

1000 HILLS!

We had another great turnout of GETFIT AC trail runners at last weekend's 1000 Hills Challenge, with a total of 18 runners taking part in the four different distance events.

King Chapara was 4th in his age division and 24th overall in the 38km main event.

Mitch Dufourq finished 5th in the 20km event and Terri-Bossy was the 5th lady and 4th in her age division. Herve Rougier-Lagane was 1st master in the 20km and Tammy Woodroffe (8th), Lesley Leagas (9th) and Louise Dunford (11th) all finished in the top 20 of their respective age divisions as well.

In the 10km, Mike Hind (8th), Matthew Dunford (8th), Mandy Meyer (11th), Shawn Meyer (13th), and Sue St Leger-Stretch (4th) all excelled in their age divisions.

There was lots of grumbling about the endless hills, freezing cold water crossings and steep downhill but the smiles on the faces of most of the runners tell a very different story!



BELOVED LONG RUN

GETFIT AC will be hosting a Beloved Long Run for Dean Wight this coming Saturday, 5th August & 6am. The 15km run will start and finish outside GETFIT Hillcrest in the Oxford Village and will be a straightforward route into Winston Park and back. GETFIT AC Committee members will be manning a water table around the halfway mark so please join us for the run (no club kit to be worn, please) and afterwards for breakfast at Red Black Sports Café.

Well done to **Jandi Hallett** (right) who took part in last weekend's Mtunzini MTB Classic very nice kit, Jands!



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>

Online entries for **Super Mama Savages Challenge** close on Sunday, 6th August. This race is pre-entry only!

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

AUGUST:			
Date	Time	Race Name	Location
Sat 5	0600	Beloved Long Run (15km)	BLR / GETFIT AC
Sun 6	0700	Mtunzini Bush Trail (16km, 10km)	Running Races
Thurs 10	1800	Ladies Time Trial League #5	PDAC
Sun 13	0630	Supa Mama Savages Challenge (21km, 10km)	Savages AC
Sun 20	0615	Durban Runner Challenge (21km, 10km)	Durban Runner AC
Sun 20		Umgeni River Run (50km, 22km, 10km)	KZN Trail Running
Wed 23	1800	Mixed Time Trial League #7	Queensburgh Harriers
Sat 26		Mandela Day Trail Run (15km, 8km, 4km)	KZN Trail Running
Sun 27	0630	Mandela Day Marathon (42km, 21km, 10km)	KZN Athletics
SEPTEMBER:			
Thurs 7	1800	Ladies Time Trial League #6	Highway AC
Sat 9		Mont Aux Sources (50km)	Wild Series
Sun 10	0630	SAPS Striders Heritage Challenge (21km, 10km)	SAPS Striders
Sun 17	0600	The Mineshaft (15km)	Queensburgh Harriers
			GETFIT Hillcrest – Winston Park
			Mtunzini Town Hall
			Lahee Park, Pinetown
			Morningside PS, Durban
			UKZN, Durban
			Falklands Farm, nr Pmburg
			Queensburgh Sports Club
			Mandela Capture Site, Howick
			Mbali Township/Hilton to Howick
			Hillcrest Villagers (tbc)
			Royal Natal National Park
			Kings Park, Durban
			Queensburgh Sports Club

GETFIT ATHLETIC CLUB COMMITTEE

Denver Subramany (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
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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