

# PHEZULU TRAIL SUCCESSES

Well done to the 31 GETFIT runners who took part in last weekend's PheZulu Trail Run and congratulations to the three who made it onto the podium!

**Terri Bossy** (top left) was the 3<sup>rd</sup> lady in the 18km event and **Mike Hind** finished in the top ten overall. **Lesley Leagas**, **Cindy Valentine** and **Claire Moffatt** also all finished in the top ten of the ladies race.

**Evidence Mwando** (top middle) won the 10km race and **Shawn Meyer** (top right) came 2<sup>nd</sup> in the 5km event. **Mandy Meyer** was 2<sup>nd</sup> in the ladies 5km race and **Gavin Hall** won the masters age group in the same race.



## TINMAN TRIATHLON IN DURBAN

The next event in the Tinman Triathlon Series takes place on Durban's beachfront this Sunday morning.

GETFIT has four teams entered in the Team Challenge relay event as well as a number of individuals taking part in the Challenge, Sprint and 10km events.

The GETFIT AC gazebo (and cold beers!) will be set up on the promenade near Bike & Bean from about 7am so please come along and support all our GETFIT runners and teams.

**OUR GETFIT-BRANDED RUNNING SHOE CLIP-ON LIGHTS HAVE ARRIVED!  
PLEASE CONTACT ALI TO PURCHASE YOUR LIGHT FOR R60.**

# 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.



## 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](http://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!

\* **Super Mama Savages Challenge 21km & 10km** (13 August) – <http://www.eventtiming.info/entryonline.php?id=254>

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

## 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*

#### JULY:

<b>Sun 23 0700</b>	<i>TinMan Series (10km Run, Sprint Tri, Challenge Tri)</i>	<i>B-Active.com</i>	<i>Suncoast, Durban beachfront</i>
<b>Sat 29</b>	<i>KZN X Country League #12</i>	<i>Phoenix Villagers AC</i>	<i>Gandhi Luthuli Park, Phoenix</i>
<b>Sun 30</b>	<i>1000 Hills Challenge (38km, 21km, 10km)</i>	<i>KZN Trail Running</i>	<i>Nagel Dam, Valley of 1000 Hills</i>

#### AUGUST:

<b>Sun 6 0700</b>	<i>Mtunzini Bush Trail (16km, 10km)</i>	<i>Running Races</i>	<i>Mtunzini Town Hall</i>
<b>Thurs 10 1800</b>	<i>Ladies Time Trial League #5</i>	<i>PDAC</i>	<i>Lahee Park, Pinetown</i>
<b>Sun 13 0630</b>	<i>Supa Mama Savages Challenge (21km, 10km)</i>	<i>Savages AC</i>	<i>Morningside PS, Durban</i>
<b>Sun 20 0615</b>	<i>Durban Runner Challenge (21km, 10km)</i>	<i>Durban Runner AC</i>	<i>UKZN, Durban</i>
<b>Sun 20</b>	<i>Umgeni River Run (50km, 22km, 10km)</i>	<i>KZN Trail Running</i>	<i>Falklands Farm, nr Pmburg</i>
<b>Wed 23 1800</b>	<i>Mixed Time Trial League #7</i>	<i>Queensburgh Harriers</i>	<i>Queensburgh Sports Club</i>
<b>Sat 26</b>	<i>Mandela Day Trail Run (15km, 8km, 4km)</i>	<i>KZN Trail Running</i>	<i>Mandela Capture Site, Howick</i>
<b>Sun 27 0630</b>	<i>Mandela Day Marathon (42km, 21km, 10km)</i>	<i>KZN Athletics</i>	<i>Mbali Township/Hilton to Howick</i>

#### SEPTEMBER:

<b>Thurs 7 1800</b>	<i>Ladies Time Trial League #6</i>	<i>Highway AC</i>	<i>Hillcrest Villagers (tbc)</i>
---------------------	------------------------------------	-------------------	----------------------------------

### GETFIT ATHLETIC CLUB COMMITTEE

<b>Denver Subramany</b> (Chairman)	(083) 956 9192	<a href="mailto:denver@getfitchallenge.co.za">denver@getfitchallenge.co.za</a>
<b>Alan Phillips</b> (Vice-Chairman)	(083) 400 2260	<a href="mailto:alanp@seaboardship.co.za">alanp@seaboardship.co.za</a>
<b>Sam Gould</b>	(082) 898 2633	<a href="mailto:gould@scottnet.co.za">gould@scottnet.co.za</a>
<b>Robyn Greyling</b> (Ladies Captain)	(082) 771 3626	<a href="mailto:carebearsplayland@gmail.com">carebearsplayland@gmail.com</a>
<b>Shane Greyling</b> (Mens Captain)	(082) 574 6734	<a href="mailto:littlestrikerssoccer@gmail.com">littlestrikerssoccer@gmail.com</a>
<b>Al Moor</b> (Secretary)	(073) 741 0218	<a href="mailto:alison.s.moor@gmail.com">alison.s.moor@gmail.com</a>
<b>Liesel Phillips</b>	(083) 400 2258	<a href="mailto:lieselp@live.co.za">lieselp@live.co.za</a>
<b>Bev Sajoe</b> (Honorary Treasurer)	(072) 204 0205	<a href="mailto:qpas@mweb.co.za">qpas@mweb.co.za</a>

**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>