

**MANDELA DAY**  
**MARATHON**  
TRIUMPH OF THE **HUMAN SPIRIT**



**T R I A T H L O N**

**CONGRATULATIONS**

Jean-Paul  
**BURGER**

**on completing the**  
Long Walk Triathlon

**in a time of**

**01:46:14**

**Swim**

00:15:56

**Cycle**

00:55:23

**Run**

00:33:54

