

GF-BRANDED CLOTHING RANGE

Elisha Reddy has launched a range of GF-branded clothing, including a number of items which may interest our GETFIT AC runners.

Elisha has limited stock of her tops and tights at the moment but will place orders on request. Delivery is 2-3 weeks.

Details and prices are listed below. To order, please contact Elisha directly and arrange payment.

Orders can be collected from GETFIT Umhlanga or GETFIT Westville.

Email: elishareddy3@gmail.com

Cell: (081) 504 9500



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Ladies short-length tights (black) *

Sizes: XS to XL

Price: R280 (pic 1)

Unisex tights (black)

Sizes: S to XL

Price: R290 (pic 2)

Ladies long-sleeved top (black/red)

Sizes: S to XL

Price: R350 (pic 1)

Ladies long-sleeved top (grey/blue)

Sizes: S to XL

Price: R350 (pic 3)

Mens long-sleeved tops (black/red)

Sizes: S to XL

Price: R370

Mens long-sleeved tops (grey/green)

Sizes: S to XL

Price: R370 (pic 2)

* the ladies short-length tights are currently out of stock, but you can pre-order them.

SAUCONY SHOE AUCTION



FOLLOW THIS STORY ON THE GETFIT AC FACEBOOK PAGE!

B-Active Sports has very kindly donated two pairs of Saucony running shoes for our sponsored athletes.

One pair is a perfect fit for one of our runners, but the other pair - **Saucony Triumph Isofit 3** mens running shoes (size 6) – is too small for any of our sponsored athletes. These shoes are top of the Saucony neutral range and retail for around R1800.

We have decided to auction the shoes (*right*), with the highest bidder getting the shoes for whatever price they bid.

The proceeds from the auction will then be added to the Club's fund for our sponsored athletes to be used to purchase each of them new training shoes and a pair of long distance shoes for this year's Comrades Marathon.

If you would like to bid for the shoes, please email or WhatsApp Ali Moor (*details page 2*) by Friday 19th January with your bid. Please note that you may only submit one bid.

We will accept any bids over R1,000 and the winner (and their bid) will be announced on our Facebook page to ensure transparency.



GETFIT ATHLETIC CLUB – RACE INFORMATION



PLEASE “LIKE” THE **GETFIT AC** FACEBOOK PAGE AND VISIT OUR WEBSITE WWW.GETFITAC.CO.ZA FOR INFORMATION ON RACE ENTRIES AND CLUB EVENTS.

RACE ENTRY INFORMATION

Please don't forget that you can find links to some of the upcoming races on our website www.getfitac.co.za (click on Race Info). Online entries for most races close as soon as maximum numbers have been reached so please don't leave it to the last minute to enter popular races!

A full list of KZN road races, Beloved Long Runs and Time Trial fixtures for 2018 are also available on the website.

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. 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 at 7am along the Durban promenade (10km) from North Beach. Meet outside the Durban Surf Lifesaving Club.

There is also a **GETFIT AC Evening Run** at 5.30pm on Tuesdays from Winston Park garage and on Thursdays from GETFIT Hillcrest. These groups usually run 8-12km run, with options to turn earlier for shorter distances, if you prefer. The pace of both groups is 'average'.

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

Beloved Long Runs

Other Events

JANUARY:

Sat 20 0500	BLR: Hillcrest to Moses Mabhida (18km, 25km, 32km)	Beloved Long Runs	Oxford Village, Hillcrest
Sun 21	Kearsney Striders 21km (21km, 10km)	Kearsney Striders	Kearsney College
Wed 24 1815	Mixed Time Trial League (8km, 4km)	Queensburgh Harriers	Queensburgh Sports Club
Sat 27 0500	BLR: Kloof to Botha's Hill (25km)	Beloved Long Runs	Kloof Superspar, Kloof
Sun 28 0500	PDAC 25km (25km)	PDAC	Watercrest Mall to Lahee Park

FEBRUARY:

Sat 3 0500	BLR: Hillcrest Half Marathon Route (21km)	Beloved Long Runs	Hillcrest Villagers
Sun 4 0500	DG Panel & Paint Challenge (32km, 16km)	Sydenham AC	Barns Road Rugby Grounds
Sun 4	TinMan Tri-Series (10km run, Mini/Sprint/Challenge Tri)	B-Active Sports	Suncoast Casino, Durban
Sat 10 0500	BLR: Kloof to Botha's Hill (25km)	Beloved Long Runs	Kloof Superspar, Kloof
Sun 11 0500	Hillcrest Marathon (42km, 21km)	Hillcrest Villagers AC	Hillcrest Villagers Sports Club
Sat 17 0500	BLR: Westville to Gelofte and back (25km)	Beloved Long Runs	Westville AC
Thur 22 1800	Mixed Time Trial League (8km, 4km)	Savages AC	Hollander Crescent, Morningside

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)	R220
Ladies race vests (XS-XL)	R220
Long-sleeved tops (S-L)	R200
Trail unisex shirts (M-XL)	R175
Trail ladies vests (XS-L)	R175
GETFIT peaks	R100
Red Sunflower buffs	R 25