



## COMRADES COUNTDOWN

With less than a month to go to the world's oldest and biggest Ultra Marathon, it's a good time share some important information with our Comrades runners and supporters.

This year's Comrades Marathon is slightly longer than in previous years and it's important to familiarise yourself with the cut-off times below to ensure you stay on track for the full 90km.

CUT-OFF	DISTANCE DONE	DISTANCE TO GO	TIME
Lion Park	15,574km	74,610km	02:30:00 (08h00)
Cato Ridge	30,276km	59,908km	04:20:00 (09h50)
Drummond	44,267km	45,917km	06:10:00 (11h40)
Winston Park	57,610km	32,574km	08:00:00 (13h30)
Pinetown	68,863km	21,321km	09:20:00 (14h50)
Sherwood	81,312km	8,872km	11:00:00(16h30)

The Comrades Marathon Expo is very popular and a great opportunity for runners to chat to other runners, visit the exhibits, purchase merchandise and listen to talks by health and wellness professionals, as well as previous Comrades winners sharing their own race experiences.

This year there is also an exhibition specifically for novice runners, where no question is "too stupid"!

The Expo will be held at the Durban Exhibition Centre on the following dates:

Thursday, 7<sup>th</sup> June from 10h00 to 19h00

Friday, 8<sup>th</sup> June from 09h00 to 19h00

Saturday, 9<sup>th</sup> June from 09h00 to 17h00

**DON'T FORGET TO CHECK  
YOUR CHAMPIONSHIP AT  
REGISTRATION!**

## PASTA EVENING

There are still a few places left for the Comrades Pasta Evening on Tuesday, 29<sup>th</sup> June. Please contact Ali to book.

Payment of R50 pp must be made by no later than 25<sup>th</sup> May to confirm your booking, please.



**COMRADES Pasta Evening**

Tuesday, 29<sup>th</sup> June 2018, 6 - 8 pm @ **Talkhouse Café, Westville Mall, 35 Buckingham Terrace, Westville**

Guest speaker: Dean Wight of Beloved Long Runs

Lucky draw prizes

Choice of 3 different pastas, garlic bread & salads @ R50 pp

Cash bar available

Email Ali on [Aliison.S.Moor@gmail.com](mailto:Aliison.S.Moor@gmail.com) to book

## COMRADES RACE SUPPORT

GETFIT AC gazebos will be set up in Hillcrest and Westville and remain there for the whole race. There will also be GETFIT supporters in Gillitts.

If any runners would like to leave a pack of food, drinks or meds at one of these spots, please call Ali at least a week before to arrange to drop your pack off with the relevant person.



## GETFIT RACE VESTS

If any of runners are planning to buy a new vest before Comrades, please contact Ali and make arrangements to collect a vest from her.

We have received new stock of ladies vests in the 'birds eye' fabric and hope to get the new mens vests later this week.

All vests are R220 each.

# GETFIT ATHLETIC CLUB – RACE INFORMATION



PLEASE “LIKE” THE **GETFIT AC** FACEBOOK PAGE AND VISIT OUR WEBSITE [WWW.GETFITAC.CO.ZA](http://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](http://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!

Full lists of KZN road races, Beloved Long Runs and Mixed 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'.

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.

## RACE CALENDAR – SELECTED KZN RACES ONLY

The full list of KZN road race fixtures can be found on the Club's website [www.getfitac.co.za](http://www.getfitac.co.za)

Road Running

Cross Country / Trail Running

Mixed Time Trial League

Other Events

### MAY:

Sat 19	0500	Stella AC Gillie's Route (20km)	Beloved Long Runs	Stella AC, Glenwood
Sun 20		Winter Series – Hilton College Trail (22km, 12km, 6km)	KZN Trail Running	Hilton College
Sat 26	0500	KHC Out & Back (20km)	Beloved Long Runs	Kloof Harvest Church

### JUNE:

Sat 2	0500	DHS Out & Back (15km)	Beloved Long Runs	DHS Old Boys, Durban North
Sun 3		Winter Series – Table Mountain (20km, 11km, 7km)	KZN Trail Running	Table Mountain, Pietermaritzburg
Sun 10	0530	Comrades Ultra Marathon (90km)	Comrades Marathon	Pietermaritzburg to Durban
Sat 16		KZNA Cross Country League # 7	Willie Mtolo AC	Underberg
Sat 23		KZNA Cross Country League # 8	Yellowwood Park AC	Stainbank Nature Reserve
Sun 24	0800	Durban Spar Women's Challenge (10km)	KZN Athletics	Kings Park Stadium, Durban
Sun 24		PheZulu Trail Run (20km, 10km, 5km)	KZN Trail Running	PheZulu Safari Park, Botha's Hill
Thur 28	1800	Mixed Time Trial League # 5 (8km, 4km)	Hillcrest Villagers AC	Hillcrest

### 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
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Robyn Greyling (Ladies Captain)	(082) 771 3626	carebearsplayland@gmail.com
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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 # 331966387 (Westville 045426)

## 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