**THE COMRADES MARATHON**

2019 will see the 94th running of the Comrades Marathon which is popularly regarded as the greatest road race in the world. Run over a gruelling 90km course, the race alternates annually between the Up and Down run between Durban and Pietermaritzburg. Founded in 1923 by Vic Clapham as a tribute to fallen Comrades of the first World War, the race has grown from humble beginnings to now over 20 000 participants. This unique race is now written into the folklore of the world ultra- distance running. Being part of it is an unforgettable experience.

**BARRY HOLLAND – COMRADES LEGEND**

Barry Holland holds the record for the most medals in the history of the Comrades Marathon. With a first medal in 1973, he has completed the race consecutively over the last 46 years. Over his Comrades career he has earned 22 silver medals (under 7:30) with a personal best of 6:29 on the Down run and 6:34 on the Up run. Barry has spoken and written extensively on distance running and the Comrades Marathon. His book, The Barry Holland Story, is a must read for all Comrades Runners.

**BRUCE FORDYCE – COMRADES LEGEND**

Bruce Fordyce is widely considered as the greatest Comrades runner of all time. He won the race nine times which is four more than anyone else in history. In the 1980’s Bruce dominated the Comrades and World Ultra distance running and simultaneously held the Up and Down records. Known for his educated approach to training and nutrition, he was the master tactician, often waiting for the last few kilometers to strike. Bruce has spoken on the Comrades and distance running all over the world and is the author of several books.