

Barnstone and the Comrades Marathon – The Ultimate Human Race

Barnstone people are not known for turning down challenges; whether these hurdles appear in the face of delivering exceptional work for our clients, or in living life to its fullest extent through their various interests outside of the workplace. It will come as no surprise then to hear that no less than 5 of the Barnstone team have qualified to participate in what is known as “The Ultimate Human Race” – The Comrades Marathon.

The Comrades Marathon is one of the world's oldest and largest ultra marathons; run over a distance of approximately 90 km between the capital of the Kwazulu-Natal Province of South Africa, Pietermaritzburg, and the coastal city of Durban. The constitution of the race states that one of its primary aims is to "celebrate mankind's spirit over adversity". Each of the Barnstone Comrades entrants, Jacques Mulder, Lizelle Pauw, Justin Webster, Kennedy Tembo and Iain Campbell has different reasons for running. However, all will no doubt relish the mental and physical challenges that lie in path of conquering 90 Km’s of running through the “Valley of a Thousand Hills”, down to Durban.

The Barnstone Runners



b a r n s t o n e



Jacques Mulder is the most “experienced” runner in the group with 7 Comrades medals under his belt. Jacques is looking forward to the big race after a fair period away from Comrades. He is hoping to put pressure on the “less experienced” team members and restore some of his former running glory.

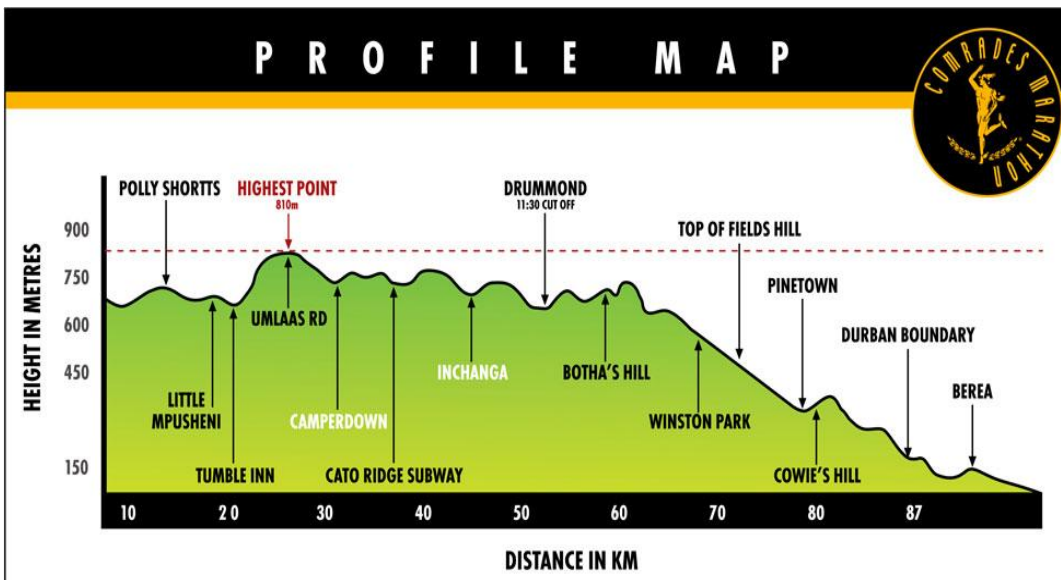
Lizelle Pauw is a novice qualifier for the Comrades and 2010 is to be her first attempt at this event. Lizelle has completed the Iron Man and various other ultras. Sadly, at the time of writing, Lizelle’s race is in doubt due to a stress fracture in her upper leg.

Kennedy Tembo (Right) is the star athlete in the Barnstone Team and most likely to get under the 9 hour mark. Kennedy has 3 Comrades medals & usually runs for the Ebenezer Children’s home charity. **Iain Campbell** (Left) is running his second Comrades after a long day on the road in 2007. Iain needs to improve his time if he intends beating the family record set by his wife Sarah in last year’s event.

Justin Webster is a novice Comrades runner in this year’s event but recently stormed his way through the Iron Man in April. Justin is looking at an ambitious finishing time of under 9 hours and could be a threat to Kennedy, Barnstone’s current running king.

Barnstone wishes the Comrades runners all the very best on 30 May 2010

The Comrades Marathon was run for the first time on 24 May 1921 (Empire Day), and with the exception of a break during World War II, it has been run every year since.



The 2010 event will be the 85th running of the race.

