



2018 LICENCE COLLECTIONS

So, the 2018 season is well underway now, with a number of trail and road races already behind us!

KZN Athletics issued 2018 licence numbers early this week and I have collected licence bibs and category tags for all GETFIT AC's members.

Please note that these can be collected from me at any of the following venues in the Highway area:

GETFIT Westville, Buckingham Terrace, Westville

Wednesday 10th January 2018 from 4.30pm to 5.30pm

GETFIT Hillcrest, Oxford Village, Old Main Road, Hillcrest

Thursday 11th January 2018 from 5pm to 6pm

Kearsney Striders Registration, Kearsney College, Botha's Hill

Saturday 13th January 2018 from 2pm to 3.30pm

Umhlanga GETFIT AC members

Please let me know if you would like me to send your licence bibs to Denver Subramany. You can then collect from him at GETFIT Umhlanga.

Gauteng GETFIT AC members

You have two options. I can send your licence bibs to Johannesburg with Brett Edwards on 25th January. You can then collect from him at Wanderers Cricket Stadium, Corlett Drive, Bryanston. Alternatively, you can pay R99 for the bibs to be couriered to you via Postnet.

If you cannot come to one of the above collection points, please contact me and make arrangements to collect from me at a mutually convenient time.

NB: Licence bibs and age category tags will only be issued to members who have paid their membership subs and licence fees in full ... there will be absolutely **no** "take now, pay later" arrangements allowed this year!!

2018 MEMBERSHIP SUBS & ASA LICENCE

Membership subs and ASA licences fees for 2018 are now due.

Subs are R160 per person and ASA licences are R120 each.

We have also introduced a voluntary R70 levy for anyone wishing to help us support our sponsored runners with kit, shoes, race entries, etc. This levy is **totally** voluntary and we fully understand that not everybody is in a position to contribute, and should in no way feel obliged to do so.

So, to summarise, there are two options for subs and licence fees for 2018. They are:

R160 - 2018 subs (no levy)	R230 - 2018 subs (incl levy)
R120 - 2018 ASA licence fee	R120 - 2018 ASA licence fee
R280	R350

Please use your surname and initial as a reference.

The bank details are GETFIT, Standard Bank # 251823768, Kloof branch code 045526.

SEWING ON LICENCE BIBS

Dianne Hart has once again kindly agreed to assist anyone who'd like their licence bibs and/or category tags sewn on to their vests.

If you're interested, please drop your vest off with me and I will take a batch of vests to her once a week.

Please allow at least a week to get vests to/from Dianne and bear this in mind if you have entered races in January.

Dianne will charge the same as last year:

R50 – to sew licence bibs front and back

R20 – to sew category tags front and back

R10 – to unpick your 2017 licence

Please remember to drop the cash off with your vest.

MIXED TIME TRIAL LEAGUE

The 2018 Mixed Time Trial League season kicks off on 24th January with the first fixture to be hosted by Queensburgh Harriers at their clubhouse in Bowker Road, Queensburgh.

This time trial starts a bit later than usual (6.15pm) to allow for increased traffic in the area at rush hour.

Please also remember that every runner will also be registering for the new season beforehand, so please allow more than enough time to get there and register before the time trial.

Men run 8km and Ladies run 4km.

Don't forget that GETFIT AC will be hosting the last fixture of the season in November so we'd love to improve the numbers of GETFIT AC runners at Time Trials this year.

We have new vests in stock.

If anyone is waiting to get their vest, or would like to purchase a new one for 2018 (R220 ea), please contact Ali to make arrangements.

GETFIT ATHLETIC CLUB – RACE INFORMATION



PLEASE “LIKE” THE **GETFIT AC** FACEBOOK PAGE AND VISIT OUR WEBSITE WWW.GETFITAC.CO.ZA FOR INFORMATION ON RACE ENTRIES AND CLUB EVENTS.

RACE ENTRY INFORMATION

Please don't forget that you can find links to some of the upcoming races on our website www.getfitac.co.za (click on Race Info). Online entries for most races close as soon as maximum numbers have been reached so please don't leave it to the last minute to enter popular races!

A full list of KZN road races, Beloved Long Runs and Time Trial fixtures for 2018 are also available on the website.

