

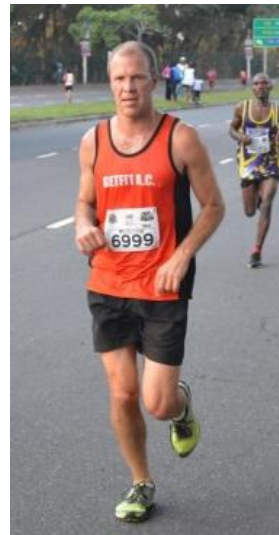
DURBAN CITY MARATHON

We had a fantastic turnout for last weekend's Durban City Marathon, with 74 GETFIT AC runners taking part in the 42km, 21km and 10km races ... a new record for the Club!

Siboniso Shange, Josh Nimmo and Kewen van Rensburg were the first three GETFIT AC runners in the Marathon, and Robyn Hewitt was the first lady. Josh (*bottom far right*) recorded a sub-four in his first ever marathon and Siboniso and Kewen's efforts secured them both qualification for this year's Comrades.

In the Half Marathon event, Evidence Mwando (*below middle*) came in ahead of the rest of the GETFIT AC pack, followed by Rob Kaletsch and Alan Phillips. Kate Howitz was the first GETFIT AC lady to finish first, for the second race in succession. A number of our runners recorded new PBs as well.

Jarred Coffin-Grey (*right*) was the first GETFIT AC runner in the 10km race, followed by Corbyn Marais and Geoff Goble. Terri-Anne Bossy was the first GETFIT AC lady to finish.



TWO OCEANS 2017

Good luck to the 42 GETFIT AC runners entered in this year's Two Oceans Ultra and Half Marathon events in Cape Town on Saturday. That total includes twelve GETFIT couples!

Herve (10 Ultras, 1 Half) and Sonya Rougier-Lagane (1 Ultra, 10 Half) now have 22 Two Oceans medals between them! Herve and Sonya are both running the Half Marathon again this year.

Dave (4 Ultras, 4 Half) and Sam Gould (1 Ultra, 4 Half) have 13 medals between them. Sam is running her 2nd Two Oceans Ultra this year, while Dave will be doing his 5th Half Marathon.

All our runners can be tracked on Racetec. Download the Racetec app onto your phone or tablet via the iPhones Store or Google Play. Select Two Oceans Marathon and then search and add runners using their surname or race number.

Lastly, please don't forget to take your Racetec chip with you to Cape Town, and get it scanned at registration. The correct way to wear your chip is "down", not "across" your running shoe (*right*), or attached to an ankle band.



Attached vertically through the laces of your running shoes, or strapped to your ankle using an ankle strap.



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.

Dick King Half Marathon (16th April 2017)

Online entries close 13th April.

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

The GETFIT gazebo will not be at the Dick King Half Marathon because it's the Easter Weekend and Committee members will be in Cape Town for Two Oceans.

We will be back for the Beloved Long Runs Comrades Route Tester on 22nd April and will be manning the water table at the bottom of Polly Shortts again.



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 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	1800	Mixed Time Trial League #4	Hillcrest Villagers	HVAC, Hillcrest
Fri 21		Hilton Night Trail (12km, 5km)	KZN Trail Running	Hilton College
Sat 22	0530	Comrades Route Tester	Beloved Long Runs	Hillcrest HVAC to Pietermaritzburg
Sat 22		KZN Cross Country League #2	Queensburgh Harriers	Summerveld, Shongweni
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
Sat 6		KZN X Country League #3	Savages	Burman Bush, Morningside, Dbn
Sun 7	0630	Deloitte Marathon (42.2km, 21.1km, 10km)	Dolphin Coast Striders	Ballito, Sibaya and La Lucia

GETFIT ATHLETIC CLUB COMMITTEE

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