

TWO OCEANS 2017

Congratulations to all the GETFIT AC runners who took part in last weekend's Two Oceans Ultra and Half Marathon in Cape Town.

It was great to see so many GETFIT runners at the finish, some of whom had just run their first Ultra or Half Marathon and many others who had achieved new PBs.

The Half Marathon runners were the first to enter the UCT campus with **Damian Bradley** (1:39), **Jarred Coffin-Grey** (1:47) and **Terri-Anne Bossy** (1:52) all finishing in under 2 hours.

Then it was the turn of the main event – the 56km Two Oceans Ultra. Once again, our runners didn't disappoint!

Evidence Mwando ran a blistering 4:01, missing out on a silver medal by a mere 39 seconds! In a repeat of last year's 1st and 2nd place finishers, **James Codner** (4:55) was next to cross the line in under five hours. **Jay Oliveira** (5:38) was 3rd, followed by **Sam Gould**, the first GETFIT AC lady to finish, in 5:40.



TIME TRIAL LEAGUES

It's been great to see GETFIT AC runners supporting the Mixed and Ladies Time Trial Leagues this year.

Both the Leagues are very sociable events and runners are encouraged to bring and share a plate of eats and stay for a drink afterwards.

A full list of the League fixtures can be found on our website so please diarise the dates and make sure you're at the next one!



BELOVED LONG RUNS ROUTE TESTER

Dean Wight (Beloved Long Runs) is accommodating last week's Two Oceans runners by offering two distances for this weekend's Comrades Route Tester.

Runners wishing to do the full 56km route will leave Hillcrest Villagers from 5am to 5.30am (rolling start) while those wanting to do 31km will start from Cato Ridge at 6am.

The cost of the 56km is R100 and the shorter distance is R50 – payment for both can be made at the start. Dean has also organised sponsored long-sleeved Asics tops for R100 each.

GETFIT AC will be manning table 14 at the bottom of Polly Shortts from 7am to 11.30am. A number of members have already offered to help at the table (thanks, guys!) but if anyone else is free, and would like to be involved, please contact Ali to let her know.

Runners, please remember **not** to wear your club kit!

**CONGRATULATIONS TO
CHRIS AND NICKY
GOLDSTONE ON THE
BIRTHDAY OF ANNA
CHARLOTTE LAST WEEK!**



TRAIL RESULTS

GETFIT AC trail runners (and riders) took part in the Hill 2 Hill MTB and Trail Run and the Umhlanga Trail Run last weekend.

Mike Hind (16th) and **Vicki Hicken** (18th) both had top 20 finishes in the Hill 2 Hill 16km and 8km trail runs respectively.

The trail action moved to the Umhlanga Promenade on Sunday with GETFIT AC runners finishing in the top 10 of all three distance events.

Grant Marais finished in 7th position in the 18km trail run, followed by **Mike Hind** (17th) with a second consecutive top 20 finish for the weekend.

Mike Posnot was 8th in the 12km event and **Corbyn Marais** came 2nd in the 5km race, and first in his age group.

GETFIT ATHLETIC CLUB – RACE INFORMATION

RACE ENTRY INFO



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

Deloitte Marathon (7th May 2017)

Online entries close 24th April 2017

Enter online at <https://www2.deloitte.com/za/en/pages/about-deloitte/articles/kzn-challenge-race-information.html>

The **GETFIT** gazebo will be back for the Beloved Long Runs Comrades Route Tester on 22nd April and we 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:

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, 21km, 10km)	Chatsworth AC	Chatsworth Stadium, Chatsworth
Sat 29	Ultra Trail Drakensberg (100km, 65km, 30km)	Spurgeon Flemington	Sani Pass, Southern Drakensberg
Sat 29	City of Tshwane (21km, 10km, 5km)	www.entrytime.com	Gauteng

MAY:

Mon 1 0600	Hibiscus Coast Marathon (50km, 25km, 10km)	South Coast Striders	Ugu Sports Centre, Gamalakhe
Mon 1	MiWay Wally Hayward Marathon (42km, 21km, 10km)	www.wally.co.za	Lewende Woord Kerk, Centurion
Sat 6	KZN X Country League #3	Savages	Burman Bush, Morningside, Dbn
Sat 6	Jackie Mekler (25km, 21km, 10km)	www.entrytime.com	Gauteng
Sun 7 0630	Deloitte Marathon (42km, 21km, 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
Alan Phillips (Vice-Chairman)	(083) 400 2260	alanp@seaboardship.co.za
Sam Gould	(082) 898 2633	gould@scottnet.co.za
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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