



## RUNNERS' ICE WRISTBANDS

We'd like to remind our runners once again of the importance of running with some sort of ID on you, especially when training on your own.

We encourage everyone to run in the company of fellow runners, wherever possible, and to consider carrying some form of ID on them. ICE (In Case of Emergency) wrist bands can be ordered online and delivered to your door within a few days. If you aren't comfortable wearing something around your wrist, there are other options, eg shoe tags.

**Ice-Tags** ([www.ice-tags.co.za](http://www.ice-tags.co.za)) has a good selection, offering shoe tags (from R105), dog tags (R135) and silicone wristbands (from R205) in various colours. All tags include an ICE contact number and medical aid details. The Ice-Tags wristbands can also include a Medic Alert logo with details of any medical condition or allergies.

Regular parkrun runners may prefer to order from **TenBits** ([www.tenbits-draft.myshopify.com](http://www.tenbits-draft.myshopify.com)). Their silicone wristbands (*right*) range in price from R165 to R200 and conveniently include the runner's parkrun barcode on them as well.

Please all consider getting yourselves one of these ID bands ... it really could save your life!



## GETFIT AC LEADERBOARD

The leaderboard has been updated to include recently published road and trail results. The full points table is on the website at [www.getfitac.co.za](http://www.getfitac.co.za).

Congratulations to **Andries Huyser** and **Robyn Greyling** who have moved into top spot on the Mens and Ladies Leaderboard respectively.

Please don't forget to send your race details through to Alan on a regular basis to ensure that all your races are recorded, and your results are captured correctly.

## COMRADES SOCIAL

Please remember to RSVP to Ali if you're coming to the club social on Tuesday 30<sup>th</sup> May at Red Black Sports Cafe, Oxford Village, Hillcrest.

The evening will start at 6pm with a few of our Comrades runners sharing their race day experiences and advice with us, followed by the introduction of our 2017 Comrades runners and the presentation of a Comrades memento to each of them on behalf of the Club.



### MAY LEADERBOARD

MEN			LADIES	
ATHLETE	PTS	POS	ATHLETE	PTS
<b>Andries Huyser</b>	<b>118</b>	<b>1</b>	<b>Robyn Greyling</b>	<b>103</b>
Evidence Mwando	105	2	Sam Gould	99
Mike Hind	104	3	Bronwyn Marais	82
Aaron Engelbrecht	93	4	Tanya Ungerer	80
Lester Daniels	84	5	Sam Nightingale	72
Grant Marais	79	6	Silvia de Freitas	65
Blair Thompson	72	7	Teri-Anne Bossy	62
Corbyn Marais	65	8	Vicki Hicken	56
Tony de Freitas	62	9	Linda Feher	48
Jay Oliveira	60	10	Chantelle Fuchs	43
Jarid Sherwood	55	11	Shannon Browning	41
Gareth de Broize	52	12	Sue St Leger-Stretch	40
Shane Greyling	45	13	Katie Roberts	36
Alan Phillips	45	14	Elisha Reddy	36
Herve Rougier-Lagane	44	15	Robyn Hewitt	35

**COMRADES MARATHON 2017 – 10 DAYS AND COUNTING!**

# 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.



## 2017 COMRADES SUPPORT

The GETFIT AC gazebo will be set up near the Kassier Road T-junction in Old Main Road, Botha's Hill, for this year's Comrades Marathon on Sunday, 4<sup>th</sup> June. We are aiming to get there before 7am and will have a skottel braai set up for those wishing to cook themselves some breakfast. Please bring your eggs and bacon along and help us cheer our runners towards the halfway mark!

We are also hoping to get to the Lion Park turnoff (N3 Exit 65) in time to catch most of our runners again but we are not sure how easy it will be to find a good spot for our gazebo and cooler box so we may just have to join the crowds standing on the side of the road.

If any of our runners would like to leave a pack (food, drink, supplements) with us at either of these two spots, please contact Ali to make the necessary arrangements.

## 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
<b>MAY:</b>				
Sat 27		<b>Sappi Karkloof Classic Trail Run (20km, 10km, 5km)</b>	<b>Impi Concept Events</b>	<b>Karkloof Country Club</b>
Sat 27		<b>KZN X Country League #5</b>	<b>Nongoma AC</b>	<b>Nongoma</b>
Tues 30		<b>Comrades Social (no kms, but plenty of carbs on offer!)</b>	<b>GETFIT AC Committee</b>	<b>Red Black Sports Café, Hillcrest</b>
<b>JUNE:</b>				
Sun 4 0530		<b>Comrades Marathon (86.73km)</b>	<b>Comrades Marathon</b>	<b>Durban City Hall to Pmburg</b>
Sat 10		<b>MTN Half Marathon (21km, 10km)</b>	<b>www.entrytime.com</b>	<b>Gauteng</b>
Sat 10		<b>KZN X Country League #6</b>	<b>Willie Mtolo AC</b>	<b>Underberg</b>
Sun 11 0800		<b>Spar Ladies 10km</b>	<b>Spar</b>	<b>Kings Park, Durban</b>
Sun 11		<b>Winter Trail Series – Table Mountain (20km, 14km, 7km)</b>	<b>KZN Trail Running</b>	<b>Table Mountain, near PMB</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>