

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



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

**CONGRATULATIONS**

Rudolf

**NAUDE**

**on completing the**  
Long Walk Triathlon

**in a time of**

**01:49:42**

**Swim**

00:16:01

**Cycle**

00:56:29

**Run**

00:35:52

