

ULTRA STARS!



Congratulations to all the GETFIT AC members who took part in Sunday's Durban Ultra and thanks again to Damian Bradley of B-Active Sports for sponsoring the Club a free entry in both the Sprint and Ultra team relay event.



Sea conditions were perfect for the swimming legs of both events and the **GETFIT AC Sprinters** (right) were the first to start off. **Dave Gould** swam a very fast 600m (06:39) and after a 200m dash to the transition area, he handed his race chip to **Nico Kruger** who left the transition area at 9:88 for the 20km cycle to La Lucia and back.

Nico returned to the transition area just 37:44 mins later – a good warm-up for this weekend's Cape Argus – and handed the chip to **Denver Subramany** who ran a very quick 5km in 21:17, crossing the finish line in 2nd place in the team event in an overall time of 1:08:49, just under 4 minutes behind the leading team.

The temperature was already above 30° when the **GETFIT AC Elite Ultra** team (below) set off soon after 7.30am, with **Malcolm Hunter** recording a fantastic 28:12 mins in the 1.9km swim from the Blue Waters Hotel to Sunkist Beach. He handed over to **Mike Posnot** who exited the transition area just over a minute later for two laps of the 45.5km cycle route to Umdloti and back.

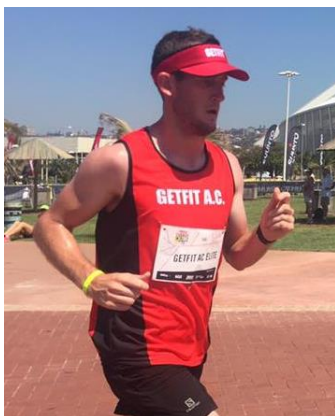
By the time Mike started his 2nd lap, it was 37° and his legs started cramping badly. Despite that, he completed the cycle leg in a brilliant time of 02:43, handing his race chip to **Blair Thompson** who then ran a very strong Half Marathon (01:35) in unbelievably hot and humid conditions. The team finished 3rd in the Mens race in an overall time of 4 hours and 36 mins.

Thank you to everyone who came out and supported our teams in that incredible heat. It was awesome to cheer the guys on and they really did appreciate it!

SISTER TRI-ATHLETES



Congrats to GETFIT AC sisters, **Laura Grant** and **Kerri-Lee Morris** (above) who both competed in the individual Sprint race.



Congratulations to **Evidence Mwando** (left) who set a new Club record on Sunday.

Just one week after breaking the Club's 10km record at the PMB Marathon, Evidence broke the Club's Half Marathon record by 19 seconds with a time of 1:18:24 at the Harry Gwala Marathon in Ixopo on Sunday.

Evidence currently holds the Club's records for the 10km, 21.1km and 42.2km events.

2017 RACE ENTRIES

A number of local and national races have reached their maximum number of entries prior to the online entry deadline, resulting in a lot of very unhappy and frustrated runners.

To avoid disappointment, please remember to enter your races as soon as the online entries open!

GETFIT ATHLETIC CLUB – RACE INFORMATION

RACE ENTRY INFO



PLEASE "LIKE" THE **GETFIT AC** FACEBOOK PAGE FOR CLUB AND RACE INFO.



Umgeni Water Marathon (12th March 2017)

Entries for this race have now **closed!**

Stella Royal 25km & 10km (19th March 2017)

Enter online at <http://www.eventtiming.co.za/entryonline.php?id=235>.

Online entries close at midnight on **13th March**.

Arthur Cresswell 52km (1st April 2017)

This is a **pre-entry only** race. Enter online at <http://www.eventtiming.co.za>.

RUNNING GROUPS IN THE DURBAN, HIGHWAY AND UMHLANGA AREA

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. A full schedule of weekly trainings runs and Comrades route testers from January to May 2017 is available from Ali.

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 @ 7am along the Durban promenade (10km) from North Beach. Meet outside the Durban Surf Lifesaving Club. There is also a **GETFIT AC Evening Run** on Thursdays at 5.30pm from GETFIT Hillcrest. The group runs 8-12km run, with options to turn earlier for shorter distances.

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* *MTB / Cycling / Multi Sports* *Non-KZN Races*

MARCH:

<i>Fri 10</i>	<i>1800</i>	<i>Parlauf X Country (6-8km team event)</i>	<i>Westville AC</i>	<i>Westville AC, Maryvale Road</i>
<i>Sun 12</i>	<i>0530</i>	<i>Umgeni Water Marathon (42.2km, 32km, 15km)</i>	<i>Collegians Harriers</i>	<i>Midmar Dam, KZN Midlands</i>
<i>Sun 12</i>	<i>0600</i>	<i>Mariannahill Half Marathon (21.1km, 10km)</i>	<i>African Elite Club</i>	<i>Elangeni College, Pinetown</i>
<i>Thur 16</i>		<i>Mixed Time Trial League #3</i>	<i>Chiltern AC</i>	<i>Chiltern AC, Westville North</i>
<i>Sat 18</i>		<i>Om-Die-Dam Ultra (50km, 21.1km, 10km)</i>	<i>Old Mutual</i>	<i>Hartebeespoort Dam</i>
<i>Sun 19</i>	<i>0600</i>	<i>Stella Royal (25km, 10km)</i>	<i>Stella Athletics Club</i>	<i>Stella Sports Club, Glenwood</i>
<i>Sat 25</i>		<i>Drakensberg Northern Trail (40km, 20km, 10km, 5km)</i>	<i>KZN Trail Running</i>	<i>Oliviershoek Pass, Drakensberg</i>
<i>Sun 26</i>		<i>Birchwood Cross The Line Half Marathon (21.1km, 10km)</i>		<i>Birchwood Hotel</i>

APRIL:

<i>Sat 1</i>	<i>0530</i>	<i>Arthur Cresswell Memorial Marathon (52km, 21.1km)</i>	<i>Ladysmith Athletic Club</i>	<i>Bergville Municipality</i>
<i>Sun 2</i>	<i>0600</i>	<i>Checkout Challenge (21.1km, 10km)</i>	<i>Verulam Falcons AC</i>	<i>Kings Park Athletics Stadium</i>
<i>Sun 2</i>		<i>Modern Athlete Irene Ultra Marathon</i>	<i>Irene ACT</i>	
<i>Tues 4</i>	<i>1800</i>	<i>Ladies Time Trial League #2</i>	<i>Westville AC</i>	<i>Westville AC, Maryvale Road</i>
<i>Sun 9</i>	<i>0530</i>	<i>Durban City Marathon (42.2km, 21.1km, 10km)</i>	<i>KZN Athletics</i>	<i>Kings Park Athletics Stadium,</i>

GETFIT ATHLETIC CLUB COMMITTEE

Denver Subramany (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
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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)	R200
Ladies race vests (XS-XL)	R200
Long-sleeved tops (S-L)	R160
GETFIT peaks	R100
Trail unisex shirts (M-XL)	R175
Trail ladies vests (XS-L)	R160