**South Africa Distance Running Tour 2013**

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On the 13th of July, 2013 me and 14 other boys my age and 3 adults including my coach went on a distance running tour to South Africa for Westlake boys’ high school for 3 weeks. It was an amazing experience as we did and saw so many extraordinary things that you can’t find in NZ. When we went to S.A. we stayed in Cape Town first and spent 6 days there. In Cape Town we went to Robben Island where Mandela spent most of his years in prison. We also went to the top of Table Mountain where we could see all over Cape Town. Cape Town was a lovely experience, but we sadly had to move on to Johannesburg where we spent 7 days. In Johannesburg we went to Gold reef city amusement park and Sun City Water Park, which was full of adrenaline and excitement. We also went to a cultural village to learn about all the different South African cultures. Half our time in Johannesburg we stayed in tents where there was rhinos and wild dogs etc, which was quite scary but cool. Our first race was a 6km club race which was in the middle of Soweto, where all around us were shanty towns. The Africans were super-fast and pretty hard to beat. Johannesburg wasn’t as beautiful as Cape Town, but it was a great experience. But we had to be on our way and we headed off to Marloth and Kruger Park where we saw all the wild animals from zebras to lions. It was not like the zoo, they were out in the wild with no cages. We stayed there for 5 days and they were one of the most exciting 5 days of the trip, but sadly 5 days went fast and we had to be on our way back to Johannesburg where we spent our last days in South Africa. When we got back we had a 10km in Johannesburg where we raced more fast Africans and also talked to them. After the amazing experience we headed back to boring New Zealand.

