



BOSMAN FIT AND FRESH!

Running queen eyes second Comrades win



By CHARLES BALOYI

THERE'S a saying that says, a change is as good as a holiday!

That seems to be the case for former Comrades Marathon champion Charne Bosman.

Bosman left road running powerhouse Nedbank in December to sign a new contract with Murray and Roberts.

She has also teamed up with renowned marathon coach Lindsey Parry and changed her training programme.

Bosman (43) has hit the ground running for new yellow-and-black running club.

The running queen continued from where she left off last year when she defended her title at the Johnson Crane Hire Marathon in Benoni last week.

The prominent road runner says there's still more to come from her this year.

She has her sights set on the Two Oceans Marathon taking place in Cape Town April, and the big one – the Comrades Marathon – in June.

Bosman said: "Joining a new club feels like a breath of fresh air. It was not easy leaving Nedbank, but it was time to close an old chapter and start on a new journey. This change feels like a holiday on the beach, somewhere in the Caribbean."

In 2016, Bosman ran her best time and went on to win her maiden Comrades title.

She hopes to go on and claim her second Comrades title in KwaZulu-Natal on 9 June.

"I ran a good time in 2009 and produced another exciting time in 2019. Maybe, this is a good omen for me to win my second Comrades," she said.

"I just have to take good care of myself, train well, listen to my coach and believe that this will be my year to achieve great things on the road."

Bosman, who trains at the High Performance Centre at the University of Pretoria, says her focus from now on is the two big upcoming races.

Bosman added: "I want to cut down the smaller races to focus on the big ones."

SA top runner Charne Bosman has now teamed up with renowned coach, Lindsey Parry.

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