

Mokoka and Bosman the winners in Tuks marathon

There seems to be no stopping Pretoria's Stephan Mokoka in local races at the moment.

On Saturday he won the inaugural Bestmed Tuks Marathon (2:32:02).

The previous weekend he won the Bronkhorstspuit 32km.

Mokoka, who competes in the colours of the Boxer club these days, claims he was not racing to win.

He considers his performances as just proper hard training runs in the build-up to the IAAF Half-marathon Championships in Valencia (24 March).

"The goal I set myself at the World Championships is to improve on my best time of 1:04:40," he said shortly after Saturday's race.

Mokoka's ultimate goal is to be able to run a 2:05:00 marathon at the 2020 Olympic Games in Tokyo. His current best time is 2:07:40.

He is confident about improving his time by more than two minutes over the next three years.

Sikhumbuzo Seme (KPMG) finished second in the Bestmed Tuks Marathon running 2:33:47 with the evergreen veteran, Shadrock Hoff (Maxed Elite) third in 2:38:08.

Charné Bosman from Nedbank Racing Club was true to her word.

She won the women's marathon in 2:50:57 – in a time two minutes faster than she had predicted.

The former Comrades champion who is being assisted by the HPC ascribes her performance to be able to stick to her game plan.

"I purposely started off slightly conservative as I wanted to be able to

accelerate towards the end of the race. It worked.

"Over the first few kilometres, my race pace was about 4 minutes and 8 seconds per kilometre, and I ended up running at 3 minutes 50 seconds pace over the last kilometres.

"To be able to do so proves that the training I am doing is starting to pay dividends especially considering that the Bestmed Tuks Marathon is not an easy run," said Bosman after the race.

She praised the organisers of the Bestmed Tuks-events saying it was well organised.

Ann Ashworth (Massmart) came second in 3:09:48.



Stephan Mokoka in action in the Bestmed Tuks marathon.