

IRONMAN®

nelson mandela bay SOUTH AFRICA
AFRICAN CHAMPIONSHIP

FINISHER

Raynard TISSINK

SWIM

00:09:34

BIKE

04:51:51

RUN

03:12:43

OVERALL

08:21:20

AGE GROUP

45-49

AGE GROUP
RANKING

1

OVERALL
RANKING

8

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021