

**BAINSKLOOF ULTRAMARATHON:**  
**ONE TOUGH OLD LADY TO SHAKE HANDS WITH**

**FIRST MAN : JOHAN OOSTHUIZEN (4: 16: 32)**

**FIRST WOMAN : MARTHA PRETORIUS (5: 54: 49)**

**PB POTENTIAL: NOT AN AVERAGE DISTANCE (come back next year to better your Bainskloof-time)**

Bainskloof Pass celebrated her 155<sup>th</sup> birthday by treating the athletes to perfect weather. Rain the day before had us a bit worried, but it stayed away to provide for a perfect sunny springday for the 63 athletes on the 63.3km challenge and the 413 halfmarathon runners and 6k-fun runners.

The spirits were high when the race in this World Heritage Site started at 6 o'clock, and when the athletes approached the highest point of Bainskloof at 15km into the race things couldn't get better. The rain of the previous day provided for fresh fountain water in the mountain...it was like extra waterpoints along the way! After reaching Tweede Tol there was a 9km flat stretch out of the mountain to the turning point. It was after this 31km-turning point that it really became necessary to encourage oneself on the way back. The 7 km climb after Tweede Tol proved the last real tester before the downhill on the way home. Bainskloof is beautiful, but one must dig deep to stay motivated in the mountain as beauty cannot talk to motivate tired runners! This race is a real test for willpower and dedication; it's definitely not your average race.

Johan Oosthuizen started the race looking strong and he proved himself (as last year) a tough opponent. He finished 23 minutes before the second runner, Mervin Steenkamp. In the ladies, Martha Pretorius was the first to finish with a winning time of 5:54:49, 19 minutes before Anne Pool, the second lady.

The half marathonners also had their fair share of Bainskloof by running deep into the pass, and the 6km Buksie run turned at Bovlei Winery at the foot of Bainskloof. The feedback on the race was very positive and athletes agree that it is a most suitable way to celebrate heritage day by running in this World Heritage site!