

# Celebs take on Sanlam Cape Town Marathon challenge

Joining in the celebration of one of Africa's most prestigious road race, some of the country's well-known personalities are challenging themselves and their friends ahead of the annual Sanlam Cape Town Marathon in September.



With several weeks to go to the second year of this race, organisers are reaching out to everyone, from ordinary citizens to celebrities, and challenging them to take up the task of completing this annual event in the Mother City.

Yegs Ramiah, chief executive of Sanlam Brand, says: " We think it's a unique opportunity for all, to run an IAAF accredited marathon right here on African soil, and what better place to do so than in the picturesque surroundings of the city of Cape Town. We think that Cape Town offers a unique African experience and through word of mouth, this property has the capacity to grow from strength to strength. Running a marathon requires commitment and hard work but also brings with it a sense of achievement which will inspire our runners to return year after year."

With road running experiencing another boom, similar to that which swept the globe in the 1970s, thousands of runners are taking on shorter distance events, such as the Sanlam Cape Town 10km PEACE Run and the Sanlam Cape Town 4.2km Community Fun Run held in conjunction with the Sanlam Cape Town Marathon.

Eager to take their participation a step further, determined individuals are now opting to attempt the 42km endurance feat, and are challenging their loved ones to join them. A number of high-profile personalities have already signed up, including: Andrea du Plessis, Vital Health Foods Nutrition Manager, and nutrition expert on the Expresso Show; Ross Tucker, renowned sports scientist and professor, breaking new ground in his field at the University of Free State School of Medicine; Ishmet Davidson, General Manager News at Media24; Tammy B, ex SA long boarder and stand up paddle boarder and Radio Good Hope Surf Reporter and Siv Ngesi, South African actor and comedian.

The innovative #ChallengeYourself has become one of the most exciting endurance sports initiatives the country has seen, with a positive response received from activations taking place across the Western Cape.

Tucker, who has been running since he was 13 years old and regularly advises athletes on technical aspects of training and racing, will make his marathon debut.

"A group of friends and colleagues were challenging each other to run, and I've studied marathon running my whole life so it was inevitable that I'd accept. And what better race to run a first marathon than Cape Town's race." Anyone who is fit and healthy, Tucker says, can join him on the road, along with thousands of other participants.

"Aside from people with pathology issues preventing them from doing so, I believe anyone can run a marathon. The benefits of exercise are enormous, even for people with these conditions - they just have to be more cautious and prudent about how they tackle it. But the marathon challenge is one anyone can accept and conquer."

The Sanlam Cape Town Marathon has achieved immediate success within one year of its re-launch, becoming the first standard marathon in Africa to earn IAAF Silver Label status, and with thousands more South Africans and foreign participants expected to join the festivities this season, organisers are targeting top-flight IAAF Gold Label status.

Over 12 500 runners from 53 countries took part across all events last year, including 29 elite international athletes, and the bar has been raised with many more runners expected to challenge themselves this year.

The race gives participants an opportunity to experience the heart of Cape Town, and view landmarks and historic sites from a unique perspective. The Sanlam Cape Town Marathon, a running festival which also includes 11km and 22km trail runs, will be held between 19-20 September, 2015.

To find out more about this year's Sanlam Cape Town Marathon, follow [@CTMarathon](#), [#ChallengeYourself](#), [#ChallengeYourFriend](#) initiative, and visit [www.facebook.com/CTMarathon](http://www.facebook.com/CTMarathon).

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