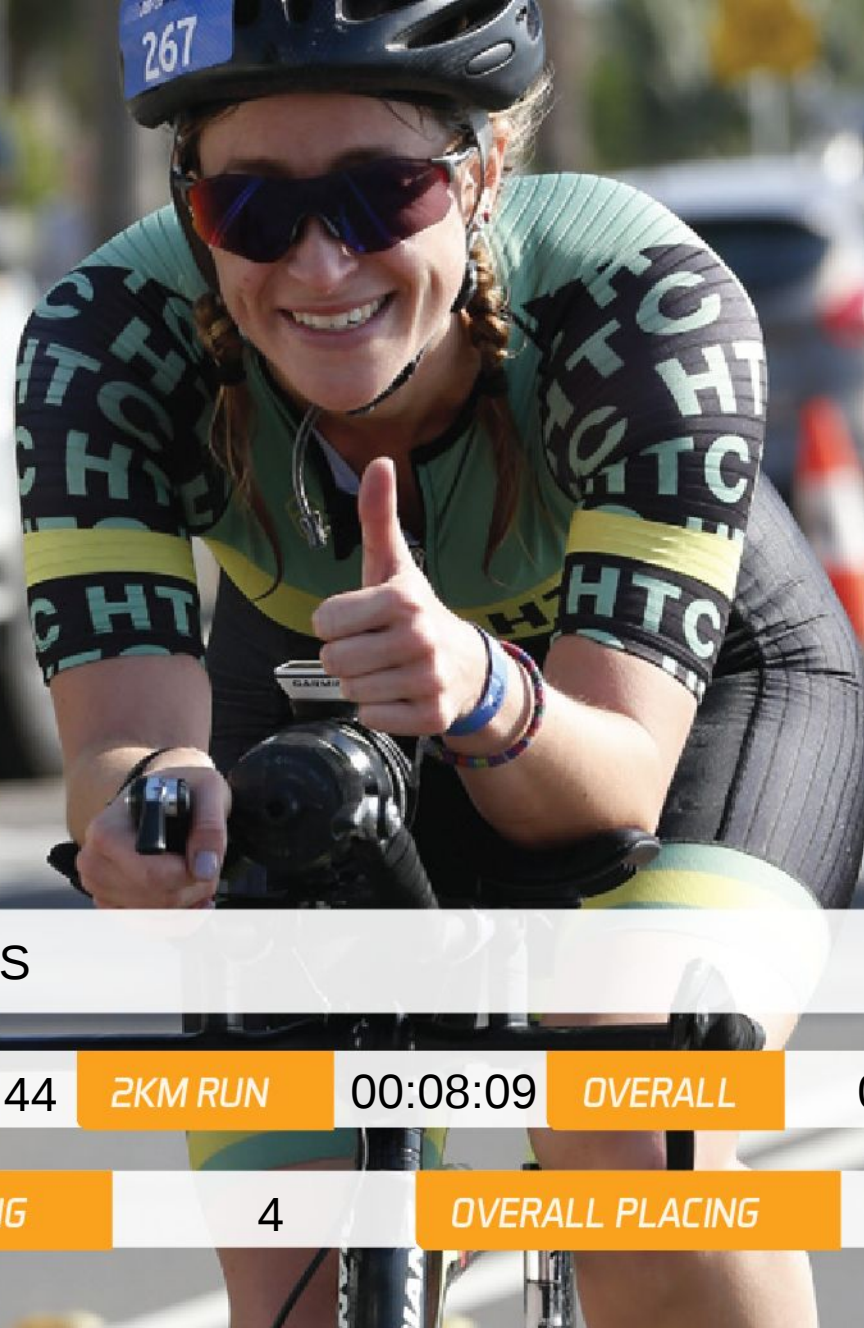




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



## SUPER SPRINT

Jonathan COATES

200M SWIM

00:04:47

10KM BIKE

00:18:44

2KM RUN

00:08:09

OVERALL

00:35:52

CATEGORY

12-13

CATEGORY PLACING

4

OVERALL PLACING

8

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  
sustainable

catfish