



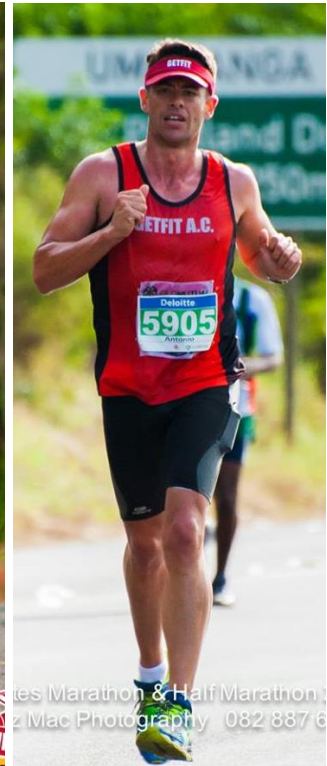
SUPA MAMA SAVAGES CHALLENGE

We had another great turnout at last weekend's Supa Mama Savages 21km and 10km Challenge. GETFIT AC had 28 runners, with only ten other clubs having more runners there than us!

In the 21km event, **Sam Gould** (2:00) (right) was the first GETFIT AC runner to finish, closely followed by GETFIT AC's first male runner, **Tony de Freitas** (2:02) (far right).

Corbyn Marais (46 mins) (below left) finished 20th overall in the 10km and was the 3rd Junior over the line. **Robyn Greyling** (53 mins) (below), back from her recent injury, was the first GETFIT AC lady to finish the 10km race.

Lastly, a big thank you to all the runners and supporters who joined us at the gazebo afterwards. It's always great to see new friends being made!



BELOVED LONG RUNS FIXTURES HAVE BEEN ADDED TO THE KZN CALENDAR ON PAGE 2

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!

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 Beloved Long Runs Non-KZN Races

AUGUST:

Sat 19	0600	BLR: Beachfront Loop (15km)	Beloved Long Runs	Durban Runner, Windermere
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	0600	BLR: Hillcrest to Suncoast	Beloved Long Runs	Hillcrest
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:

Sat 2	0600	BLR: Kloof to Pot & Kettle (and back) (25km)	Beloved Long Runs	Kloof Harvest Church
Thurs 7	1800	Ladies Time Trial League #6	Highway AC	Hillcrest Villagers (tbc)
Sat 9	0600	BLR: Savages AC to Durban North (and back) (25km)	Beloved Long Runs	Savages AC, Morningside
Sat 9		Mont Aux Sources (50km)	Wild Series	Royal Natal National Park
Sun 10	0630	SAPS Striders Heritage Challenge (21km, 10km)	SAPS Striders	Kings Park, Durban
Sat 16	0600	BLR: Suncoast to La Lucia (and back) (20km)	Beloved Long Runs	Suncoast Casino, Durban
Sat 16	0900	Bushman's Trail Run (30km, 20km, 10km, 5km)	KZN Trail Running	Wagendrift Dam, Estcourt
Sun 17	1000	Bushman's Trail Run (30km, 20km)	KZN Trail Running	Wagendrift Dam, Estcourt

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
Sam Gould	(082) 898 2633	gould@scottnet.co.za
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)	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