

IRONMAN®

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

John Gordon JANSEN VAN
NIEUWENHUIZEN

SWIM

00:12:36

BIKE

05:58:17

RUN

04:46:23

OVERALL

11:09:00

AGE GROUP

55-59

AGE GROUP
RANKING

12

OVERALL
RANKING

258

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021