



THE BIG C IN 3

Wow what a great day we had supporting our Comrades runners doing the “Big C in 3” last weekend!

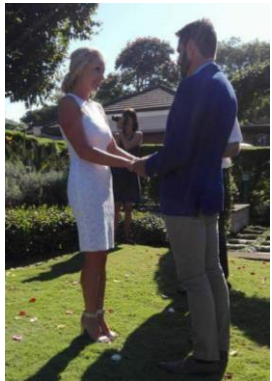
GETFIT AC set up a table at the bottom of the infamous Polly Shortts on Day 3, the 31km stage from Cato Ridge to the finish in PMB. Thanks to our very willing volunteers, we were able to keep over 300 runners supplied with refreshments and encouragement before they started their climb up Pollys.

This event was organised by Dean Wight’s Beloved Long Runs and we have already committed to providing a table for Dean’s Comrades Route Tester from Kearsney College to PMB on Saturday, 22nd April.

If anyone is available to help man the table on that day, please contact Ali and let her know.

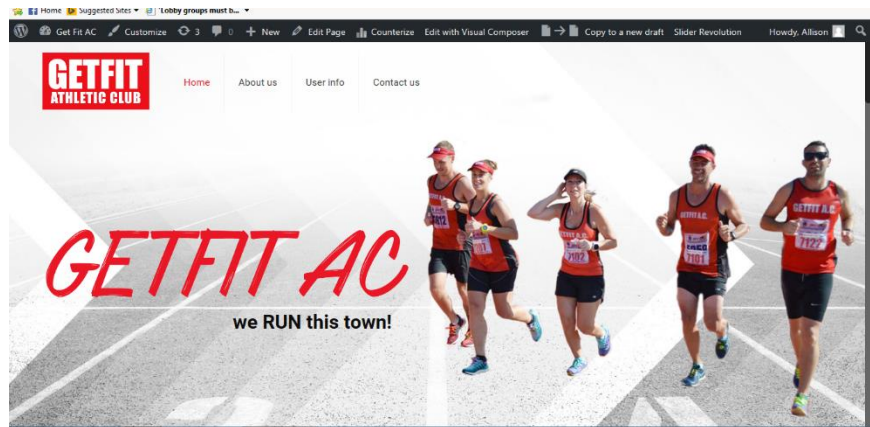


WEDDING BELLS



GETFIT AC runners, **Shawn Meyer** and **Mandy Kelly**, tied the knot last weekend. Congratulations and many happy years together!

COMING SOON!



We’re very pleased to announce that we have been working on a GETFIT AC website which we’ll be launching soon! Watch this space...

COMRADES MARATHON SUBSTITUTION PERIOD – 14 MARCH TO 14 APRIL 2017

GETFIT ATHLETIC CLUB – RACE INFORMATION

RACE ENTRY INFO



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



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>.

Durban City Marathon (9th April 2017)

Online entries close 2nd April. Enter online at <http://www.kznathletics.co.za/durban-city-marathon/>

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:

Sat 25	<i>Drakensberg Northern Trail (40km, 20km, 10km, 5km)</i>	KZN Trail Running	<i>Oliviershoek Pass, Drakensberg</i>
Sun 26 0500	<i>Gaterite Challenge (42.2km, 21.1km, 10km)</i>	Verulam AC	<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>	Ladysmith Athletic Club	<i>Bergville Municipality</i>
Sun 2 0600	<i>Checkout Challenge (21.1km, 10km)</i>	Verulam Falcons AC	<i>Kings Park Athletics Stadium</i>
Sun 2	<i>Modern Athlete Irene Ultra Marathon</i>	Irene ACT	
Tues 4 1800	<i>Ladies Time Trial League #2</i>	Westville AC	<i>Westville AC, Maryvale Road</i>
Sun 9 0530	<i>Durban City Marathon (42.2km, 21.1km, 10km)</i>	KZN Athletics	<i>Kings Park Athletics Stadium,</i>
Sat 15 0600	<i>Two Oceans Ultra Marathon (56km, 21.1km)</i>	Two Oceans	<i>Newlands, Cape Town</i>
Sun 16 0600	<i>Dick King (21.1km, 15km)</i>	Toti AC	<i>Beach Road, Amanzimtoti</i>
Sun 16	<i>Umhlanga Trail Run</i>	Riverside Trail	<i>Umhlanga</i>
Thurs 20	<i>Mixed Time Trial League #4</i>	Hillcrest Villagers	<i>HVAC, Hillcrest</i>
Fri 21	<i>Hilton Night Trail (12km, 5km)</i>	KZN Trail Running	<i>Hilton College</i>

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	littlestrickersoccer@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)	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