

## COMRADES 2018 – A FAMILY AFFAIR

GETFIT AC runner, Herve Rougie-Lagane, is hoping to “bring it home” for the family when three generations of Rougier-Lagane men run this year’s Comrades Marathon on 10<sup>th</sup> June.

Family patriarch and grandfather, Herve (66), already has his Comrades green number and had no intentions of running another Comrades until son Robert (46) and grandson Jaryd (21) talked him into joining them for their 4<sup>th</sup> and 1<sup>st</sup> Comrades respectively.

The trio all qualified at the G&B Sapphire Coast Marathon in October 2017, crossing the line together (right) to ensure they start this year’s Comrades in the same batch. They hope to run the entire race as a “team” and cross the line together in Durban’s Moses Mabhida Stadium 90kms later.

Herve will be running his first Comrades Marathon since joining GETFIT AC in 2017, while both Robert and Jaryd will be running in the colours of Bluff Athletic Club.

Herve is a very popular member of the Club and has been a wonderful example and mentor to our novice runners. We wish Herve, Robert and Jaryd all the very best for a great race on 10<sup>th</sup> June!



GETFIT AC also has no less than four married couples, four sets of a siblings and a father and daughter running this year’s Comrades!

**Silvia and Tony de Freitas** will be joined by Silvia’s brother, **Jay Oliveira**, who’ll also be running with his wife, **Kathleen Oliveira** and father-in-law, **James McKenna**.

Gauteng doctors and brothers **Carlyle and Kewen van Rensburg** (right) will be starting their third Comrades Marathon together, as will **Gary and Tracy Cawood** (far right).

**Grant and Bronwyn Marais** (below left) are also running Comrades again this year.

Siblings **Charles Bishop** and **Sam Gould** (below middle) and **Claire Imrie** and **Keagan Matthews** (below right) round off the Club’s family combinations!



### GETFIT AC PASTA EVENING

Founder of Beloved Long Runs, Dean Wight, will be the guest speaker at GETFIT’s Comrades Pasta Evening on 29<sup>th</sup> May.

Please don’t forget to pay (R50 pp) before Friday, 25<sup>th</sup> May to confirm your booking.

# 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 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
Sun 17	WESSA Umgeni Valley (20km, 12km, 5km)	KZN Trail Running	WESSA, Howick
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
Sat 29	KZNA Cross Country League # 9	Phoenix Villagers AC	Gandi Luthuli Park, Phoenix

### 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 # 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