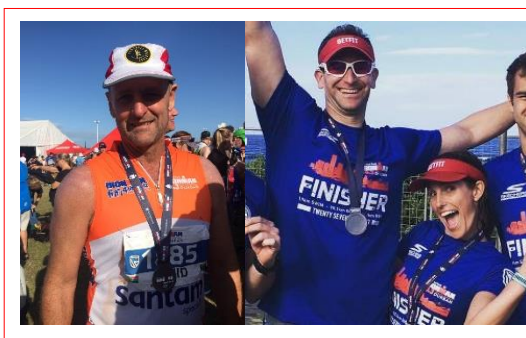




GETFIT AC members have been doing really well at a number of recent road and trail races around the province.

In trail races, **Mike Hind** and **Lesley Leagus** came 1st and 4th respectively in their age groups in the 20km event of the **Winter Series Table Mountain Trail Run**, while **Tammy Woodroffe** (7th), **Matt Dunford** (7th) and **Louise Dunford** (10th) all managed top 10 finishes in their age groups in the 12km event. **Herve Rougier-Lagane** was the 1st grandmaster to finish the 15km **Rain Farm Trail Run** in Ballito.

Lee Havenga (48:47) was the 1st GETFIT AC lady to finish the **Spar Ladies 10km** last weekend. Well done, all of you!



Dave Gould and Nats Dennis represented GETFIT AC at the **Iron Man 70.3** in Durban last weekend, both finishing the gruelling event in just over 6½ hours.

Fantastic achievements, Dave and Nats!

RACE SUPPORT

The GETFIT AC trailer and gazebo will be at the **Forest Hills 10km** on 9th July.

It is not possible for Committee members to be at every race so we have identified a number of popular races throughout the year which we hope to support (right).

If anyone is planning to run the **Mandela Marathon** (27th Aug), the **Stainbank Cup** (7th Dec), or any other race, and would be happy to take the trailer and set up the gazebo at one or more of these races, please contact Ali to make the necessary arrangements.

Jan 22nd Kearsney 21km

Jan 29th PDAC 25km

Feb 12th Hillcrest Marathon

Feb 26th Maritzburg Marathon

March 12th Umgeni Water Marathon

March 19th Stella Royal 25km

April 9th Durban City Marathon

May 7th Deloitte Marathon

June 4th Comrades Ultra Marathon

July 9th Forest Hills 10km

August 13th Super Mama Savages

August 27th Mandela Day Marathon (tbc)

Sept 10th SAPS Striders 21km

Sept 17th Queensburgh Mineshaft 15km

Oct 29th Sapphire Coast Marathon

Nov 25th Sani Stagger Marathon

Dec 7th Stainbank Cup 15km (tbc)

Dec 10th Westville AC Christmas Run

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 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
Sun 2	Umhlanga Trail Run (18km, 9km, 5km)	Riverside Trail	Umhlanga
Thurs 6 1800	Ladies Time Trial League #4	Hillcrest Villagers AC	Hillcrest Villagers Sports Club
Sat 8	KZN X Country League #9	Mudeni AC	King Edward Park
Sun 9 0700	Forest Hills 10km	Forest Hills AC	Forest Hills Sports Club
Sat 15	KZN X Country League #10	Sapphire Coast AC	Hutchison Park, Amanzimtoti

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	littlestrickersoccer@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)	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