



Charne favourite to win Two Oceans

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DESPITE focusing on defending her down run title at the Comrades in June, Charne Bosman is favoured to win the Old Mutual Two Oceans marathon in Cape Town on Saturday.

Bosman has been preparing for the ultra marathon in KwaZulu-Natal Comrades by competing in marathons as part of her training.

And in two of the marathons she ran, Johnson Crane Hire and BestMed Tuks, she won both in impressive times.

“My main focus is to defend my title in June at the Comrades and if I can do a top five position at the Two Oceans I will be satisfied,” Bosman said.

“But if I feel good on the day, I will run the best I can,” she said.

While she said that a Two Oceans/Comrades Marathon double is possible this year, Bosman said she won't be going all out to emulate rival Caroline Wostmann who did the double in 2015.

“The good thing is that the time between Two Oceans and Comrades is long enough so there is enough time to recover. “You just need to take a rest after Two Oceans and I have also been in a lot of other races and they are all part of my training.

“I think I can win both the Two Oceans and the Comrades, that's what Caroline Wostmann showed a few years back, so that gives me a lot of courage

to do that.”

“I think a top five time will be around 3.48 and the winning time will be around 3.37 or 3.38, but we will see what will happen.

“Once again, I will run my own race. I think it is important to know your actual strengths and not to start too fast and try to finish strongly at the end.”

Meanwhile, Rene Kalmer used the Spar Ladies 10km challenge last week to prepare for the Two Oceans' half marathon.

“Last year I had to follow the race on TV with my new-born Karli, and this year I'm aiming for another top 10 finish.”

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