

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



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

**CONGRATULATIONS**

Herculaas Jacobus

**CRONJE**

**on completing the**  
Long Walk Triathlon

**in a time of**

**01:55:30**

**Swim**

00:17:46

**Cycle**

00:58:17

**Run**

00:37:21

