

# IRONMAN®

nelson mandela bay SOUTH AFRICA  
AFRICAN CHAMPIONSHIP

FINISHER

Jonty LOW

SWIM

00:10:13

BIKE

05:30:41

RUN

04:15:36

OVERALL

10:03:14

AGE GROUP

35-39

AGE GROUP  
RANKING

30

OVERALL  
RANKING

134

RACE DIRECTOR,  
MICHELE DALTON



OPERATION DIRECTOR,  
PAUL WOLFF



MANAGING DIRECTOR,  
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021