



GETFIT AC LEADERBOARD

Alan is back in the country and has been wading through two months of weekly race results to update the Club Leaderboard!

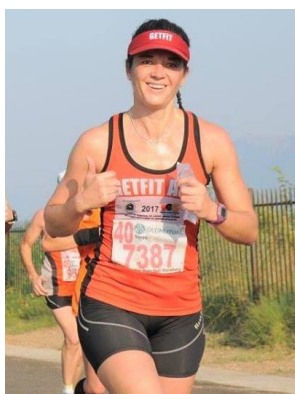
The points table (right) includes road and trail races up to and including the Supa Mama Savages 21km and 10km races on 13th August. Once all race results for August have been captured, the updated table will be posted on the website.

Andries Huyser (below left) has opened up a bit of a lead at the top of the Men's Leaderboard while the top three ladies have swapped places often. Tanya Ungerer (below right) has now moved into top spot for the first time this year.

It's also great to see a junior and two masters in the top 15 as well.

The cut-off date for points for the 2016-2017 season will be 31st October, and the last Leaderboard will be published end-September. The two winners will be announced at the Club's AGM and prizegiving on 12th November.

MEN			LADIES	
Andries Huyser	136	1	Tanya Ungerer	122
Evidence Mwando	127	2	Robyn Greyling	119
Mike Hind	117	3	Sam Gould	104
Aaron Engelbrecht	109	4	Bronwyn Marais	95
Lester Daniels	84	5	Teri-Anne Bossy	81
Grant Marais	84	6	Vicki Hicken	79
Corbyn Marais	76	7	Sam Nightingale	79
Blair Thompson	72	8	Silvia de Freitas	72
Tony de Freitas	68	9	Sue St Leger-Stretch	52
Jay Oliveira	60	10	Linda Feher	51
Herve Rougier-Lagane	56	11	Chantelle Fuchs	47
Jarid Sherwood	55	12	Shannon Browning	45
Gareth de Broize	52	13	Monica de Kleyn	45
Leon Campher	46	14	Katie Roberts	44
Shane Greyling	45	15	Elisha Reddy	43
Alan Phillips	45	16	Kate Howitz	39
Denver Subramany	45	17	Tammy Woodroffe	38
Clint Nortje	44	18	Louise Dunford	36
Deon Viljoen	43	19	Robyn Hewitt	35
Justin Ducler des Rauches	40	20	Lisa Sutton	34



WEEKEND NEWS

It was great to see GETFIT AC runners at the Capital Climb (PMB) and Chesterville races this weekend.

Well done to **Sam Gould** who was the 2nd lady to finish the Chesterville 10km and 1st in her age group.

Please remember that age group tags must be word to qualify for age group prizes and race officials will also ask for proof of ID so save a copy of your ID on your phone!



SAVE THE DATE: GETFIT AC AGM & PRIZEGIVING 12 NOVEMBER 2017 12:30 TO 15:00.

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:

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 10	0700	Durban & Coast SPCA Trail Run (22km, 14km, 5km)	Durban & Coast SPCA	SPCA, Springfield 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
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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Shane Greyling (Mens Captain)	(082) 574 6734	littlestrickersoccer@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