

[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/](http://www.runnersworld.co.za/)