

MANDELA DAY MARATHON



Four GETFIT AC runners will be taking part in the iconic Mandela Day Marathon this Sunday, with a further seventeen representing the Club in the 21km and 10km events. A number of trail runners will also be in action on the Saturday.

GETFIT's 1st and 2nd placed Comrades runners, silver medallist **Innocent Ngubane** (right) and **Sonnyboy Nkabini** (middle right) will feature in the Marathon while, at the Committee's request, **Evidence Mwando** (far right) will be running the 21km instead of the 42km this year, in order to concentrate his efforts on the Soweto Marathon in November.

Good luck to all everyone taking part!



WEEKEND NEWS

Well done to all the GETFITTERS who braved a chilly KZN weekend to take part in a number of other races around the province.



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:

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
Sun 17	0600	The Mineshaft (15km)	Queensburgh Harriers	Queensburgh Sports Club Mon
Mon 25	0700	BLR: Westville Eco Trail Run (10km)	Beloved Long Runs	Westville
Thurs 29	1800	Mixed Time Trial League #8	PDAC	Lahee Park, Pinetown

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