



IRONMAN[®]

70.3[®]

SOUTH AFRICA
BUFFALO CITY

AFRICAN TRICLUB CHAMPIONSHIP

FINISHER

John MIDDLEWICK

SWIM	00:10:47	BIKE	02:40:11	RUN	01:32:22	OVERALL	04:30:16
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AGE GROUP	40-44	AGE GROUP RANKING	5	OVERALL RANKING	31
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RACE DIRECTOR,
MICHELE DALTON



DIRECTOR OPERATIONS,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 05 SEPTEMBER 2021