

TINMAN TRIATHLON

Congratulations to the GETFIT AC members who took part in Sunday's Tinman Triathlon on Durban's beachfront and a big THANK YOU to everyone who came to support our teams ... what an awesome spirit and vibe!

Disappointingly, dangerous surf conditions on race day caused the cancellation of the swim event but the Club was well-represented with five GETFIT AC athletes taking part in the individual sprint triathlon and three in the 10km run. We also had four Challenge relay teams who placed 2nd, 3rd and 4th in their event.

There was also a lot of support for GETFIT AC runner, **Shawn Meyer**, who took part in the sprint relay event with blind athlete, Storm Schwartz (*below left*).

Race organiser, Damian Bradley of **B-Active Sports**, will give all GETFIT Sprint and Challenge teams a 10% discount on future Tinman events. Please note this is for **teams only**. Thanks, Damian!



GETFIT AC will be hosting a Beloved Long Run on **Saturday, 5th August 2017 at 6am**. The 15km social run will start and end at GETFIT Crest in the Oxford Village, Old Main Road, Hillcrest.

We are looking for marshalls to assist us in directing the runners so if you have an hour to spare on that Saturday morning, and would be willing to help, please contact Ali.

MATHEWS MEYIWA 21KM

It was also great to see GETFIT AC represented at the Mathews Meyiwa Half Marathon in Hammarsdale on Sunday.

Evidence Mwando was 10th in his age category and **Vicki Hicken** ran a PB to finish 8th in her age category. Well done everyone!



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!

* **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:

Sat 29	KZN X Country League #12	Phoenix Villagers AC	Gandhi Luthuli Park, Phoenix
Sun 30	1000 Hills Challenge (38km, 21km, 10km)	KZN Trail Running	Nagel Dam, Valley of 1000 Hills

AUGUST:

Sat 5	0600	Beloved Long Run (15km)	BLR / GETFIT AC	GETFIT Hillcrest – Winston Park
Sun 6	0700	Mtunzini Bush Trail (16km, 10km)	Running Races	Mtunzini Town Hall
Thurs 10	1800	Ladies Time Trial League #5	PDAC	Lahee Park, Pinetown
Sun 13	0630	Supa Mama Savages Challenge (21km, 10km)	Savages AC	Morningside PS, Durban
Sun 20	0615	Durban Runner Challenge (21km, 10km)	Durban Runner AC	UKZN, Durban
Sun 20		Umgeni River Run (50km, 22km, 10km)	KZN Trail Running	Falklands Farm, nr Pmburg
Wed 23	1800	Mixed Time Trial League #7	Queensburgh Harriers	Queensburgh Sports Club
Sat 26		Mandela Day Trail Run (15km, 8km, 4km)	KZN Trail Running	Mandela Capture Site, Howick
Sun 27	0630	Mandela Day Marathon (42km, 21km, 10km)	KZN Athletics	Mbali Township/Hilton to Howick

SEPTEMBER:

Thurs 7	1800	Ladies Time Trial League #6	Highway AC	Hillcrest Villagers (tbc)
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GETFIT ATHLETIC CLUB COMMITTEE

Denver Subramany (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
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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)	R190
Trail unisex shirts (M-XL)	R175
Trail ladies vests (XS-L)	R175
GETFIT peaks	R100