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DAILY SUN

CHARNE WARMS UP FOR SEASON!

Charne Bosman
Photo by
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Top runner targets win in city marathon

By CHARLES BALOYI

FORMER Comrades Marathon champion Charne Bosman will headline the Bestmed 42,2km race at Tuks Stadium in Tshwane on Saturday.

The 42-year-old, who runs in the colours of the Nedbank Running Club, will use the marathon to warm up for the Old Mutual Two Oceans Marathon next month and the Comrades in June.

The 42,2km route has been added to the 10km and 21,1km races that were already part of the annual event.

SA's 400m hurdles sensation LJ van Zyl will also take part in the 10km run as part of his preparations for the Commonwealth Games in Gold Coast, Australia, in April.

The starter's gun for the 42,2km will go off at 6am, the 21,2km race starts at 6.30am and the 10km casual runners will hit the road 30 minutes later.

Prominent runners who have taken part in this popular race include Desmond Mokgobu, Stephen Mokoka, Tabitha Tsatsa and Sikhumbuzo Seme.

Thousands of runners are expected to line up in the streets of

Tshwane at the weekend for the eagerly awaited race.

Fresh from winning the Johnson Crane Hire marathon in a time of 2:54:59 in Benoni last week, Bosman hopes to finish in two hours and 52 minutes.

She trains at the Tuks' High Performance Centre (HPC) and hopes to use that to her advantage on race day.

Bosman said: "I do a lot of training at the HPC and Tuks, so it is like a home away from home for me. I believe I can achieve anything that I set my mind to.

"I'm confident I can win this marathon. I'd like to be the first female runner across the finish line."

Bosman is determined to run a good time and says the marathon will allow her to gauge her readiness ahead of the Comrades.

"Sometimes you run a faster time than you expect to. I have run races where I've expected to get a fast time but then they turned into a battle for survival."



the boy

