

3 COMRADES in
3 DAYS!

THE BIG C IN 3

So ... it's starting to get very real now as our Comrades runners take part in this weekend's Big C in 3, organised by Dean Wight of Beloved Long Runs.

It's less than 80 days to go to this year's Comrades Marathon and if you are a novice runner this year, we would definitely recommend doing all or some of the days to get a feel for what to expect along the route. If you're working on Monday (Day 2), you could do the Stella 25km on Sunday instead.

Day 1 (Saturday, 18th March)

Start at 5am from 181 Anton Lembede Street (ex Smith St), opposite Kent Motors. Route is straight down Anton Lembede St, up Berea Road towards Tollgate Bridge and onto Jan Smuts Highway. Keep left towards Sherwood, up to 45th Cutting and into Devon Terrace. At the end of Devon Terrace, join Jan Smuts Highway again until Blair Atholl Road. Turn left into Blair Atholl, under the M13, and then up the stairs on your right to Woodcutters Restaurant. Run up Lancaster Road towards Cowies Hill, into Old Main Road, up and over Cowies Hill and into Pinetown. Run through Pinetown, up Fields Hill and finish at 'Not Just Banting' in the Kloof SuperSpar Centre opposite Stokers. Please keep left, and as close to the pavement as possible.

Day 2 (Monday, 20th March)

Start at 5am from Kloof Village. Route is straight up Old Main Road, over the footbridge into Iqwababa Road in front of Makaranga. Keep on Old Main Road all the way through Hillcrest, Drummond, etc, to Cato Ridge. Run under the highway and into Selby Road, left into Club Road and right into Chamberlain to finish at the entrance of the Cato Ridge Golf Course. The Bar and restaurant will be open for those wanting additional refreshments. Please note that the Golf Course will not be open for parking before the start so we suggest parking at Kloof and arranging a lift back.

Day 3 (Tuesday, 21st March)

Start at 5am from Wareing's Tea Room in Cato Ridge. Stay on route until the water table at CB Downes Motors, just after Polly Shortts. Turn right into Gladys Manzi Road, cross over the N3 and left into Cleland Road, all the way down to Blackburrow Road. Turn left into Blackburrow, right into Fairfield and right into Ridge. Turn left into New England Road which becomes Surrey and then Boschoff, before reaching the finish at Collegians Harriers behind the Engen Garage.

The cost is R50 pp for each day, payable via EFT or cash on the day. You will be given a silicon wristband which will entitle you to refreshments at water tables situated along the route.

Please note that all race logistics, ie getting to the start and from the finish, are for you to arrange.

WEEKEND RACE RESULTS



Well done to everyone who took part in the Umgeni Water Marathon in the Midlands on Sunday.

Sonnyboy Nkabini (far left) finished 10th in the Marathon (3:06) and **Robyn Greyling** (left) was the 3rd lady to finish the 21km (2:31) and was 1st overall in her age group.

Congratulations to both of you on a Top 10 finish! GETFIT AC was also well-represented at the Aloe Trail Race and the Durban Peace Run this weekend.

Mike Hind finished 15th in the 22km Aloe Trail Race and **Blair Thompson** was 4th in the 13km Aloe event.

Joe Viljoen, his daughter **Jenny Viljoen** and her daughter, **Zoe Potgieter** (left) became the first "three generation" family to run in GETFIT AC colours when they did the Peace Run 10km race on Sunday. Very cool!



GETFIT ATHLETIC CLUB – RACE INFORMATION

RACE ENTRY INFO



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

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

Online entries have closed. Manual entries at registration on 18th March.

Gaterite Challenge (26th March 2017)

Online entries close 24th March. Manual entries at registration on 25th & 26th March.

Enter online at <https://gaterite2017.myactive.co.za/CaptureDetails/Registration.aspx>

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:

Thur 16	<i>Mixed Time Trial League #3</i>	<i>Chiltern AC</i>	<i>Chiltern AC, Westville North</i>
Sat 18	<i>Om-Die-Dam Ultra (50km, 21.1km, 10km)</i>	<i>Old Mutual</i>	<i>Hartebeespoort Dam</i>
Sun 19 0600	<i>Stella Royal (25km, 10km)</i>	<i>Stella Athletics Club</i>	<i>Stella Sports Club, Glenwood</i>
Sat 25	<i>Drakensberg Northern Trail (40km, 20km, 10km, 5km)</i>	<i>KZN Trail Running</i>	<i>Oliviershoek Pass, Drakensberg</i>
Sun 26 0500	<i>Gaterite Challenge (42.2km, 21.1km, 10km)</i>	<i>Verulam AC</i>	<i>Verulam Recreation Grounds</i>
Sun 26	<i>Birchwood Cross The Line Half Marathon (21.1km, 10km)</i>		<i>Birchwood Hotel</i>

APRIL:

Sat 1 0530	<i>Arthur Cresswell Memorial Marathon (52km, 21.1km)</i>	<i>Ladysmith Athletic Club</i>	<i>Bergville Municipality</i>
Sun 2 0600	<i>Checkout Challenge (21.1km, 10km)</i>	<i>Verulam Falcons AC</i>	<i>Kings Park Athletics Stadium</i>
Sun 2	<i>Modern Athlete Irene Ultra Marathon</i>	<i>Irene ACT</i>	
Tues 4 1800	<i>Ladies Time Trial League #2</i>	<i>Westville AC</i>	<i>Westville AC, Maryvale Road</i>
Sun 9 0530	<i>Durban City Marathon (42.2km, 21.1km, 10km)</i>	<i>KZN Athletics</i>	<i>Kings Park Athletics Stadium,</i>
Sat 15 0600	<i>Two Oceans Ultra Marathon (56km, 21.1km)</i>	<i>Two Oceans</i>	<i>Newlands, Cape Town</i>
Sun 16 0600	<i>Dick King (21.1km, 15km)</i>	<i>Toti AC</i>	<i>Beach Road, Amanzimtoti</i>

GETFIT ATHLETIC CLUB COMMITTEE

Denver Subramany (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
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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)	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