

## TEAM GETFIT @ JUMP CITY

Congratulations to everyone who took part in the individual and team events at last weekend's Jump City in Durban.

GETFIT 1 won the team event, followed by the GETFIT Marines (4<sup>th</sup>) and GETFIT Warriors (5<sup>th</sup>). Robyn and Shane Greyling finished 8<sup>th</sup> and 12<sup>th</sup> in the individual Men and Women's events.



## TINMAN Run & Tri-Series

Team events are becoming more and more popular and it's great to see the team spirit amongst our members at these events.

With this in mind, we are keen to get some GETFIT teams together for the next TinMan event which takes place at Suncoast, Durban, Sunday 23<sup>rd</sup> July.



The following team events are available:

**TinMan Sprint** (R400 per team) – 600m swim + 21km cycle + 5km run (min age 16 years)

**TinMan Challenge** (R550 per team) – 1km swim + 32km cycle + 10km run (min age 18 years)

The above events are available to individuals wanting to do all three disciplines themselves, and there is a **10km beachfront run** as well for those individuals who don't fancy swimming and cycling!

Mountain bikes will be allowed for the cycling stage of the team events. Please also note that all participants who do not have an annual TSA licence will need to purchase a TSA Day Licence (R30 pp).

Justin Dunford has kindly offered to put GETFIT teams together so please email him at [justin@addwealth.co.za](mailto:justin@addwealth.co.za), if you're keen to take part. Please remember to say which event (ie Sprint or Challenge) you'd like to do and indicate your preferred discipline in order of preference, eg "Justin – swim, run, bike (sprint)". TinMan is **pre-entry only** so please contact Justin by **17<sup>th</sup> July** at the latest.

## GETFIT AC POINTS LEADERBOARD

The leaderboard has been updated to include all race results submitted by 26<sup>th</sup> June and is available on the website. Congratulations to these runners currently topping the Mens and Ladies Leaderboard:

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1. Andries Huyser (120 points)  | 1. Robyn Greyling (103 points) |
| 2. Mike Hind (107 points)       | 2. Sam Gould (99 points)       |
| 3. Evidence Mwando (105 points) | 3. Tanya Ungerer (96 points)   |

*Congrats to Geoff and Bronwyn Goble on the arrival of Emily Kate, the latest addition to our growing GETFIT family!*



## BATH CRYSTAL SAMPLES

Thank you to those members who offered to try out the samples of bath crystals (left) we mentioned last week.

If you have collected a pack of crystals from Ali, please remember to send your completed feedback form back.

The deadline to return the forms is Monday, 17<sup>th</sup> July, to accommodate those runners planning to do the PheZulu Trail Run on 16<sup>th</sup> July and who are expecting to have aching bodies afterwards!

