

Annetjie Lourens

Subject: FW: Lisa Marsden: March News



Jambo (hello) everyone

Its 06:30 am, 28th February, with my back to the starting line, I'm staring up in awe at **Africa's tallest mountain**. As if on queue, she's bearing her snow capped soul to all those gathered below her.

I'm standing amongst 1200 enthusiastic runners at the start of the **2010 Kilimanjaro Half Marathon!** Held annually in the small farming town of Moshi in northern Tanzania, the race attracts a variety of runners of all shapes and sizes, from older "tourist runners" wanting to compete the Africa leg of running a marathon on each continent, to many keen locals. However, it's the large band of Elite East African athletes that's given me goose bumps - as for those who know me, athletics is one of my absolute passions and I never would have dreamt of lining up alongside such a star studded field. Prime athletes aside, we are all there with one goal in common - to run Kili.



THANK YOU to John & Debbie Addison who together with their Wild Frontiers team and in conjunction with the Kilimanjaro Marathon Club and Athletics Tanzania who ran an absolutely outstanding event. The only IAAF approved marathon in Tanzania, and one of few in East Africa, the marathon has become an icon on the international running calendar. To all my new running friends, what a great time we had and here's to Kili 2011. **And for those who thought I went all that way to run a race.....wait till next month to find out what I did next!**

Kwaheri (goodbye in Swahili)

So what's it like and how did I do?

For my debut half marathon (international of course) nothing prepared me for the brutality of Mkweya Road! The ½ marathon begins after the full marathon and joins on the second half of the marathon route, the scenic but rather challenging section towards the mountain (10 km's up-hill) and back again.

The atmosphere was electrifying, with roads lined by many locals all coaxing you on and festive water points appearing just at the right time. 805th in a time of 2h34 got me my medal which is I must admit, is still being worn at dinner parties!



KILIMANJARO FACT FILE:

- * At 5,895 mt, Kili is the tallest mountain in Africa.
- * The Tanzanite stone is only found in the town of Kilimanjaro and no where else in the world.
- * For full race results: www.kilimanjaromathon.com
- * Race highlights will be broadcast on Super Sport towards the end of March.

GORILLA FACT NEWS:

- * Mubare is now a poultry four gorillas having lost Malyka to the Habinyanja group. I'm back to my gorillas at the end of April! Can't wait, it's been ages.

** All pictures copyright Lisa Marsden*


Lisa Marsden
www.xasafaris.com



[unsubscribe](#) [subscribe](#) [forward](#)

powered by [GraphicMail](#)

This mailing system may only be used for sending permission based email.
If you did not give permission to receive emails from this sender, Please notify us.

This email was sent to limar@iafrica.com by limar@iafrica.com | [Read our Privacy Policy](#)

XA! African Wildlife Safaris - 399, Cape Town, 605 Doverhurst, Dover Road, Sea Point, Cape Town, , 8000, South Africa

_____ NOD32 4930 (20100309) Information _____

This message was checked by NOD32 antivirus system.
<http://www.eset.com>