



# 'Tuks marathon hilly and tough'

Runners say the route was good training for upcoming races

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RUNNERS have described the newly introduced 42km marathon route at the Bestmed Tuks race as a hilly and tough course.

Stephen Mokoka and Charne Bosman, who both won the men's and women's race said the route was good training for upcoming races like the Old Mutual Two Oceans and Comrades Marathon.

This year saw the race organisers introduced the marathon in Pretoria for the first time, but many runners who took part said this was one of the toughest races they have done this year.

The race was also part of the Comrades and Two Oceans qualifiers.

"The route is hilly, it is a tough course," Mokoka who won it in 2 hours 32 minutes and two seconds said.

"But a lot of people are running in Gauteng especially in Pretoria and I think it is a good advantage for them so that they can get a qualifier for the Two Oceans and Comrades."

While the incentive of winning the marathon was only R3 000, Mokoka was pleased with his pace as he feels this is a good preparation for other events to come in the year.

"It is not good money I wish they can get a sponsorship so the race can grow more and get the prize money to go up.

"It is a tough course and for me it is training runs, so it's fine as long as I can get water on the road and people cheering on me so I can get my 42km done I'm happy."

Bosman also admitted that the route was tough but that this has been good preparation for her Comrades in June as she plans to defend her down run title.

"It is my training ground and I knew it was going to be quite tough," Bosman said.

"But Comrades is not a flat route so this is a nice training route for that. I really enjoyed it, it was well organised and I will be coming back next year."

Bosman said her plan was to run under three hours and was pleased that she won it in two hours 50 minutes and 52 seconds.

"I'm just happy I achieved under three hours. I'm feeling good. This is good preparation and I'm on track for Comrades this year."

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**GREAT PREP:** Bestmed Tuks winner Stephen Mokoka says it will help him in the Two Oceans.

PICTURE: GALLO IMAGES

