

GETFIT AC IRON MAN!

GETFIT AC runners were spotted at a number of different events around the country this past weekend.

Charles Bishop's supporters sat glued to their TV screens until 8pm on Sunday evening to catch a glimpse of him finishing the gruelling **SA Iron Man** (right) in just under 13 hours!

After a 3.8km swim and 180km cycle, Charles still managed to run a sub-five hour marathon at the end of it all ... a very impressive feat indeed!

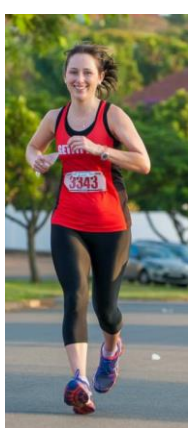


MORE WEEKEND NEWS

Andries Huyser (above left) earned a podium finish for GETFIT AC last weekend at the 10km **Ruimsig Night Trail Run** in Gauteng. GETFIT AC athletes were also at the **Rocky Bay Trail Run** and the **Marriott Freedom MTB** race (above) in Scottburgh and Durban. **Mike Hind** and **Aaron Engelbrecht** finished 14th and 16th respectively in the 20km event and **Mike Posnot** was 6th (and 1st in his age group) in the 12km race. Well done to all of you!

Kate Howitz (below left) was the first GETFIT AC runner to finish the **Checkout Challenge Half Marathon** at Kings Park Athletics Stadium in a time of 1:49, a very impressive new PB for her!

Wayne Bunyard, running his first race in our Club colours, was the first GETFIT AC runner in the 10km event in a time of 51:19. Welcome to the Club, Wayne!



CHECK OFFICIAL RACE RESULTS AND ENTER UPCOMING RACES ONLINE VIA WWW.GETFITAC.CO.ZA

GETFIT ATHLETIC CLUB – RACE INFORMATION

RACE ENTRY INFO



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



Durban City Marathon (9th April 2017)

Online entries have closed.

Enter at Kings Park Athletics Stadium on 7th and 8th April from 10am to 4pm.

No entries on race day!

Dick King Half Marathon (16th April 2017)

Online entries close 13th April.

Enter online at <http://www.eventtiming.co.za/entryonline.php?id=240>

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:

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
Sat 29		Ultra Trail Drakensberg (100km, 65km, 30km)	Spurgeon Flemington	Sani Pass, Southern Drakensberg

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 7		Winter Trail Series – Faulklands (21km, 14km, 7km)	Spurgeon Flemington	Faulklands Farm, near PMB
Wed 10	1800	Ladies Time Trial League #3	Queensburgh Harriers	Queensburgh Sports Club

GETFIT ATHLETIC CLUB COMMITTEE

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