

## DELOITTE CHALLENGE

Wow! What a fantastic turn-out we had for Sunday's Deloitte Marathon, Half Marathon, 10km, 5km and 40km cycling events.

A number of our runners recorded new PBs and three GETFIT runners featured in the top 20 ladies of the 10km event, all finishing in under an hour: **Liesel Phillips** 11<sup>th</sup> (52:05), **Kendal Artz-Wood** 12<sup>th</sup> (52:15) and **Bron Marais** 20<sup>th</sup> (55:49).

Despite not being allowed access to the finish area for our trailer, we managed to get the gazebo up in time for the first event and we were very grateful to those members who helped us carry the gazebo and ice boxes to and from the finish site in the amphitheatre.

It was definitely worth the effort to see so many of our runners joining us after the race for the (now obligatory) beer, post-race chat and pics. Thanks, guys!



## RED BLACK Sports Café



## COMRADES/CLUB SOCIAL

GETFIT AC will be hosting a social evening at Red Black Sports Café in Hillcrest on Tuesday, 30<sup>th</sup> May 2017 @ 6pm.

Please come along and meet our *Comrades Class of 2017* and join us in wishing them well for this year's race.

Red Black has a varied menu for those wishing to eat, and they currently offer a great combo special on burgers, chicken wings or strips, schnitzels, bangers and mash or fish for R50. The combo also includes a free beer (Black Label, Castle, Hansa), glass of house wine or cold drink.

We would like to encourage all our members – not only our Comrades runners – to join us for this social get together (kids are welcome too).

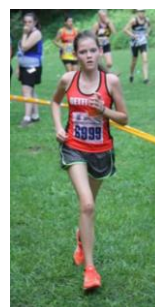
If you are able to attend, please RSVP to Ali so she can let the caterers know how many of us to expect on the night.

## Cross Country & Trail

Well done to those members who represented GETFIT AC (*below*) at the **KZN Cross Country** fixture held at Burman Bush last weekend.

The next local Cross Country fixture will be at the Stainbank Reserve on 24<sup>th</sup> June.

**Andries Huyser** won the 8.5km Lumo Night Trail, Gauteng, in a great time of 37:58. Well done!



# GETFIT ATHLETIC CLUB – RACE INFORMATION



PLEASE "LIKE" THE **GETFIT AC** FACEBOOK PAGE AND VISIT OUR WEBSITE [WWW.GETFITAC.CO.ZA](http://WWW.GETFITAC.CO.ZA) FOR INFORMATION ON RACE ENTRIES AND CLUB ACTIVITIES.



ONLINE ENTRIES FOR THIS YEAR'S **SANI STAGGER MARATHON** ON 25 NOVEMBER 2017 RE-OPEN ON **17 MAY @ 09:00**. THERE ARE ONLY 400 ENTRIES AVAILABLE SO IF YOU WEREN'T ABLE TO REGISTER ON 10 MAY, WE SUGGEST YOU DIARISE THIS DATE!

## RUNNING GROUPS IN KZN

**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**

#### MAY:

<b>Sat 13</b>	<b>KZN X Country League #4</b>	<b>Matatiele AC</b>	<b>King Edward Park, Matatiele</b>
<b>Sun 14 0600</b>	<b>Starling Plumbers (21.1km, 10km)</b>	<b>Woodview AC</b>	<b>Mt Edgecombe Rec Grounds</b>
<b>Sun 21</b>	<b>Winter Trail Series – Hilton College (22km, 12km, 5km)</b>	<b>KZN Trail Running</b>	<b>Hilton College, Hilton</b>
<b>Sat 27</b>	<b>Sappi Karkloof Classic Trail Run (20km, 10km, 5km)</b>	<b>Impi Concept Events</b>	<b>Karkloof Country Club</b>
<b>Sat 27</b>	<b>KZN X Country League #5</b>	<b>Nongoma AC</b>	<b>Nongoma</b>

#### JUNE:

<b>Sun 4 0530</b>	<b>Comrades Marathon (86.73km)</b>	<b>Comrades Marathon</b>	<b>Durban City Hall to Pmburg</b>
<b>Sat 10</b>	<b>MTN Half Marathon (21km, 10km)</b>	<b>www.entrytime.com</b>	<b>Gauteng</b>
<b>Sat 10</b>	<b>KZN X Country League #6</b>	<b>Willie Mtolo AC</b>	<b>Underberg</b>
<b>Sun 11 0800</b>	<b>Spar Ladies 10km</b>	<b>Spar</b>	<b>Kings Park, Durban</b>
<b>Sun 11</b>	<b>Winter Trail Series – Table Mountain (20km, 14km, 7km)</b>	<b>KZN Trail Running</b>	<b>Table Mountain, near PMB</b>
<b>Sat 24</b>	<b>KZN X Country League #7</b>	<b>Yellowwood Park AC</b>	<b>Stainbank Reserve</b>
<b>Sun 25 0700</b>	<b>Archie Gumede Half Marathon (21km, 10km)</b>	<b>KZNA</b>	<b>Sugar Ray Xulu Stadium, Clermont</b>
<b>Thurs 29 1800</b>	<b>Mixed Time Trial League #5</b>	<b>Durban Runner / MiWay</b>	<b>Stella Athletic Club</b>

#### JULY:

<b>Sat 1</b>	<b>KZN X Country League #8</b>	<b>Collegians Harriers</b>	<b>Collegians Club, Durban</b>
<b>Sun 2</b>	<b>Umhlanga Trail Run (18km, 9km, 5km)</b>	<b>Riverside Trail</b>	<b>Umhlanga</b>

### GETFIT ATHLETIC CLUB COMMITTEE

<b>Denver Subramany</b> (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
<b>Alan Phillips</b> (Vice-Chairman)	(083) 400 2260	alanp@seaboardship.co.za
<b>Sam Gould</b>	(082) 898 2633	gould@scottnet.co.za
<b>Robyn Greyling</b> (Ladies Captain)	(082) 771 3626	carebearsplayland@gmail.com
<b>Shane Greyling</b> (Mens Captain)	(082) 574 6734	littlestrikerssoccer@gmail.com
<b>Al Moor</b> (Secretary)	(073) 741 0218	alison.s.moor@gmail.com
<b>Liesel Phillips</b>	(083) 400 2258	lieselp@live.co.za
<b>Bev Sajoe</b> (Honorary Treasurer)	(072) 204 0205	qpas@mweb.co.za

**BANK DETAILS: GETFIT AC, Standard Bank Acc # 251823768 (Kloof 04-55-26)**

## GETFIT KIT

<b>Mens race vests (S-2XL)</b>	<b>R200</b>
<b>Ladies race vests (XS-XL)</b>	<b>R200</b>
<b>Long-sleeved tops (S-L)</b>	<b>R160</b>
<b>GETFIT peaks</b>	<b>R100</b>
<b>Trail unisex shirts (M-XL)</b>	<b>R175</b>
<b>Trail ladies vests (XS-L)</b>	<b>R160</b>