

Local people rally round UK-based fund-raiser

UNITED Kingdom-based Ben Southall has travelled extensively throughout Southern Africa in the last decade.

He's now involved in a fund-raising mission. He has visited about 18 African countries and has 12 or so more to go. He is on a mission to raise funds for three charity organisations, two in Africa and the other in England.

The challenge in-

cludes running five marathons in five different countries and climbing five of the highest peaks in Africa.

The Herald caught up with him last Friday, just days after running his first Comrades Marathon, an up run from Durban to Pietermaritzburg.

"That, to me, was one of the best things I have ever done in my life. Yes,

of course it was inexplicably gruelling and at times hurt like hell, but the sheer mental satisfaction of challenging yourself over 87kms or 10 hours, 20 minutes and coming out victorious cannot be surpassed," he said.

What is interesting, though, is the support Ben received from locals during his 10 day break on the South Coast before hitting the road to continue with his adventure.

The 10 days were

spent with his friends, Brian and Nicolene Taylor, from Port Edward.

He said that the South Coast's laid-back lifestyle and its friendly people will make him a regular visitor to the area. He said he had a really great time in Port Edward with the Taylors.

Bruce Barnes, owner of Port Shepstone Tiger Wheel and Tyre, was another local who gave Ben tremendous

encouragement to continue with his journey.

He had his Land Rover fitted with brand new tyres last Friday, before hitting the road again.

Mr Southall's target was to raise £30 000, £10 000 for each charity, by the end of his remarkable journey.

The good news is that he has already hit that target, with many countries still to visit.

He hopes to be home by Christmas Day.

South Coast Herald, June 27, 2008



Local support: Ben Southall (right), has his Land Rover fitted with brand new tyres at Tiger Wheel and Tyre in Port Shepstone. With him is staff member, Michael Nicholas.

P1110397nh