

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



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

**CONGRATULATIONS**

Mhlengi

GWALA

**on completing the**  
Long Walk Triathlon

**in a time of**

**02:11:45**

**Swim**

00:18:31

**Cycle**

01:12:06

**Run**

00:40:09

