

IRONMAN®

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Gareth DIAS

SWIM

00:09:25

BIKE

04:46:31

RUN

03:45:20

OVERALL

08:47:59

AGE GROUP

30-34


AGE GROUP
RANKING

3

OVERALL
RANKING

32

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021