

Bosman hopes to see the women unite for challenge

Elite runner and 2017 SPAR Women's Challenge brand ambassador Charné Bosman, is encouraging Pretoria's women to unite on 5 August for the 2017 SPAR Women's Challenge.

Bosman said she had been participating in the Pretoria SPAR Women's Challenge since 1997 and since then the race had become very special to her personally.

She said she believed the same could be said for the other 25 000 women who take part every year.

"I watched this race grow from just around 1 000 participants to over 25 000 ladies. It is great to see so many ladies participating in this race every year," she said.

This year's race theme #BetterTogether is a call action to everyone taking part to be united and to find strength and support in one another.

Bosman said this theme was really resonating with the Pretoria community.

"We are much stronger when we stand together. It makes life so much easier if you have someone that can do things with you," said Bosman.

It is this sense of camaraderie that she feels has contributed to the fact that many women have taken up running all year round after being part of a SPAR Women's Challenge race.

Bosman explained as a race brand ambassador she was given a platform to promote women's running – a cause that

was very close to her heart.

"I feel so privileged to be one of the race brand ambassadors. SPAR has always supported me and gave me a platform.

"After winning the Comrades in 2016, I noticed so many ladies in my community started running.

"It is incredibly inspiring to see the ladies running in the mornings and so I want to inspire more ladies out there to start running. It keeps you healthy and it makes you feel great about yourself."

This year, Bosman took third place at the Comrades marathon – an achievement she says really underlines the better together message.

"I am very happy with my third place. I did not feel great on race day. I wanted to stop around 20km into the race but the support along the road was just amazing. I could not have done it without that support.

"My third place belongs to all the people who supported me. "I gave it my best, and I am still proud to be the first South African lady to finish the Comrades."

She is now extending the same support and motivation that she received at the Comrades to her fellow Pretoria runners.

"I want to ask every lady to invite someone to participate in the race – together!"



Charné Bosman took third place at the Comrades marathon this year.