

The First person in History to run the entire length of “The Great Wall of China” in Both Directions

David Grier, has pushed himself to explore the limits of the human mind and body.

He has been on an extreme global journey of 25-000 km, 12 years of searching for personal change in order to deliver a meaningful contribution to the South African story.

David Grier

The Author,
*Inspirational
speaker,*
Extreme
adventurer,
*Celebratory
Chef.*





The Author

David has written 4 Adventure books
Courage and rice – China run
Hope in Thyme – South African Run
Burnt Vanilla – Madagascar Run
Lost and Found – India Run.

Cooking books

Cobb cooking – Out door cooking
Real meal Revolution – LCHF diet
“Best seller in SA”

The Adventurer

David has run

Great Wall of China

(Both ways)

Coast of South Africa

Paddled to Madagascar

Run length Madagascar

length of India

The United Kingdom

length of Ireland

Length of Cuba

Length of Thailand

A total of 25 000 km



“*Courage* doesn't
always roar.
Sometimes courage
is the quiet voice at
the end of the day
saying, *I will try
again tomorrow*”





South African **Chef of year**
finalist 3 years.

Top 100 restaurant in SA

David has appeared in
numerous **TV cooking shows**

David has written 3 Cooking
books

Food consultant

Created his own **food art**

David returned from a **four month solo** adventure, creating another **world first**, where **he paddled 500km from Africa** to Madagascar across the Mozambique Channel and then ran the entire length of the island from south to north a distance of **2700km.**



David ran
from the most
northern temple
in Kashmir India
to the most
southern Temple
in Kanyakumari
a distance of
4008km in 93
days
Another First



The inspiration

For some *change* seems to be *out of reach*, just to be alive is a tormented curse.

As an individual I have found the missing piece to my *life's puzzle*.

I have found the purpose behind change. This has come in the form of *making a difference in the lives* of those around me.





The inspirational speaker

For the past 12 years David has been on the international speaking Circuit, sharing his **inspirational story of CHANGE** across the globe inspiring the staff of **top global blue chip companies**.

He has spoken in

Thailand, China, The Uk, Kazakhstan, South Africa, Germany, Austria, Dubai, Tanzania, India, Denmark



These journeys have taught me the **importance of change**. In a way I think that its most important ingredient to life that I have had to come to terms with, the realisation that everything and everyone around us is evolving ,changing at such a rapid rate. In order to keep pace, one has to have the ability to evolve with it.

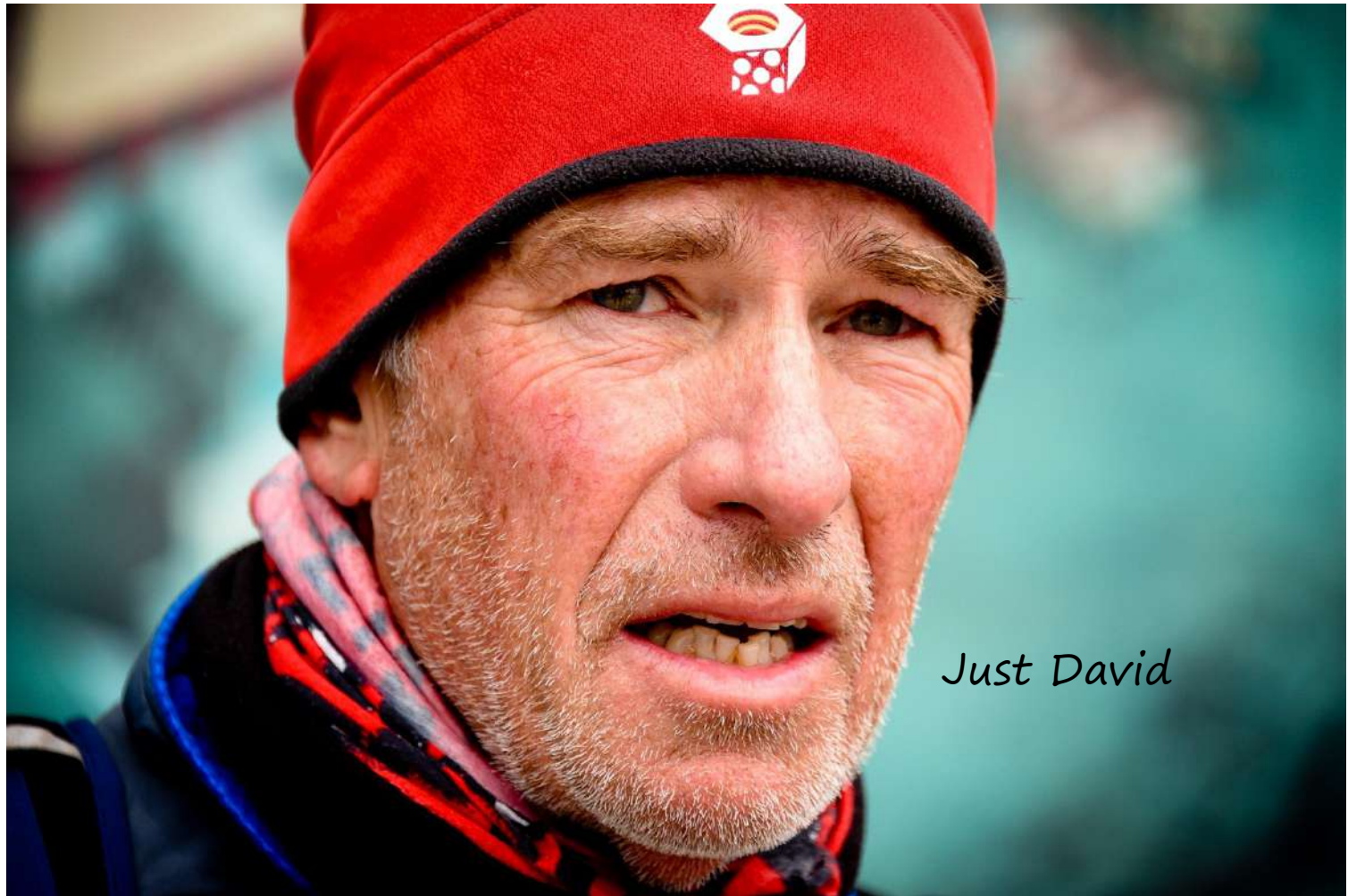
To Change

“I believe that **change on its own is not enough**, one also needs to feel an inherent sense of hope in the future that this process will bring. I have found that **hope comes in the form of a reward** when there has been significant change.



There is also a bigger picture –
the context in which we live, influenced by us, our attitudes and the changes we make, however small it may be, but...
Then comes our biggest test, the courage to turn around and
“challenge change”





Just David