

Charné Bosman looks ready for Two Oceans ultra-race

Charné Bosman (Nedbank), runner-up in last year's Comrades, has decided to run only one marathon as part of her preparation leading up to the Two Oceans Ultra-race.

She competed in the Johnson Crane marathon in Benoni last Sunday, which she won in a solid time of 2:48:52.

"My aim was always to run a time of about 2 hours 48 minutes. The plan was to start out at about 4 minutes per kilometre and then try to finish strongly," said Bosman who is also sponsored by the hpc.

Bosman's training seems to be on track because she finished third (37:15) in the George Claassen 10km race two weeks ago.

"At the moment, I focus mainly on speed-work and on getting stronger by running short steep climbs.

At this stage, I also do a lot of long slow distance runs. I have been working with Candice Attree (biokineticist) in the gym and I can honestly say I have benefitted from it," she said.



Charné Bosman won the Johnson Crane marathon in Benoni last Sunday, in preparation for the Two Oceans ultra marathon. Photo: Reg Caldecott

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