The Suikerbos **Ultra - Runner's** World Magazine
par Runner's World
By Shibe Maruatona. On Saturday 1 April, a day prior to the Suikerbos ultra, I took part in the Mazda Athletic's Club 15km race near Silverton. I started very slowly initially with the ultra in mind the next morning. **...**
Runner's World Magazine - http://www.runnersworld.co.za/