

WEEKEND RACE NEWS

GETFIT AC members were in action at a number of races this weekend, including the SAPS Heritage Challenge the SPCA trail and the Mont-aux-Sources trail run.

Lester Daniels (1:35:30) was first for GETFIT in the SAPS 21km and Mitch Dufourq (38:12) was the first in the 10km. Quite a few members ran PBs, including Brett Edwards who managed a 10km PB whilst pushing his mate's daughter in a pram the whole way!

Six GETFIT AC trail runners also completed the epic 50km "Monties" trail in the Berg. Well done to all of you!



A big thank you to Sonya Rougier-Lagane's Mum, **Marcia Brodowicz**, for making a new cover for our gazebo (left). The old cover had torn badly but Marcia's cover is a much better fit and made from more durable fabric so this one will hopefully last a lot longer than the previous one!



SUNFLOWER FUND BUFFS

At the request of some of our members, we looked into getting GETFIT AC buffs made. However, it turned out to be too expensive to get the GF logo printed on them and we also feel it would be quite difficult to see the logo.

We therefore suggest purchasing a red "Tube of Hope" (tope) instead. The topes (right) cost R25 each from Pick 'n Pay and the proceeds go to The Sunflower Fund, a very worthwhile charity. The red topes have sold out quickly at most stores so we've purchased fifty from The Sunflower Fund to sell to our members for the same price, ie R25 each.

The topes are very versatile and can be worn as a buff on your head (left), around your neck or wrapped around your wrist as a sweat band.



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 at 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 Tuesdays from Winston Park garage at 5.15pm and on Thursdays at 5.30pm from GETFIT Hillcrest. These groups usually run 8-12km run, with options to turn earlier for shorter distances, if you prefer. The pace of both groups is 'average'.

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 16	0600	<i>BLR: Suncoast to La Lucia (and back) (20km)</i>	<i>Beloved Long Runs</i>	<i>Suncoast Casino, Durban</i>
Sat 16	0900	<i>Bushman's Trail Run (30km, 20km, 10km, 5km)</i>	<i>KZN Trail Running</i>	<i>Wagendrift Dam, Estcourt</i>
Sun 17	1000	<i>Bushman's Trail Run (30km, 20km)</i>	<i>KZN Trail Running</i>	<i>Wagendrift Dam, Estcourt</i>
Sun 17	0600	<i>The Mineshaft (15km)</i>	<i>Queensburgh Harriers</i>	<i>Queensburgh Sports Club</i>
Thurs 21	1800	<i>Mixed Time Trial League #8</i>	<i>PDAC</i>	<i>Lahee Park, Pinetown</i>
Mon 25	0700	<i>BLR: Westville Eco Trail Run (10km)</i>	<i>Beloved Long Runs</i>	<i>Westville</i>
Sat 30	0600	<i>BLR: Westville AC (out and back) (20km)</i>	<i>Beloved Long Runs</i>	<i>Westville</i>

OCTOBER:

Sun 1	0530	<i>eThekweni Township 2 Township Marathon (42km, 21km)</i>	<i>Umlazi and KwaMashu</i>	
Sun 1		<i>Coastal Trail Series Rocky Bay (11km, 6km)</i>	<i>KZN Trail Running</i>	<i>Rocky Bay, Scottburgh</i>
Sat 7	0600	<i>BLR: Kloof to Suncoast Casino (25km)</i>	<i>Beloved Long Runs</i>	<i>Kloof to Durban Beachfront</i>
Sun 8	0700	<i>FNB Durban 10K Citysurfrun (10km)</i>	<i>Durban 10K</i>	<i>Durban</i>
Sun 15		<i>Coastal Trail Series Blythedale (12km, 6km)</i>	<i>KZN Trail Running</i>	<i>Blythedale Resort, Blythedale</i>
Sun 22	0700	<i>Merewent 10km</i>	<i>Merewent Athletic Club</i>	<i>Dhubri Road Sports Ground</i>
Sun 29	0600	<i>G&B Sapphire Coast Marathon (42.2k, 21.1km)</i>	<i>Toti Athletic Club</i>	<i>Scottburgh/Illfracombe to Toti</i>

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