RUNNING GROUPS IN KZN

Beloved Long Runs has a 15-30km run every Saturday morning. Route details are shared on our Facebook page every Wednesday and the runs usually start at 5am in the summer months. The **HiWay Just Run Group** does a 10km run from Oscars, Hillcrest, every Tuesday and Friday morning at 4.50am. Route info on their Facebook page.

There is a **GETFIT AC Morning Run** every Tuesday and Thursday at 7am along the Durban promenade (10km) from North Beach. Meet outside the Durban Surf Lifesaving Club.

There is also a **GETFIT AC Evening Run** at 5.30pm on Tuesdays from Winston Park garage and on Thursdays from GETFIT Hillcrest. These groups usually run 8-12km run, with options to turn earlier for shorter distances, if you prefer. The pace of both groups is 'average'.

A group from **GETFIT Umhlanga** have started running 5 to 8km twice a week. Meet at the Durban View car park (south end of the promenade) in Umhlanga at 5.30pm on Tuesday and Thursday afternoons if you wish to join them.

Coach **JP Chelin** does a 10km run on Mondays from Virgin Active, Field Centre in Kloof at 4.50am. He also does a 14km run from the Caltex Garage, Winston Park on Wednesdays at 4.30am.

KZN SPORTS CALENDAR – SELECTED RACES/EVENTS ONLY

Road Running Cross Country / Trail Running Beloved Long Runs Non-KZN Races

JANUARY:

Sat 13 0500	BLR: PDAC Route – out and back (25km)	Beloved Long Runs	
Sun 14 0700	Ronnie Davel Memorial (16km)	Hilton Harriers	Laddsworth PS, Hilton
Sat 20 0500	BLR: Hillcrest to Moses Mabhida (18km, 25km, 32km)	Beloved Long Runs	Oxford Village, Hillcrest
Sun 21	Kearsney Striders 21km (21km, 10km)	Kearsney Striders	Kearsney College
Wed 24 1815	Mixed Time Trial League (8km, 4km)	Queensburgh Harriers	Queensburgh Sports Club
Sat 27 0500	BLR: Kloof to Botha's Hill (25km)	Beloved Long Runs	Kloof Superspar, Kloof
Sun 28 0500	PDAC 25km (25km)	PDAC	Watercrest Mall to Lahee Park

FEBRUARY:

Sat 3 0500	BLR: Hillcrest Half Marathon Route (21km)	Beloved Long Runs	Hillcrest Villagers
Sun 4 0500	DG Panel & Paint Challenge (32km, 16km)	Sydenham AC	Barns Road Rugby Grounds
Sat 10 0500	BLR: Kloof to Botha's Hill (25km)	Beloved Long Runs	Kloof Superspar, Kloof
Sun 11 0500	Hillcrest Marathon (42km, 21km)	Hillcrest Villagers AC	Hillcrest Villagers Sports Club
Sat 17 0500	BLR: Westville to Gelofofte and back (25km)	Beloved Long Runs	Westville AC

GETFIT ATHLETIC CLUB COMMITTEE

Denver Subramany (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
Alan Phillips (Vice-Chairman)	(083) 400 2260	alanp@seaboardship.co.za
Sam Gould	(082) 898 2633	gould@scottnet.co.za
Robyn Greyling (Ladies Captain)	(082) 771 3626	carebearsplayland@gmail.com
Shane Greyling (Mens Captain)	(082) 574 6734	littlestrikerssoccer@gmail.com
Al Moor (Secretary)	(073) 741 0218	alison.s.moor@gmail.com
Liesel Phillips	(083) 400 2258	lieselp@live.co.za
Bev Sajoe (Honorary Treasurer)	(072) 204 0205	qpas@mweb.co.za

BANK DETAILS: GETFIT AC, Standard Bank Acc # 251823768 (Kloof 04-55-26)

GETFIT KIT

Mens race vests (S-2XL)	R220
Ladies race vests (XS-XL)	R220
Long-sleeved tops (S-L)	R200
Trail unisex shirts (M-XL)	R175
Trail ladies vests (XS-L)	R175
GETFIT peaks	R100
Red Sunflower buffs	R 25