

Bosman shatters parkrun record 30 June 2012

In a powerful display of front running, Armand Bosman shattered the 5 kilometre Ebotse Links parkrun record by more 2 minutes, finishing in 17 minutes 53 seconds. He was closely followed by Benoni's sub 4 minute miler Scott Harris and impressive youngster Heinrich Kamffer in 3rd. In the lady's section Kerryn Vollmer triumphed ahead of Jo-anne Buchner & Keryn Venter. The run of the day however belonged to Ingrid Wieland who decimated the 70-74 year age category with a stunning time of 33minutes 17 seconds for the beautiful but tough course. (For full results, see

<http://www.parkrun.co.za/ebotse/results/weeklyresults?runSeqNumber=3>)

The Ebotse Links parkrun was honoured to host Benoni's multiple Duzi gold medallist, Mike Steward - shown in picture. Taking time out to enjoy a relaxed run with his young son Liam, Mike proved to be a real parkrun celebrity, having run his first parkrun in the United Kingdom way back in 2005, making him one of South Africa's first parkrunners.

The parkrun at Ebotse links is held every Saturday at 08h00 and is free of charge (walkers welcome). See www.parkrun.co.za for more.