

MANDELA DAY MARATHON

The Mandela Day Marathon is the first qualifying race for Comrades 2018 and always attracts a large field of runners, including a large contingent of GETFIT AC runners again this year.

Comrades 2017 silver medallist, **Innocent Ngubane** (3:19), **Sonnyboy Nkabini** (3:25) and **King Chipara** (3:45), were the first three GETFIT runners to finish the tough 42km event.

Evidence Mwando (1:29) was first in the 21km race, followed by **Wade Foster** (1:55) and **Jean Feuilherade** (2:00). **Tammy Woodroffe** (2:08) was the first GETFIT lady to finish, with **Nicola** and **Robyn Hewitt** (2:09) finishing together a minute later.



Fifteen GETFIT AC trail runners were also in action at the Mandela trail events on the Saturday. In the 15km event, **Matthew Dunford** (13) was 1st in the u16 age group and his mum, **Louise**, was 10th in her age group. **Herve Rougier-Lagane** was 2nd master to finish.

Herve was a one of a number of GETFIT trail runners to do the Mandela Trail on Saturday and the Nedbank Tala Trail Run on Sunday.

Another busy weekend on the roads and trails ... well done to all of you!



DOWN RUN

10TH JUNE 2018
THE ULTIMATE HUMAN RACE



COMRADES 2018

Early bird entries for next year's Comrades Marathon opened on 1st September. Entries are R460 if you enter in September and R500 if you enter after that. Entries are limited to 20,000 and were sold out last year so if you're thinking of running, make sure you enter now!

SAVE THE DATE: GETFIT AC AGM AND PRIZE GIVING 12TH NOVEMBER

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**

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 25	0700	BLR: Westville Eco Trail Run (10km)	Beloved Long Runs	Westville
Thurs 29	1800	Mixed Time Trial League #8	PDAC	Lahee Park, Pinetown
Sat 30	0600	BLR: Westville AC (out and back) (20km)	Beloved Long Runs	Westville

OCTOBER:

Sun 1	0530	eThekweni Township 2 Township Marathon (42km, 21km)	Umlazi and KwaMashu	
Sun 1		Coastal Trail Series Rocky Bay (11km, 6km)	KZN Trail Running	Rocky Bay, Scottburgh
Sat 7	0600	BLR: Kloof to Suncoast Casinco (25km)	Beloved Long Runs	Kloof to Durban Beachfront

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