

IRONMAN®

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Guy CRICHTON

SWIM

00:10:56

BIKE

05:31:53

RUN

03:56:25

OVERALL

09:49:39

AGE GROUP

40-44

AGE GROUP
RANKING

22

OVERALL
RANKING

110

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021