

IRONMAN®

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Thomas SHAW

SWIM

00:11:42

BIKE

05:02:11

RUN

03:10:40

OVERALL

08:31:21

AGE GROUP

40-44

AGE GROUP
RANKING

2

OVERALL
RANKING

12

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021