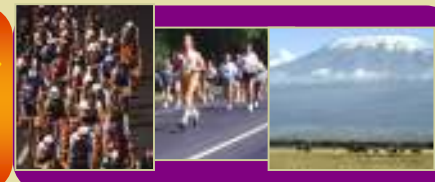


# Endurance Athletes from all over South Africa will participate in the Quarter century Challenge to do FIVE daring events IN ONE YEAR!



Midmar, Dusi,

## “Millennium Big 5 Challenge 2025”



Cape Town Cycle Tour, Comrades, Mt. Kilimanjaro

### Launch List Attendees and Guests 14<sup>th</sup> September 2023

#### Names

Graeme Fraser  
Veldra Fraser  
Tony Deering  
Ronwynne Fourie  
Terence Parkin  
Bulelwa Madikane  
Nomsa Madikane  
Chad Ho  
Natasha Panzera  
Andy Birkett  
Matt Fenn  
Josh Fenn  
Rob Rudman  
Margie Rudman  
Hein van Rooyen

#### Representing

BIG5Co director, 2000 Challenger/Coordinator, Organiser  
BIG5Co director, wife to Graeme  
2000 Challenger  
St John Organisation  
Midmar 2000 Winner; Silver Olympics, 29 gold medals *plus*  
SASL Interpreter to Terence  
SASL Interpreter to Terence  
Midmar 7 times winner, Olympian, World Champ 10 mile  
Midmar - 7 times winner  
Dusi Champion 13 wins; World Marathon Champion 2022  
Canoeing U23 World Marathon Champion [current]  
World Surfski Champion [current]  
National team 'downhill' cycling, Owner CycloPro PE  
School Receptionist PE  
Sprinhbok Canoeist, Owner Carbonology

#### Names

Luthando Fatyi  
Rowyn James  
Nick Bester  
Jan van Eden  
'Sticks' Stiglingh  
Razaan Plaatjies  
Vuyokazi Nkanjeni  
Eugene Coetzee  
Sebastian Dech  
Bruce Campbell  
Tracey Campbell  
Nicky Grobler  
Daron Mann  
Candice+Piet v/d Walt  
Steve Lampbrecht

#### Representing

Cycle Nat. Colours Downhill, Cape Epic *plus*  
Comrades - Race Director  
Comrades Win +9 Golds, Ultraman colors  
Nedbank Running PE  
Pres - EP Athletics Union  
PE Express  
Herald  
Herald Cameraman  
Ironman  
AspireLiveFit, cyclist  
AspireLiveFit, cyclist  
Canoeing, Secretary of BWB\* club  
Radio DJ  
Printing Business Knysna  
Runner / Cyclist

\*Blue Water Bay