



COMRADES ROUTE TESTER



The Beloved Long Runs Comrades route tester takes place on Saturday 22nd April. Two distances will be offered this year to accommodate the Two Oceans runners doing the Ultra the week before.

The first group (56km) will start at 5am at Hillcrest Villagers, not Kearsney College as originally stated. Slower runners are asked to start first in a “rolling start” from 5am to 5.30am.

The second group (31km) will repeat Day 3 of the Big C in 3, starting at Wareings Centre, Cato Ridge, at 6am. Both groups will finish at Collegians Harriers in PMB.

Refreshment tables will be available approximately every 3km, starting at 5km. Dean is asking for a donation of R100 for the 56km and R50 for the 31km to cover the cost of refreshments. Anyone who did the Big C in 3 earlier this month will know what a bargain that is! GETFIT AC will once again be manning the table at the bottom of Polly Shortts (47km mark) from 7.45am to 11.30am. If anyone fancies helping out, and supporting our Comrades runners, please contact Ali.

Please remember that getting to the start and the finish are your own concern and runners are asked **not** to wear their Club kit. An asics long-sleeved T-shirt (R100) will be available to the first 300 people to pay for one. If you do buy a T-shirt, please email Dean once you have done so and confirm your T-shirt size with him. The Men’s shirts are green and the ladies are black.

Payments can be made in cash on the day, or via EFT to Hillcrest Villagers, Standard Bank Acc # 052017230, Branch Code 045726. Use your full name, surname and TBRT as your reference.



Congratulations to **Evidence Mwando** (*far left*) who was the first GETFIT runner in the Gaterite Marathon in 03:11.

Robyn Greyling (*left*) finished 2nd in the ladies 20km Drakensberg Northern Trail.

Well done to both of you!

LEADERBOARD

The updated Leaderboard is available on the website under ‘User Info’, and includes all road and trail results up to and including 26th March 2017.

Well done to **Mike Hind** who remains top of the Mens leaderboard and to **Robyn Greyling** who has moved into first place on the Ladies board (*right*).

The points system has been adapted over the past few years to try and make it as fair as possible to the majority of our runners but it can’t possibly suit everyone 100%.

Nevertheless, we trust you all appreciate the efforts made to create a competitive system that measures both the successes and the enthusiasm of our members!

MARCH LEADERBOARD

MEN			LADIES	
ATHLETE	PTS		ATHLETE	PTS
Michael Hind	82	1	Robyn Greyling	83
Aaron Engelbrecht	79	2	Bronwyn Marais	77
Andries Huyser	70	3	Samantha Gould	73
Evidence Mwando	69	4	Silvia de Freitas	49
Lester Daniels	66	5	Samantha Nightingale	46
Grant Marais	66	6	Linda Feher	40
Blair Thompson	63	7	Tanya Ungerer	39
Corbyn Marais (jnr)	49	8	Vicki Hicken	32
Jarid Sherwood	48	9	Sue St-Leger Stretch	31
Shane Greyling	42	10	Shannon Browning	30

GETFIT ATHLETIC CLUB – RACE INFORMATION

RACE ENTRY INFO



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



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**

APRIL:

Sat 1	0530	Arthur Cresswell Memorial Marathon (52km, 21.1km)	Ladysmith Athletic Club	Bergville Municipality
Sun 2	0600	Checkout Challenge (21.1km, 10km)	Verulam Falcons AC	Kings Park Athletics Stadium
Sun 2		Modern Athlete Irene Ultra Marathon	Irene ACT	
Tues 4	1800	Ladies Time Trial League #2	Westville AC	Westville AC, Maryvale Road
Sun 9	0530	Durban City Marathon (42.2km, 21.1km, 10km)	KZN Athletics	Kings Park Athletics Stadium,
Sat 15	0600	Two Oceans Ultra Marathon (56km, 21.1km)	Two Oceans	Newlands, Cape Town
Sun 16	0600	Dick King (21.1km, 15km)	Toti AC	Beach Road, Amanzimtoti
Sun 16		Umhlanga Trail Run	Riverside Trail	Umhlanga
Thurs 20		Mixed Time Trial League #4	Hillcrest Villagers	HVAC, Hillcrest
Fri 21		Hilton Night Trail (12km, 5km)	KZN Trail Running	Hilton College
Sun 23	0530	Chatsworth Freedom Marathon (52km, 21.1km, 10km)	Chatsworth AC	Chatsworth Stadium, Chatsworth

MAY:

Mon 1	0600	Hibiscus Coast Marathon (50km, 25km, 10km)	South Coast Striders	Ugu Sports Centre, Gamalakhe
Mon 1		MiWay Wally Hayward Marathon		Lewende Woord Kerk, Centurion
Sun 7	0630	Deloitte Marathon (42.2km, 21.1km, 10km)	Dolphin Coast Striders	Ballito, Sibaya and La Lucia
Sun 14	0600	Starling Plumbers (21.1km, 10km)	Woodview AC	Mt Edgecombe Rec Grounds

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 # 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