

All-star line-up for Two Oceans

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WITH the Comrades coming three months after the Old Mutual Two Oceans marathon, many elite runners have decided to run both this year.

In the past, many preferred not to run both as they were regarded as too close to each on the calendar.

But despite the Two Oceans taking place on Saturday and the Comrades on June 10, many have decided to compete in the Cape Town event, regarded as the world's most scenic ultra marathon venue.

In the men's ultra, it will be a battle between defending champion Lungile Gongqa and former winners David Gatebe, Lebenya Nkoka, Ludwick Mamabolo and Mike Fokoroni.

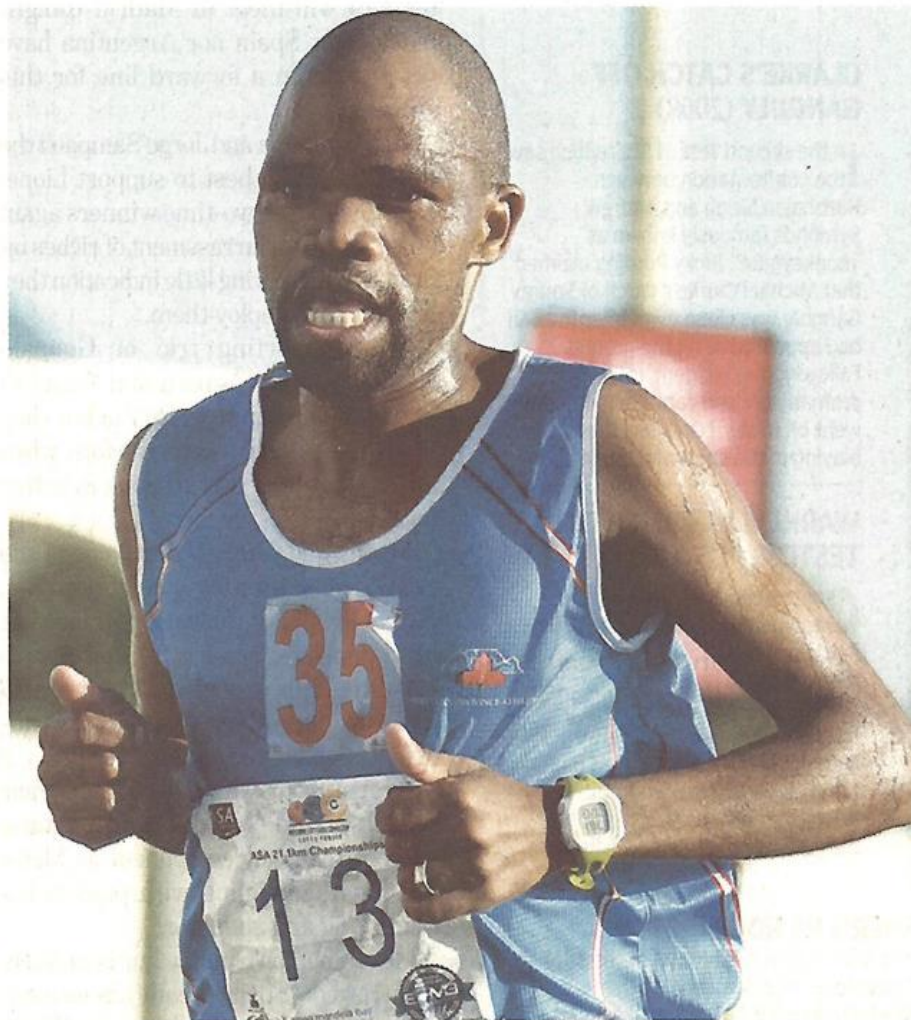
Zimbabwean international Fokoroni says he is in better shape than last year and sounds hopeful he will reclaim the title.

"I ran a marathon on February 11 to test my fitness and I won that race in 2 hours 21 minutes, so that tells a lot about my fitness," Fokoroni said.

"I'm confident that I will run the Two Oceans better than last year. I will fight hard to win.

"I did all the necessary programmes involving hill work and speed levels and I'm ready to win it."

The ultra marathon will also see a strong women's field battling it out for the top spot. Caroline Wöstmann is back from injury and she will be looking to make her return with a convincing victory.



CONTENDER: Lungile Gongqa during the ASA Half Marathon Championships in Port Elizabeth, South Africa. PICTURE: GALLO IMAGES

But she will come up against Charne Bosman who has already won the Johnson Crane Hire and BestMed Tuks marathons.

Bosman is one of the favourites to walk away with the title if her form is anything to go by.

Jenna Challenor and Tanith Maxwell, who were on the podium last year, will also be in the running for the title.

Other exciting additions to the line-up include Dominika Stelmach from Poland and US runner Lindsey Scherf.

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