

## KEARSNEY STRIDERS

Well done to everyone who took part in Sunday's Kearsney Striders Half Marathon and 10km races. GETFIT AC was the third best represented Club, with 64 members taking part in the two events ... what an awesome turnout for the first big race of the season!



Congratulations to **Sonnyboy Nkabini** (left) who was the first GETFIT AC athlete to finish the Half Marathon in a time of 1:24. **King Chipara** (1:35) and **Nhlanhla Them bani** (1:44) were 2<sup>nd</sup> and 3<sup>rd</sup> behind him.



**Robyn Greyling** (1:52) was the first GETFIT AC lady home in the Half Marathon and **Corbyn Marais** (46 mins) and **Debs Sweby** (1:02) were the first GETFIT AC male and female athletes in the 10km event.

**Sphamandla Mngoma** finished 2<sup>nd</sup> overall in the 10km and immediately came across to the GETFIT AC gazebo to sign up with the Club for this season. We look forward to seeing you in GETFIT colours at the next event, Mandla!



## DONATIONS AND SPONSORSHIP

Thanks to levy contributions, we have raised an additional R6500 for the Club's fund to cover the cost of shoes, licences, kit and race entry fees for our sponsored runners.

**Nicole Potgieter** (right) was the highest bidder in last week's shoe auction and is now the proud owner of a brand new pair of Saucony shoes from B-Active! Nicole's winning bid of R1100 will also be added to the fund and help us support even more of our runners.

We are also aware of a number of members who sponsor runners directly and we are truly grateful and touched by your generosity and support for these talented guys.

The GETFIT AC Committee would like to say a big THANK YOU to those members who generously included the optional levy in their 2018 subs!



**Sonnyboy Nkabini** (above) was delighted to receive his two pairs of shoes, as well as a Tom Tom watch, donated by Shawn Meyer.

# 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 EVENTS.

## 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!

A full list of KZN road races, Beloved Long Runs and Time Trial fixtures for 2018 are also available on the website.

## 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 at 7am along the Durban promenade (10km) from North Beach. Meet outside the Durban Surf Lifesaving Club.

There is also a **GETFIT AC Evening Run** at 5.30pm on Tuesdays from Winston Park garage and on Thursdays from GETFIT Hillcrest. These groups usually run 8-12km run, with options to turn earlier for shorter distances, if you prefer. The pace of both groups is 'average'.

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

Beloved Long Runs

Other Events

#### JANUARY:

Wed 24	1815	Mixed Time Trial League (8km, 4km)	Queensburgh Harriers	Queensburgh Sports Club
Sat 27	0500	BLR: Kloof to Botha's Hill (25km)	Beloved Long Runs	Kloof Superspar, Kloof
Sun 28	0500	PDAC 25km (25km)	PDAC	Waterfall to Lahee Park, Pinetown

#### FEBRUARY:

Sat 3	0500	BLR: Hillcrest Half Marathon Route (21km)	Beloved Long Runs	Hillcrest Villagers
Sun 4	0500	DG Panel & Paint Challenge (32km, 16km)	Sydenham AC	Barns Road Rugby Grounds
Sun 4		TinMan Tri-Series (10km run, Mini/Sprint/Challenge Tri)	B-Active Sports	Suncoast Casino, Durban
Sat 10	0500	BLR: Kloof to Botha's Hill (25km)	Beloved Long Runs	Kloof Superspar, Kloof
Sun 11	0500	Hillcrest Marathon (42km, 21km)	Hillcrest Villagers AC	Hillcrest Villagers Sports Club
Sat 17	0500	BLR: Westville to Gelofofte and back (25km)	Beloved Long Runs	Westville AC
Thur 22	1800	Mixed Time Trial League (8km, 4km)	Savages AC	Hollander Crescent, Morningside
Sat 14	0500	BLR: Kloof to Botha's Hill (25km)	Beloved Long Runs	Kloof Superspar, Kloof
Sun 25	0530	Maritzburg City Marathon (42km, 21km, 10km)	Natal Carbineers	Golden Horse Casino, PMB

### 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)	R220
Ladies race vests (XS-XL)	R220
Long-sleeved tops (S-L)	R200
Trail unisex shirts (M-XL)	R175
Trail ladies vests (XS-L)	R175
GETFIT peaks	R100
Red Sunflower buffs	R 25