

Toughest race yet

It's one of the toughest races in the world - but the Comrades Marathon in South Africa has been conquered by Liss adventurer Ben Southall.

Ben is halfway through an epic journey through Africa, during which he intends to climb the five highest peaks on the continent and run five marathons.

The 87-kilometre Comrades event was the most daunting task of all.

Its difficulty was compounded by the fact that Ben had been unable to do any serious training as he drove thousands of miles to get there.

But he completed the course in a time of ten hours, 20 minutes and 49 seconds.

Writing on his website, Ben said: "I saw this as being the toughest of all the running challenges, as it covered twice the distance of anything I'd ever taken on before, and with its 'Big Five' hills is known as 'The Ultimate Human Race'.

"It certainly proved to be, starting at 5.30am in total darkness.

"The advice I had been given was to take the first half as easily as you can - so I did until about the 35-kilometre mark when cramp set in, my knees felt sore and I doubted if I'd make the halfway point.

"After scoffing down some salt-covered oranges, potatoes and a magne-

By **Graham Langton**

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sium supplement, things started to improve.

"With ten kilometres to go I faced the biggest of the five hills, and together with everyone else did a mixture of walking and jogging to the summit.

"After a quick interview with South African TV, it was a seven-kilometre run to the finish.

"As I sprinted over the line I had time to take a photo of myself, collect my medals and head for a well-earned beer in the International Entrants' tent."

Ben now has his sights set on the fifth challenge of the Afritrex expedition - the Knysna marathon, also in South Africa, in three weeks' time.

More details can be found on the website www.afritrex.com.



Departing Brown Owl Ru with the Liss Brownie pa

Brown O

LISS Brownies have said fa one Brown Owl - and welco new one.

Ruth Novak said goodbye party which was attended b Brownies past and present.

She was presented with o including a Trefoil vase, ga ornaments and bird feeders.

Her place will be taken by Steph Pinhorn, who has be Rainbow leader and Brown



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