

LIFELINE SOUT



MISSION

• A nationally healthy South Africa

VISION

• Promotional health services
• Protection of Human Rights, through
• preventative and responsive

VALUES

Integrity
Diversity
Pension
INTEGRITY



LIFELINE SOUTH AFRICA

(Programs & Services)



Example Of A Comrade Marathon Pamplet

Tom Cottrell

Example Of A Comrade Marathon Pamlet:

Princeton Alumni Weekly ,1914 The Academy ,1896 The Christian Advocate ,1926 American Agriculturist ,1925 **The United States Army and Navy Journal and Gazette of the Regular and Volunteer Forces** ,1899

Comrades Marathon - The Ultimate Human Race John Cameron-Dow,2012-09-27 It is the world's largest and oldest ultramarathon race It is a festival celebrating the triumph of human spirit over adversity It has a camaraderie that enables ordinary mortals to overcome human fragility and perform beyond their wildest expectations In the words of Comrades marvel Bruce Fordyce this race can inspire ordinary people to do extraordinary things and it brings out the best in all of us This race has a power to transform to inspire and to motivate unlike any other The official Comrades Marathon The Ultimate Human Race begins in 1921 and chronologically describes every race in detail up to 2010's commemorative 85th event All the legends are here in their full Comrades glory and human frailty Arthur Newton Hardy Ballington Wally Hayward Jackie Mekler Alan Robb Frith van der Merwe Bruce Fordyce and others But there is also deeply affectionate and admiring coverage of the backmarkers the ones often called the real Comrades runners those ordinary people behind the front runners This meticulously researched account will certainly inspire all types of athletes but more than that it will evoke a sense of wonder at what body and mind can achieve in pursuit of extreme challenge The heartbreak and heart stopping moments are documented alongside the countless successes and triumphs as well as a rich collection of humorous and quirky anecdotes from Comrades lore An updated history of the Comrades Marathon is long overdue and author John Cameron Dow is uniquely qualified to write about this remarkable athletic event he holds a prized green number mark of a ten time Comrades medallist *Comrades Marathon Yearbook* Tom Cottrell,1996 *The New York Times Saturday Review of Books and Art* ,1968 **Comrades Marathon Yearbook** Tom Cottrell,Ian Laxton,Fordyce,Larry Lombaard,1998 Celebrating the last Comrades Marathon with race statistics training information and an interview with the winner this annual publication nevertheless devotes space to the race's history from its small beginnings in the 1920s *Comrades* Bruce Fordyce,1985

In Your Stride Steve. Camp,Brad Morgan,2022-03-02 The Comrades Marathon John Cameron-Dow,2011
Comrades ,2001 *Comrades Sucs* Dave McGlew,1991 *Comrades Marathon* Tom Cottrell,2023 **The Comrades Marathon Story** Morris Alexander,1985 Comrades Marathon ,1992 *Bruce Fordyce* John Cameron-Dow,2001 **The Comrades Marathon Story** Morris Alexander,Douglas Alexander,1966 *The Bus Driver* Modiba Lazarus Malebana,2021

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