

IRONMAN®

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Ruth ASTLE

SWIM

00:26:33

BIKE

04:55:49

RUN

03:11:54

OVERALL

08:38:49

AGE GROUP

Pro

AGE GROUP
RANKING

1

OVERALL
RANKING

17

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021