

IRONMAN[®]

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Matthew THOMSON

SWIM

00:10:30

BIKE

05:20:59

RUN

03:45:27

OVERALL

09:24:39

AGE GROUP

30-34

AGE GROUP
RANKING

14

OVERALL
RANKING

71

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021