



Summit Vision

by

Graeme Fraser

*10 Lessons from the
Millennium Big 5 Challenge*

- * Dusi Canoe Marathon
- * Midmar Mile
- * Cape Town Cycle Tour
- * The Comrades
- * Mt. Kilimanjaro

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Millennium Big 5

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Front Cover, from Left to right - Andrew Walsh, Gina Blunt,
guide "Chombo", Graeme Fraser and guide "David".

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About the Author

Graeme Fraser BA LLB LLM HDip Tax [Witwatersrand University], Corporate lawyer (for 43 years) who worked for corporate law firms Deneys Reitz and was a partner at Hofmeyr Van der Merwe; legal advisor for Santam Bank, Finans Bank and Nedbank who also acted as sole practitioner for over a decade and now lives and works with his wife Veldra. Graeme conceived, co-ordinated and completed the Nashua Millennium Big 5 Challenge in the year 2000.

Foreword by Veldra Fraser

I thank the Lord God Almighty and Jesus the Saviour for my husband, Graeme. Reading his book "Summit Vision" Graeme's seamless inter-active side and his ability to sustain a competitive advantage is emphasized. It is by no stretch of the imagination to say that Graeme is **very** calculative, his ability to make accurate observations with skill for creating an interest and thoroughly seeing a matter through are particularly prominent - in fact, even outside the Millennium Big 5 Challenge frame! I would say this book is an excellent reading book as opposed to a coffee table paperback. In conclusion, Graeme's affable nature leaves the reader in thorough enjoyment of his humorous side..

The title "Summit Vision"

Outstanding coaches, in order to goad enthusiasm constantly review not only the basics of sport but also the athlete's humble beginnings. Any good athlete who executes the fundamentals of sport consistently, well knows that continuous practise is a major requirement in order to succeed. Athletes do not allow themselves boredom or impatience with the fitness regime, therefore attitude is significant however so is "altitude". And, this is where the title "Summit Vision" was birthed, within the scope of four of South Africa's toughest endurance races culminating in the ultimate No. 5 endurance event, successfully summiting Mt. Kilimanjaro - all in one year. The athletes were required to continually refine the basics of their sport, maintain their skills and practise more advanced skills - but it all narrowed down to the last compulsory event, keeping tabs "on the altitude at the top" how their thinking and support propelled them forward for each event - to know and maintain a "Summit Vision" [1 Peter 1:12].

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Book Title by Veldra Fraser

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About the Millennium Nashua Big 5 Challenge 2000 -

" The Nashua Millennium Big 5 Challenge memories are still vivid in my mind's eye. Actually that competition was where my passion for Adventure Racing started as it exposed me to other sporting disciplines than canoeing which was my focus at that time."

Martin Dreyer - 2023

".....I have a lot to thank you for creating an awesome Challenge in 2000, it was a life-changer for me!"

Andrew Walsh (CEO – CuAL) - 2023

"Whatever the outcome, the Millennium challenge has a certain attractive quality. I have a feeling this is an event that will still be around at the end of the next century."

Bruce Fordyce - 1999

About Mt. Kilimanjaro

"It is a hard day out and everyone who climbs Kilimanjaro feels that they have really accomplished something special.."

Peter Hillary (Son of Sir Edmund Hillary)...2023

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