



COMRADES 2017

Congratulations to all our runners, seconders and supporters who were involved in last weekend's iconic Comrades Ultra Marathon ... what an awesome day!

Thirty-two GETFIT AC runners completed the race, with our three sponsored runners vying for the top spot amongst the club runners. It was an exciting battle from start to finish.

Sonnyboy Nkabini (*middle right*) took the early lead but **Innocent Ngubane** (*right*) and **Evidence Mwando** (*far right*) kept him in their sights for most of the race. With less than 30km to go, only still 20 mins separated the trio.

When Sonnyboy and Innocent reached Polly Shortts, Innocent was ready to make his move, overtaking Sonnyboy to move into the lead for the first time in the race, and earning himself a very well-deserved Comrades silver medal!

Innocent beat his previous Comrades PB (2016 down run) by a whopping 54 minutes. The only other GETFIT AC runner to better their PB by a bigger margin than this was **Grant Marais** who took 56 minutes off his 2016 time in his back-to-back Comrades.

GETFIT AC's first lady, **Wendy Becket** (*right*) knocked 20 minutes off her 2016 PB and only thirteen minutes separated the top three ladies, with **Kayley Daly** (*middle right*) and **Surita Jansen van Vuuren** (*far right*) chasing Wendy to the finish line.



Silvia de Freitas (*left*) kept us on the edge of our seats until the very end as she ran her fastest split of the day in the final 7kms to finish her first Comrades Marathon just 43 seconds before the 12 hour cut-off!

Well done to each and every one of our GETFIT AC runners!



ANOTHER GETFIT BABY!

Congrats to **Malcolm** and **Carin Hunter** who welcomed little **Finlay James Hunter** (*far right*) to their family earlier this week.

Finlay's proud grandparents, **Gavin** and **Shannon Hall** are also members of GETFIT AC so he's definitely another little runner in the making!



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 ACTIVITIES.



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!

* **Forest Hills 10km** (9 July) – <https://2017forest10.myactive.co.za/CaptureDetails/Registration.aspx>

* **Mandela Day Marathon, Half Marathon & 10km** (27 August) – <https://mandelamarathon.myactive.co.za/CaptureDetails/Registration.aspx>

* **Soweto Marathon, Half Marathon & 10km** (5 November) – <https://www.sowetomarathon.com/index.php#raceOptions>

Online entries for the **Forest 10** close on **3 July** and **Soweto Marathon** entries will close on **30 June 2017**, or earlier, if the maximum number of entries has been reached. There is also a link to accommodation options for the Soweto Marathon on the website, for those who have already entered.

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 @ 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 usually 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:

Sat 10	MTN Half Marathon (21km, 10km)	www.entrytime.com	Gauteng
Sat 10	KZN X Country League #6	Willie Mtolo AC	Underberg
Sun 11 0800	Spar Ladies 10km	Spar	Kings Park, Durban
Sun 11	Winter Trail Series – Table Mountain (20km, 14km, 7km)	KZN Trail Running	Table Mountain, near PMB
Fri 16	Barn Ultra Trail Run (30km, 21km, 15km, 10km, 5km)	www.entrytime.com	Gauteng
Sat 24	KZN X Country League #7	Yellowwood Park AC	Stainbank Reserve
Sun 25 0700	Archie Gumede Half Marathon (21km, 10km)	KZNA	Sugar Ray Xulu Stadium, Clermont
Thurs 29 1800	Mixed Time Trial League #5	Durban Runner / MiWay	Stella Athletic Club

JULY:

Sat 1	KZN X Country League #8	Collegians Harriers	Collegians Club, Durban
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GETFIT ATHLETIC CLUB COMMITTEE

Denver Subramany (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
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BANK DETAILS: GETFIT AC, Standard Bank Acc # 251823768 (Kloof 04-55-26)

GETFIT KIT

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