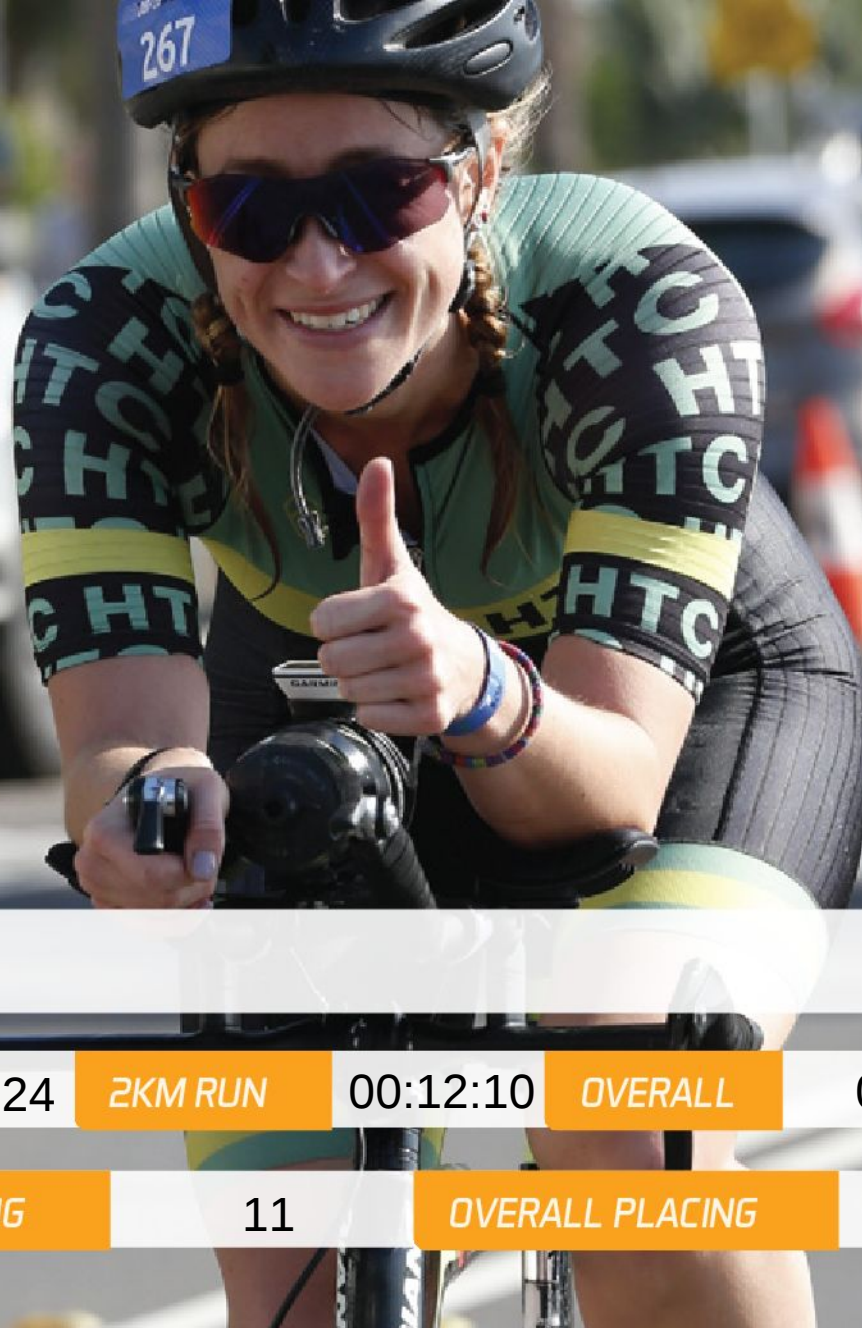




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Jodi VENABLES

200M SWIM	00:05:42	10KM BIKE	00:30:24	2KM RUN	00:12:10	OVERALL	00:56:28
CATEGORY	30-39	CATEGORY PLACING	11	OVERALL PLACING	110		

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

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ZOGGS

EY

PB Traffic
Management

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KIND

soto
sustainable

catfish