

IRONMAN®

nelson mandela bay SOUTH AFRICA
AFRICAN CHAMPIONSHIP

FINISHER

Connor EMENY

SWIM

00:13:14

BIKE

06:33:42

RUN

04:58:28

OVERALL

11:55:33

AGE GROUP

25-29

AGE GROUP
RANKING

31

OVERALL
RANKING

371

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021