

RONNIE DAVEL MEMORIAL RACE

The 2017 athletics season official kicked off on Sunday with the 16km Ronnie Davel Memorial Race in Hilton, and it was great to see some new GETFIT AC members there!

The Ronnie Davel has always been popular with road runners because it includes a bit of “off-road” running to make it a bit more interesting. This year’s race was no exception, although conditions were a bit more difficult thanks to some heavy rain in the days leading up to the race.

Please don’t forget to join us for a beer at the GETFIT AC gazebo after the next big race on the calendar, the Kearsney Striders Half Marathon and 10km taking place on Sunday, 22nd January.

Online entries for this race close on 18th January (flyer attached).



GETFIT TRAIL WINNERS

A bunch of intrepid GETFIT trail runners braved some wet and muddy conditions to take part in the **Kenneth Stainbank Trail Run** last weekend, with some fantastic results.

Blair Thomson (below left) won the 15km main event and Justin Ducler finished 27th in the same event, his first trail run.

Grant Marais finished 6th in the 10km race (1st in his age group) and wife, Bronwyn finished 7th in her age group in the same race.

GETFIT AC Junior, **Corbyn Marais (14)**, won the 5km event (below right).



COMRADES TRAINING RUNS

Just a reminder that **Dean Wight** of Beloved Long Runs has once again organised weekly training runs and a three-day route tester for this year’s Comrades Marathon runners.

This is a great opportunity to meet runners from across KZN clubs – last weekend’s run attracted 112 runners – an amazing turnout!

The Comrades Route Tester during the long weekend in March is an absolute “must” for any first time Comrades runners.

Dean usually charges about R15-20 per training run and R25 per day for the “C in 3” route tester to cover the cost of the refreshments he provides for the runners along the route. Beloved Long Runs posts on Facebook will contain more information on race costs, travel arrangements, etc.

GETFIT AC will set up two refreshment tables at the route tester but if any of our runners (or family members) can help hand out refreshments at one or more of the training runs, please let Ali know and she will put you in touch with Dean. A big thank you to Barclay Hallett and Gary and Katie Roberts who have already offered to help again this year.

The schedule of dates and routes for the remaining training runs are attached with this newsletter, together with a copy of Fred Mac’s interactive training programme for the Comrades “up run”.

Please don’t forget to update your Comrades entry details with your 2017 licence number as soon as our new licences has been issued.

GETFIT ATHLETIC CLUB – RACE INFORMATION

RACE ENTRY INFO

Kearsney Striders Half Marathon (22nd January 2017)

Enter online at www.eventtiming.co.za. Online entries close **18th January**.
Manual entries at Kearsney College on Sat 17th January. **No entries on race day!**

PDAC (29th January 2017)

Enter online at www.roag.co.za. Online entries close **26th January**.
Manual entries at Lahee Park from Thurs 24th to Sat 25th and at the start on Sun 29th.

Hillcrest Marathon (12th February 2017)

Please note that this is a **pre-entry only** race!
Online entries close **6th February** (timed by ChampionChip).
Enter online at <http://www.hillcrestvillagersac.co.za/hillcrestmarathon/index.php>.



PLEASE “LIKE” THE **GETFIT AC** FACEBOOK PAGE FOR CLUB NOTICES AND RACE INFO.

WEEKLY TRAINING RUNS IN THE 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 are **GETFIT AC Training Runs** every Thursday at 5pm and 5.30pm. Meet at GETFIT Hillcrest, Oxford Village (below the Keg) for a **4km jog/run at 5pm (NEW!)** or a 8-12km run at 5.30pm, 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* *Gauteng Races*

JANUARY:

Thur 12 1730	Committee Training Run (8-12km) (5km @ 1600)	GETFIT AC Committee	GETFIT Hillcrest, Oxford Village
Thur 19 1730	Committee Training Run (8-12km) (5km @ 1600)	GETFIT AC Committee	GETFIT Hillcrest, Oxford Village
Fri 20	Cascades Night Trail (10km, 5km)	KZN Trail Running	Cascades, Pietermaritzburg
Sun 22 0530	Kearsney Striders (21.1km, 10km)	Kearsney Striders	Kearsney College
Thur 28 1730	Committee Training Run (8-12km) (5km @ 1700)	GETFIT AC Committee	GETFIT Hillcrest, Oxford Village
Sun 29 0500	PDAC (25km)	PDAC	Waterfall to Lahee Park, Pinetown
Sun 29	Johnsons Crane Hire Marathon (42.2km, 21.1km, 10km)	Champion Chip	Willowmore Park, Benoni

FEBRUARY:

Thur 2 1730	Committee Training Run (8-12km) (5km @ 1700)	GETFIT AC Committee	GETFIT Hillcrest, Oxford Village
Sun 5 0500	DG Panel & Paint Challenge (32km, 16km)	Sydenham Sports Club	Barns Road Grounds, Sydenham
12 Feb 0500	Hillcrest Marathon (42.2km, 21.1km)	Hillcrest Villagers	Hillcrest 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
Jon Acutt	(083) 303 3805	jonacutt@acutts.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)	R185
Ladies race vests (XS-XL)	R185
Long-sleeved tops (S-2XL)	R160
GETFIT peaks	R100
Trail unisex shirts (M-XL)	R175
Trail ladies vests (XS-L)	R160