

Marathon winner mentoring young runner

This year, SPAR is encouraging all race participants to count their blessings and to recognise how much we all have to be grateful for. Taking stock of everything you have to be grateful for can be very liberating and empowering – which is exactly what the SPAR Women's Challenge is all about.

The concept of gratitude has some very powerful connotations of paying it forward. In this spirit SPAR North Rand announced a special mentorship programme at the announcement of this year's challenge to be part of this year's race campaign.

As one of the race ambassadors, top runner and 2016 Comrades Marathon winner, Charné Bosman will be mentoring a young, up and coming, but underprivileged runner.

The young runner whom Bosman will be taking under wing is Lungile Christina Ngomane (17), a grade 10 pupil at Hans Kekana High School, in Hammanskraal.

As a single parent, Ngomane's mother works tirelessly to provide for Ngomane and her younger sister. Unfortunately recent circumstances have resulted in Ngomane having to stop running and competing in races in spite of doing very well.

She competed as part of the Athletics Gauteng North team on numerous occasions.

Currently, Ngomane is doing everything in her power to pass grade 10 and walks several kilometres every Saturday to attend extra classes.

Speaking at the official race launch dur-

ing which the mentorship programme was announced, Bosman explained that mentorships like this are so important for the upliftment of female runners and athletes in South Africa.

"This is such a privilege for me and I am so glad that SPAR has decided to move forward with this initiative because I think that as young runner something like this would have meant a lot for me and my future career. I am looking forward to giving 100% to this project and to Ngomane."



Charné Bosman and the 17-year-old Lungile Christina Ngomane with an outfit Ngomane received as part of SPAR's sponsorship of her development programme.

Photo: Reg Caldecott

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