

# Push the limits



## No food, no fire, no challenges, no camera crews; could you survive?

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WHAT happens when you take 10 people and drop them off on an island in the South Pacific and have them survive without any modern conveniences or external help and with only limited tools to help them?

"It's been done before, in countless episodes of *Survivor*," I hear the reality show fans say, but this time it is different: no cameras, no reward challenges, no millions at the end.

In fact, all monies raised by the *Life To The Limit* challenge goes to charity.

Rather than competing against

**snip**

Every participant will be writing a diary which will be collected every three days and logged on to the website [www.lifetothelimit.co.za](http://www.lifetothelimit.co.za)

each other, the participants will have to pull together in order to survive the month.

The brainchild of Hucnu Soisona, *Life To The Limit* takes place from the April 1 to May 1, with 10 ordinary people from Norway, Canada and South Africa taking part in the challenge, including Soisona.

But "ordinary" is not really the right term for the participants, as anyone who volunteers to subject themselves to this kind of physical and mental challenge, is anything but ordinary.

With just over a week to go before they start this adventure, I caught up with Investec private banker Jonothan Marcus (pictured).

In suit and tie, he hardly looks like the sort who would give up his BlackBerry, let alone all the comforts of home. But behind the tie, there is a whole lot of a adventure to Marcus.

An endurance athlete, Marcus has participated in various disciplines from mountain biking to road running and has completed the Comrades Marathon.

He is also a reservist in the SA Police, donating time and energy to helping his community, something he believes strongly in.

The 10 have to have raised funding through sponsorship for both the costs of the project and their individual charities. Marcus will be supporting The Chaeeli Campaign, which aims to mobilise the minds and bodies of children with disabilities.

Each participant was given an aspect of the island to prepare for and Marcus has been studying the fauna, in terms of the dangers and the culinary possibilities.

In order to get comfortable with the possibility of handling snakes, spiders and lizards, Marcus paid a visit to the reptile breeding facility Reptilians, where he got up close with some of the rather more terrifying inmates.

Next, he took to shooting "training videos" of him eating bugs and worms which he posted on his Facebook site, as a way of garnering support and donations.

"I think they are quite entertaining – there is one video where I have six bugs crawling out of my mouth," he says.

"My mother keeps asking which woman is going to want to kiss me after this. But the reality is, I am probably going to have to eat worms and crickets to keep myself going."

Marcus is well aware of the challenges he faces and over coffee described the mixed bundle of nerves, excitement and fears that he is facing, but believes in his mental strength sustaining him for the 30 days.

"I do want to learn and gain a practical knowledge of being able to survive," he says.

"I also want to learn more about myself. Although I am comfortable with where I am and where I am going, I still want to do more for my country and my community."

### WHAT'S IN JONO MARCUS'S FIVE-LITRE BACKPACK?

- |                   |                     |
|-------------------|---------------------|
| Knife             | Tabard              |
| Fishing equipment | Suncream            |
| Mozzie net        | Nylon rope          |
| (vacuum sealed)   | Nails               |
| Flint             | Duct tape           |
|                   | ...but no chocolate |