

## COMRADES 2017 ... THE FINAL COUNTDOWN!

We had a great turnout – runners and supporters – at our Comrades Social Evening earlier this week.

This year's GETFIT AC runners joined us for some light-hearted banter before enjoying a meal and a few drinks to calm those nerves for Sunday!

The runners were each presented with an embroidered towel and a GETFIT Road Runner water bottle to mark the occasion.

Thanks to Denise, Herve and Michelle who shared some of their own experiences and advice with the runners.



### Introducing GETFIT AC's "Comrades Class of 2017" ....

There will be 37 runners representing GETFIT AC at this year's Comrades. Ten of them already have more than two Comrades medals and **Denise Towell** (15) has the most of any GETFIT AC runner.

The group includes three sets of siblings ... **Charles Bishop** and **Sam Gould**, twin brothers **Carlyle** and **Kewen van Rensburg** and **Jay Oliveira** and **Silvia de Freitas**. Silvia will also be joined by husband, **Tony de Freitas**, who's running his second Comrades this year and hoping for back-to-back medals.

The rest of our runners are featured on page 2 of this newsletter.

Please support them along the route on Sunday, if you can ... you've seen their pics now so you should recognise them all!

We'll post updates of our runners during the race via Facebook and our Comrades WhatsApp group. If you'd like to be added to the group (to receive or give updates), please contact Ali.



Denise Towell (15)



Andries Huyser (9)



Alpheus Magcaba (9)



Charles Bishop (6)



Joseph Nxumalo (4)

### HOLDERS OF MULTIPLE COMRADES MEDALS



Evidence Mwando (3)



Jacques Vieira (3)



Innocent Ngubane (2)



Gareth de Broize (2)



Jarid Sherwood (2)

Thank you **Rob Kaletsch** and GETFIT members who chipped in to buy a new pair of shoes for **Sonnyboy Nkabini** who's running his 2<sup>nd</sup> Comrades this year!



# GETFIT ATHLETIC CLUB – COMRADES CLASS OF 2017

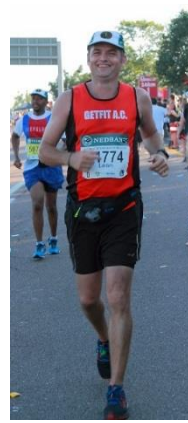
## GETFIT AC members hoping for their 2<sup>nd</sup> Comrades medal this year



Sonnyboy Nkabini



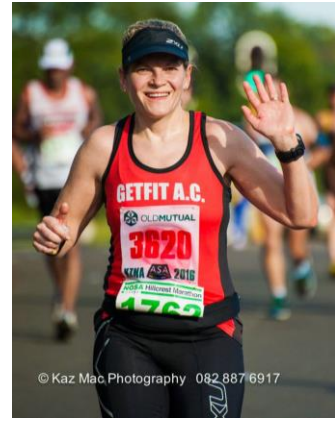
Tony de Freitas



Leon Campher



Kewen van Rensburg



Monique van den Busken



James Codner



Grant Marais



Tracy Simpson



Wendy Becket



Jami Klumper



Denver Subramany



Nhlanhla Thembari



Siboniso Shange

## GETFIT AC's novice Comrades Runners



Lester Daniels



Aaron Engelbrecht



Lovemore Mhundu



Carlyle van Rensburg



Jay Oliveira



Shannon Browning



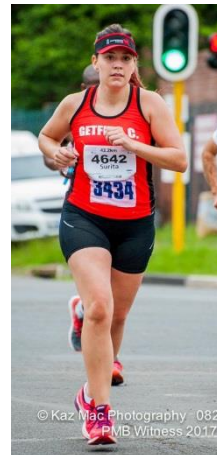
Robyn Hewitt



Silvia de Freitas



Samantha Gould



Surita  
Jansen van Vuuren



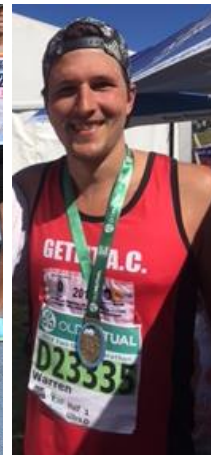
Justin  
Ducler des Rauches



Shai Selani



Kayley Daly



Warren  
Jansen van Vuuren

# 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 RACE DAY 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. To avoid road closures, take Exit 32 off the N3 (after the Mariannhill toll) and travel along Kassier Road, past Hillcrest Private Hospital, until you reach Old Main Road, or as close as you can get to the intersection. Walk up to the traffic lights, turn left into Old Main Road, and the gazebo will be about 100m up the road on your right, on the strip of grass between the road and the railway line. We are aiming to be there before 7am to catch the first runners coming through, and we'll have a skottel braai set up for those wishing to cook themselves some breakfast. Please bring your eggs, bacon, wors, etc, and help us cheer our runners towards the halfway mark!

The last runners are expected to have gone through Botha's by 10.30am, at which time we will pack up and head off to the Lion Park turnoff (N3 Exit 65), hopefully in time to catch most of our runners again. We don't think we'll be able to get our gazebo there but we will look for a good spot on the side of the road to cheer you past. The last runner is expected to go through Lion Park around 3.30pm.

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**

#### JUNE:

<b>Sun 4</b>	<b>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</b>	<b>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>Fri 16</b>		<b>Barn Ultra Trail Run (30km, 21km, 15km, 10km, 5km)</b>	<b>www.entrytime.com</b>	<b>Gauteng</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	littlestrickersoccer@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>