

# Evergreen Bosman sets her sights on recapturing Comrades title

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CHARNE Bosman has set her sights on reclaiming the Comrades Marathon title in June – starting the year on a positive note by winning the Johnson Crane Hire marathon in Benoni in a time of 2:54.59 last month.

Bosman will continue with her preparations when she lines up for the Bestmed Tuks marathon at the University of Pretoria on Saturday.

The 42 year old is not planning on slowing down anytime soon. She wants to reclaim the crown from reigning champion Camille Herron.

Bosman also clocked an impressive time of 1 hour 20 minutes in a half marathon this year, proving she's still got a lot of speed to count on.

"I might be 42 but it feels like I am 30. Age is not a handicap. I believe I still can achieve anything I set my mind to," Bosman said.

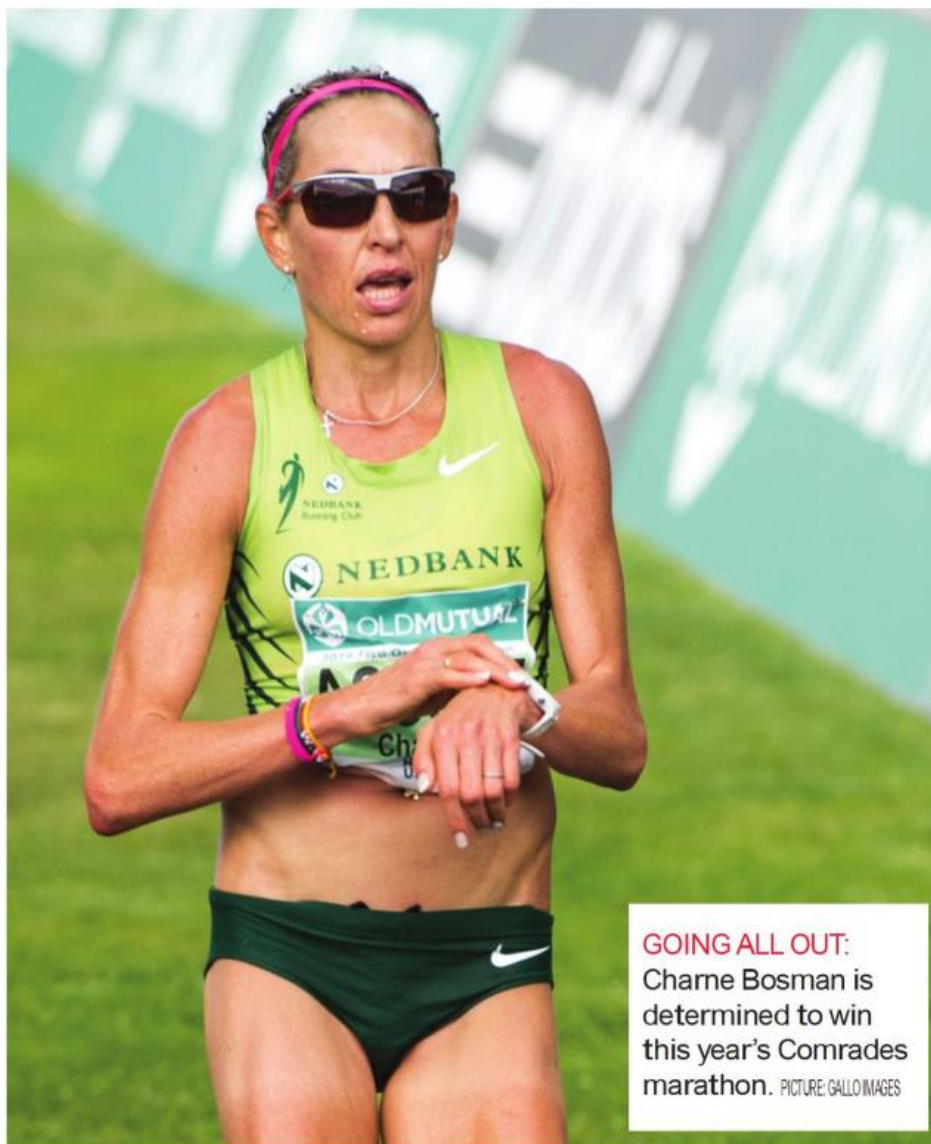
Her plan is to finish the Bestmed marathon in a time of 2 hours and 52 minutes to improve on her time in the Johnson Crane marathon.

"Sometimes you run a faster time than you expected. But the opposite is also true. I have run races where I expected to run a fast time but it turned into a battle of survival."

Bosman views the Bestmed marathon as her stomping ground. "I do a lot of my training at the HPC and Tuks, so it is like a home away from home."

She considers her participation as the hard training necessary for the build up to the Comrades.

"In the past, I used to do most of my training on my own which at times gets



**GOING ALL OUT:**  
Charne Bosman is determined to win this year's Comrades marathon. PICTURE: GALLO IMAGES

to be difficult.

"The good thing about training with the Kenyans is that they create a sort of check and balance for me.

"On a day when I need to be fast they make sure I do so even if it means they have to gang up on me. The same goes for when I need to recover."

Meanwhile, the Comrades Marathon

organisers have confirmed that the substitution process will open at the end of March until April 25.

This means runners who were unable to enter the race during the official period will have an opportunity to still be part of the ultra-marathon on June 10 via the substitution process.

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