

Hi All

The Magalies Monster 70k Marathon - Placed 2nd

The Magaliesberg farms and Mountain Sanctuary once again hosted the Pronutro Magalies Monster - one of the most technically demanding and challenging marathons on the racing circuit. From 5km in, when Karien van Jaarsveld (Team Nashua) caught me, the race was on for first and second and we pretty much rode neck and neck an entire 65km. Just over the river crossing and up a portage section 19km in Karien managed to get a gap on me, but I soon caught her and up the next climb at 26k I managed to get a gap on her. Exiting the farms onto the Breedts road, she passed me again and I tailed her up Breedts Nek but unfortunately lost the Queen of Mountains prime by a second or two in a sprint over the line. Again I got a gap on her down the long descent to the 4th waterpoint, but within a few km's on the flat road she was back on my wheel. At about 55km I thought I was away for good, but yet again by the last waterpoint she was back in my slip. We literally diced each other through the rocky, technical single-track and adrenaline pumping descents leading into the last 10kms, where we had to weave our way through all the 45k riders. 5k's from the finish, zigzagging our way through some single-track alongside Buffelspoort dam, as Karien passed a half-marathon rider, he switched right (not knowing I was right behind her) and blocked my way, forcing me to clip out and run about 15m up the short pull ahead of us. Karien just put the hammer down at that point and I was done, she was too strong and I couldn't close the gap again over the last 5k's, and had to settle for 2nd position, a minute behind the Nashua rider. Theresa Ralph finished up in third place, ten minutes back, with Laetitia Botha finishing in 4th.

Andrew McLean won the mens, beating Jock Green and Hendrik Kruger into second and third place respectively.

1.	Karien van Jaarsveld (Nashua)	3:59:38
2.	Carla Rowley (RBS Biogen)	4:00:42
3.	Theresa Ralph	4:10:59
4.	Laetitia Botha (Ghost BBT)	4:17:18
5.	Carla Germishuys	4:20:10

This weekend sees the start of the Nissan Series, with the Silver Stream Nissan Marathon taking place in Hazeldean, Pretoria on Saturday.

Until next week.

Happy trails

Carla