

WEEKEND UPDATE

GETFIT AC runners were once again in action all across the country this past weekend.

Five of our members went down to the Cape Town Marathon, with **Rob Kaletsch** the first of our Club runners to finish in 3:44. **Tanya Ungerer** completed her first Marathon in 4:20 to qualify for the 2018 Two Oceans Ultra and Comrades Marathon.

GETFIT trail runners braved the cold and damp in the KZN Midlands to run the two-day Bushman's Trail Race in Estcourt. Both **Mike Hind** (11th and 5th) and **Aaron Engelbrecht** (12th and 8th) finished in the top 20 of the 20km events on both days.

Durban also experienced strong winds and rain this weekend but it didn't deter a group of intrepid GETFIT AC runners from turning up for the Mineshaft 15km in Queensburgh on Sunday morning!

Mitch Dufourq finished 9th overall and **Robyn Greyling** was the 7th lady to finish. They also came 5th and 2nd in their respective age categories. **Sam Gould** (1st), **Liesel Phillips** (3rd), **King Chipara** (5th), **Herve Rougier-Lagane** (8th) and **Bron Marais** (9th) all did well in their age categories as well.

Most road races award prizes to age category winners but they have become very strict regarding the wearing of age category tags in order to qualify for prizes. These can be purchased directly from KZN Athletics for R10 a pair.



TIME TRIAL LEAGUE

Please don't forget to represent the Club at the monthly Mixed Time Trial League. The next fixture will be at Sydenham on 19th October, followed by the final fixture of the 2017/2018 season at Chiltern AC on 30th November.

Time Trials are officially timed with Men running 8km and Ladies 4km, with clubs being awarded points for the number of members who finish. The trials are usually followed by a lucky draw and an opportunity to share a drink and get to know your club mates.



THE ULTIMATE HUMAN RACE



ASIJIKI
NO TURNING BACK

DOWN RUN - 10TH JUNE 2018

COMRADES 2018 FINISHERS PROGRAMME

Lindsey Parry, Head Sports Scientist at the University of Pretoria and the official coach of the Comrades Marathon Association has published a training programme on the Comrades website for anyone wanting to finish next year's Marathon.

The finishers programme is a unique programme for runners who have literally taken up running so that they can finish Comrades. For that reason, the programme starts at a very basic level and the aim will be to Qualify in February 2018.

Lindsey's programme for the rest of 2017 is based on developing consistency as this will be the most crucial factor in determining your 2018 Comrades race day success. He has also taken into account some Comrades stats which are not aimed at scaring first time Comrades running, but rather to help you understand that this is a tough race and it will consume much of you from March next year until 17:30 pm on 10 June 2018!

You can download the full programme from the Comrades Marathon website <http://www.comrades.com/images/pdf/ComradesFinishersProgrammeJulyDec2017.pdf>

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:

<i>Mon 25</i>	<i>0700</i>	<i>BLR: Westville Eco Trail Run (10km)</i>	<i>Beloved Long Runs</i>	<i>Westville</i>
<i>Sat 30</i>	<i>0600</i>	<i>BLR: Westville AC (out and back) (20km)</i>	<i>Beloved Long Runs</i>	<i>Westville</i>

OCTOBER:

<i>Sun 1</i>	<i>0530</i>	<i>eThekweni Township 2 Township Marathon (42km, 21km)</i>	<i>Umlazi and KwaMashu</i>	
<i>Sun 1</i>		<i>Coastal Trail Series Rocky Bay (11km, 6km)</i>	<i>KZN Trail Running</i>	<i>Rocky Bay, Scottburgh</i>
<i>Tues 3</i>	<i>1800</i>	<i>Ladies Time Trial League</i>	<i>Kearsney Striders</i>	<i>Kearsney College, Botha's Hill</i>
<i>Sat 7</i>	<i>0600</i>	<i>BLR: Kloof to Suncoast Casino (25km)</i>	<i>Beloved Long Runs</i>	<i>Kloof to Durban Beachfront</i>
<i>Sun 8</i>	<i>0700</i>	<i>FNB Durban 10K Citysurfrun (10km)</i>	<i>Durban 10K</i>	<i>Durban</i>
<i>Sat 14</i>	<i>0600</i>	<i>BLR: Surf Riders to Virginia (out and back) (25km)</i>	<i>Beloved Long Runs</i>	<i>Surf Riders, Durban Beachfront</i>
<i>Sun 15</i>		<i>Coastal Trail Series Blythedale (12km, 6km)</i>	<i>KZN Trail Running</i>	<i>Blythedale Resort, Blythedale</i>
<i>Thur 19</i>	<i>1800</i>	<i>Mixed Time Trial League</i>	<i>Sydenham AC</i>	<i>Sydenham</i>
<i>Sat 21</i>	<i>0600</i>	<i>BLR: Sandy's Spar, Westville (out and back) (20km)</i>	<i>Beloved Long Runs</i>	<i>Sandy's Spar, Westville</i>
<i>Sun 22</i>	<i>0700</i>	<i>Merewent 10km</i>	<i>Merewent Athletic Club</i>	<i>Dhubri Road Sports Ground</i>
<i>Sat 28</i>	<i>0600</i>	<i>BLR: Kloof to Botha's Hill (out and back) (20km)</i>	<i>Beloved Long Runs</i>	<i>Kloof Super Spar, Kloof</i>
<i>Sun 29</i>	<i>0600</i>	<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
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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