

IRONMAN®

nelson mandela bay SOUTH AFRICA
AFRICAN CHAMPIONSHIP

FINISHER

Sophie COOKSON

SWIM

00:16:12

BIKE

06:17:31

RUN

04:44:30

OVERALL

11:26:04

AGE GROUP

30-34

AGE GROUP
RANKING

4

OVERALL
RANKING

291

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021