

**C**ARL LIEBENBERG WAS diagnosed with cancer in 1998 and after undergoing nine months of chemotherapy and two rounds of abdominal surgery, he is now cancer-free.

One of his defining memories during the process was a short run along Cape Town's beachfront. It was summer and having the strength to run again felt incredible and he was thankful to be alive.

Exercising had been an every day part of his life for many years but he says he had taken it for granted. He started running at age 12 and swam for Northern Transvaal at school. He always loved running and was later introduced to triathlons and completed many including the Durban Ultra Distance Triathlon in 1991.

He realised how privileged he had been and decided to help others who had been diagnosed with cancer. In 2002 he started a non-profit organisation People Living With Cancer ([www.plwc.org.za](http://www.plwc.org.za)) with fellow survivor Linda Greeff.

'I wanted to provide people with "Buddies" who had been through the learning curve already to help answer questions and provide useful information. I want to give people hope and help them realise they wouldn't necessarily die from the disease.'

He says many people from disadvantaged areas do not want to talk openly about their diagnosis because some think it is associated with HIV/AIDS. His organisation aims to create a safe environment where people can get information and assistance.

The organisation has six branches throughout South Africa and a call centre (0860 ASK NOW – 0860 275 669) has been set up. Thousands of patients have already been helped to cope with their ordeal.

**THE BUDDY**  
**Carl**  
**Liebenberg**

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Photograph by JAMES GARAGHTY

**CHALLENGE**

After being clear of cancer for 10 years, he ran the New York Marathon in 2008 to celebrate being alive. He has always wanted to run the Comrades Marathon and will be clear for 12 years by the time this year's race comes along.

His biggest challenge will be sticking to the routine and doing the mileage. 'I run a private equity and corporate finance business and so I travel a lot,

**FULL OF LIFE**

Carl Liebenberg is running Comrades to realise a personal goal and raise money for people diagnosed with cancer.

I have a family and I am involved in the charity. Getting the time to go for a run, when you've been in 12 hours of meetings all day is a challenge. But if it wasn't a challenge it wouldn't be worth doing, right?'

