



# GETFIT RACE POINTS SYSTEM

GETFIT AC's system of allocating points to runners who take part in road and trail events helps the Committee in determining the Male and Female Athlete of the Year.

The current cycle of points runs from 3<sup>rd</sup> Oct 2016 to 30<sup>th</sup> Sept 2017 and includes a few changes from previous seasons, with more points being given for PBs, longer distances and race positions (right). We also award points for new Club records (below).

Please also note that points for positions are not awarded for races where the entry field is less than 100.

Alan tracks our athletes in all the major races and picks up most of the KZN road races. However, members are encouraged to email Alan on a weekly or monthly basis to ensure their race results have not been missed. If possible, please also include a link to the online results as points are only awarded for race results that are officially published.

If you are on **Strava**, please ask to be invited to GETIT AC and Alan will accept your request. He can then access your race times as you download them and update the leaderboard accordingly.

The current standings are attached and an updated leaderboard will be circulated at the end of January.

RACE POINTS		
RACE TYPE	DISTANCE (KM)	POINTS ALLOCATION
Road	10-21	2
Road	21-42	3
Road	42.2	6
Ultra Road	42+	9
Trail	5-8	2
Trail	8-16	3
Trail	17-30	4
Trail	31-40	6
Ultra Trail	40+	9
FINISH TIME POINTS *		
Within 10% of the winner		6
Within 25% of the winner		4
Within 50% of the winner		3
Within 75% of the winner		2
Within 100% of the winner		1

BONUS POINTS	
Personal Best	2
Club Record	5
1 <sup>st</sup> GETFIT AC *	3

\* if >5 GETFIT in race

OVERALL POSITION POINTS	
1 <sup>st</sup> place *	6
2 <sup>nd</sup> place	4
3 <sup>rd</sup> place	3
4 <sup>th</sup> place	2
5 <sup>th</sup> to 10 <sup>th</sup> place	1

\* min 100 entrants

AGE CATEGORY POSITION POINTS *	
1 <sup>st</sup> place	4
2 <sup>nd</sup> place	2
3 <sup>rd</sup> place	1

\* min 10 in age category

## GETFIT AC CLUB RECORDS

42.2km	Deloitte Challenge	1st May 2015
	Evidence Mwando	02:58:58
21.1km	Durban City Marathon	8th May 2016
	Evidence Mwando	01:18:43
10km	Forest Hills	10th Jul 2016
	Evidence Mwando	00:37:40

\* gender specific and must be 100+ entrants for full value, or default 1 point.

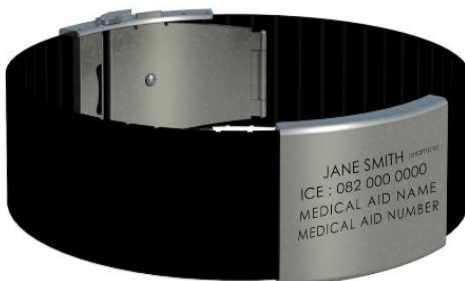
## RUNNERS ICE WRISTBANDS

Some of our members will have heard of the tragic incident last weekend when local runner, Colin Kelly, collapsed and died whilst running in Gillitts.

Unfortunately, Colin had no ID on him which led to a distressing delay while police and paramedics tried to locate his next of kin.

We urge all our members to run in the company of fellow runners, wherever possible, and to consider carrying some form of ID on them. ICE (In Case of Emergency) wrist bands can be ordered online and delivered to your door within a few days.

Ice-Tags ([www.ice-tags.co.za](http://www.ice-tags.co.za)) has the best selection, offering shoe tags (from R105), dog tags (R135) and silicone wristbands (from R205) in various colours. All tags include an ICE contact number and medical aid details. The Ice-Tags wristbands can also include a Medic Alert logo with details of any medical condition or allergies.



Regular parkrun runners may prefer to order from **TenBits** ([www.tenbits-draft.myshopify.com](http://www.tenbits-draft.myshopify.com)). Their silicone wristbands (right) range in price from R165 to R200 and conveniently include the runner's parkrun barcode on them as well.

Please all consider getting yourselves one of these ID bands ... it really could save your life!



# GETFIT ATHLETIC CLUB – RACE INFORMATION

## RACE ENTRY INFO

### Kearsney Striders Half Marathon (22<sup>nd</sup> January 2017)

Online entries have **closed**.

Manual entries at Kearsney College on Sat 17<sup>th</sup> January. **No entries on race day!**

### PDAC (29<sup>th</sup> January 2017)

Enter online at [www.roag.co.za](http://www.roag.co.za). Online entries close **26<sup>th</sup> January**.

Manual entries at Lahee Park from Thurs 24<sup>th</sup> to Sat 25<sup>th</sup> and at the start on Sun 29<sup>th</sup>.

### Hillcrest Marathon (12<sup>th</sup> February 2017)

Please note that this is a **pre-entry only** race!

Online entries close **6<sup>th</sup> February** (timed by ChampionChip).

Enter online at <http://www.hillcrestvillagersac.co.za/hillcrestmarathon/index.php>.



PLEASE "LIKE" THE **GETFIT AC** FACEBOOK PAGE FOR CLUB NOTICES AND RACE INFO.

## WEEKLY TRAINING RUNS IN THE HIGHWAY AND UMHLANGA AREA

**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. A full schedule of weekly trainings runs and Comrades route testers from January to May 2017 is available from Ali.

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 are **GETFIT AC Training Runs** every Thursday at 5pm and 5.30pm. Meet at GETFIT Hillcrest, Oxford Village, for a 4-5km jog/run at 4.30pm or a 8-12km run at 5.30pm, 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*

#### JANUARY:

Thur 19	1730	Committee Training Run (8-12km) (5km @ 1630)	GETFIT AC Committee	GETFIT Hillcrest, Oxford Village
Fri 20		Cascades Night Trail (10km, 5km)	KZN Trail Running	Cascades, Pietermaritzburg
Sun 22	0530	Kearsney Striders (21.1km, 10km)	Kearsney Striders	Kearsney College
Wed 25		Mixed Time Trial #1	DHSOB AC	DHS Old Boys, Durban North
Thur 26	1730	Committee Training Run (8-12km) (5km @ 1700)	GETFIT AC Committee	GETFIT Hillcrest, Oxford Village
Sun 29	0500	PDAC (25km)	PDAC	Waterfall to Lahee Park, Pinetown
Sun 29		Johnsons Crane Hire Marathon (42.2km, 21.1km, 10km)	Champion Chip	Willowmore Park, Benoni

#### FEBRUARY:

Thur 2	1730	Committee Training Run (8-12km) (5km @ 1700)	GETFIT AC Committee	GETFIT Hillcrest, Oxford Village
Sun 5	0500	DG Panel & Paint Challenge (32km, 16km)	Sydenham Sports Club	Barns Road Grounds, Sydenham
12 Feb	0500	Hillcrest Marathon (42.2km, 21.1km)	Hillcrest Villagers	Hillcrest Sports Club

### GETFIT ATHLETIC CLUB COMMITTEE

Denver Subramany (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
Alan Phillips (Vice-Chairman)	(083) 400 2260	alanp@seaboardship.co.za
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Robyn Greyling (Ladies Captain)	(082) 771 3626	carebearsplayland@gmail.com
Shane Greyling (Mens Captain)	(082) 574 6734	littlestrikerssoccer@gmail.com
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)	R185
Ladies race vests (XS-XL)	R185
Long-sleeved tops (S-2XL)	R160
GETFIT peaks	R100
Trail unisex shirts (M-XL)	R175
Trail ladies vests (XS-L)	R160