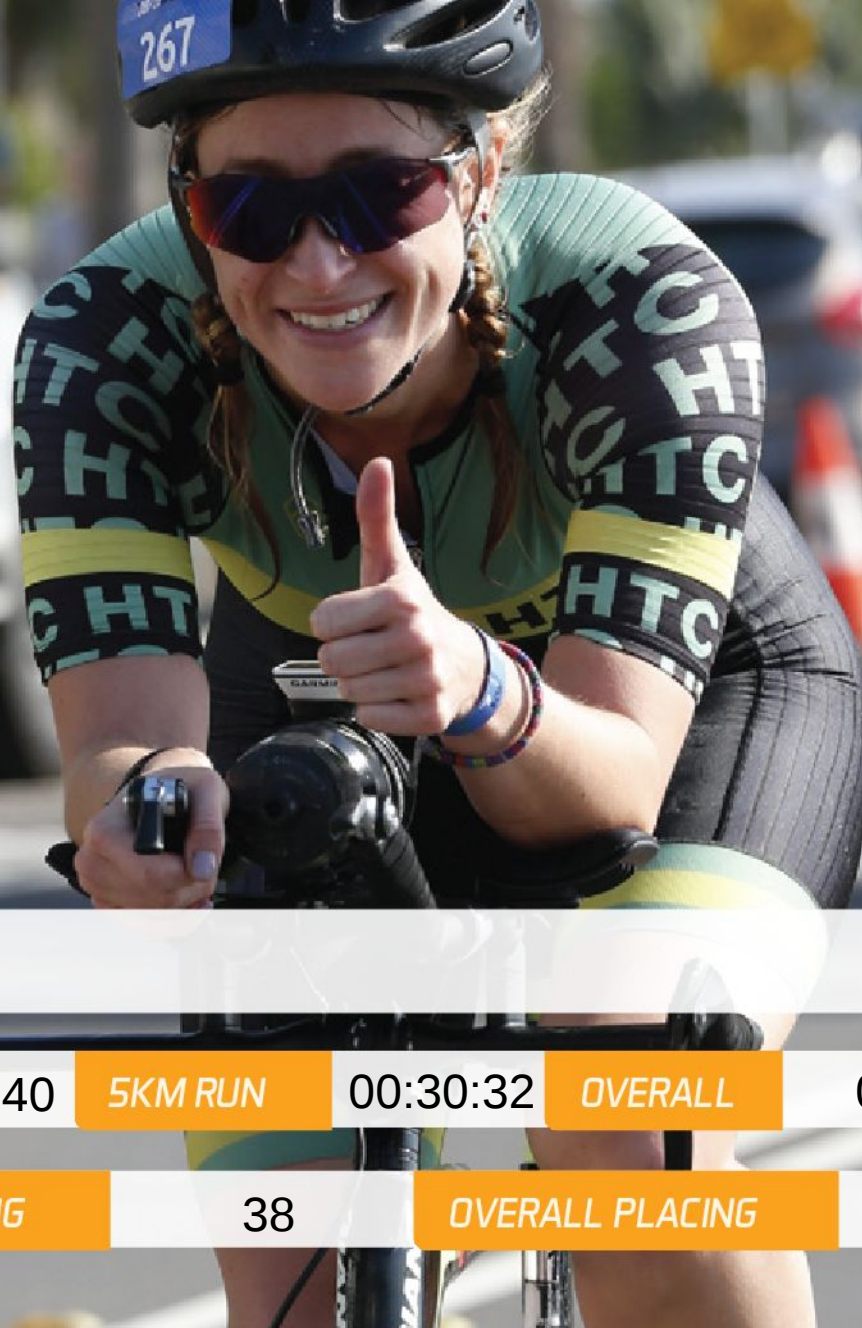




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Matt HOOEY

750M SWIM

00:15:08

20KM BIKE

00:40:40

5KM RUN

00:30:32

OVERALL

01:31:44

CATEGORY

25-29

CATEGORY PLACING

38

OVERALL PLACING

239

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
CRAFTING INSPIRED

catfish