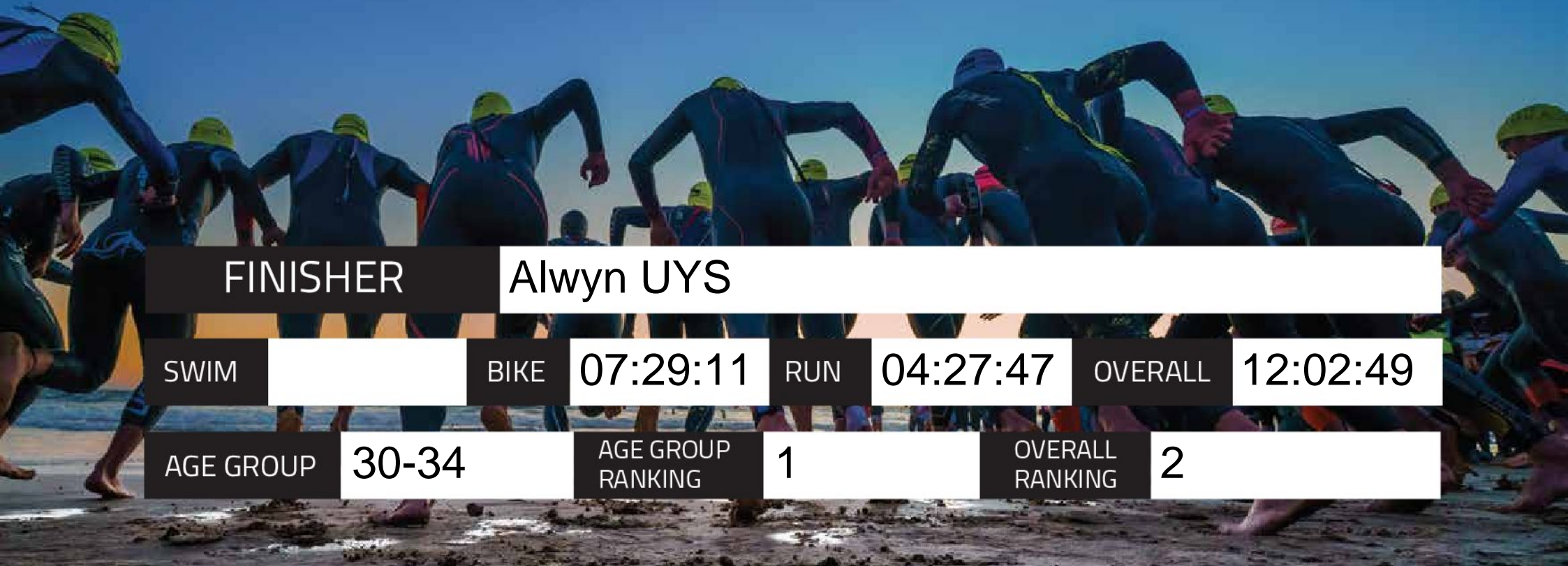


# IRONMAN<sup>®</sup>

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP



FINISHER

Alwyn UYS

SWIM

BIKE

07:29:11

RUN

04:27:47

OVERALL

12:02:49

AGE GROUP

30-34

AGE GROUP  
RANKING

1

OVERALL  
RANKING

2

RACE DIRECTOR,  
MICHELE DALTON

OPERATION DIRECTOR,  
PAUL WOLFF

MANAGING DIRECTOR,  
KEITH BOWLER

SUNDAY, 21 NOVEMBER 2021