

# IRONMAN<sup>®</sup>

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Natia VAN HEERDEN

SWIM

00:26:43

BIKE

05:13:01

RUN

03:09:39

OVERALL

08:53:31

AGE GROUP

Pro

AGE GROUP  
RANKING

4

OVERALL  
RANKING

20

RACE DIRECTOR,  
MICHELE DALTON



OPERATION DIRECTOR,  
PAUL WOLFF



MANAGING DIRECTOR,  
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021