

# RUN AS ONE

## TWO OCEANS ENTRY INFORMATION

Online entries for the 2018 Two Oceans Ultra Marathon and Half Marathon events will open on 1<sup>st</sup> November 2017 @ 10am. Two Oceans Ultra Marathon entries sold out prior to the substitution window for the first time last year so please make sure you enter as soon as registration opens this year!

Two Oceans organisers will once again be using a ballot system to select the entrants for the Half Marathon event. If you hope to run this event next year, please make sure you submit your online entry before 5pm on 10<sup>th</sup> November 2017.

Club verification will take place from 11<sup>th</sup> to 15<sup>th</sup> November, after which the first ballot draw – for club runners only – will take place on 20<sup>th</sup> November. Runners who are successful in the ballot will be notified within 24 hours and will have to pay the registration fee in order to confirm their entry. Anyone who does not pay by the deadline, will lose their entry.

Runners who are not successful in the first ballot draw will automatically be entered into the second (and final) ballot draw on 27<sup>th</sup> November.

If you are also unsuccessful in that draw, you will have to wait for the substitution window to open in January in order to try and secure an entry from someone who is no longer running.

The substitution period will run from 9<sup>th</sup> January to 28<sup>th</sup> February 2018. Ultra runners will also have to submit their qualifying race times by 28<sup>th</sup> February in order to confirm their race entry.

Any official race after 1<sup>st</sup> July 2017 can be used as a qualifier for next year's Ultra, providing you complete the relevant distance in the time stipulated below:

- 42km sub 5 hours
- 50km sub 6½ hours
- 56km sub 7 hours
- 90km sub 12 hours



### AGM AND PRIZEGIVING

Please don't forget to diarise the GETFIT AC AGM and prizegiving. Both events will take place on **Sunday, 12<sup>th</sup> November 2017** at Care Bears Playland, 18 Merrifields Road, Pinetown.

The AGM starts at 12.30pm and will be followed by the prize giving and lunch from 1pm to 3pm. Friends and family members are welcome.

Lunch is lamb on the spit, served with rolls and salads. Please let me know if you require a vegetarian option.

We are aware that some of our members are planning to run the Bluff Marathon that morning and hope that even if you can't make the AGM, you will still join us for lunch!

Lunch will be R100pp and R50 for kids under 12 years. Please use your surname as the reference (bank details on page 2).



### WEDDING BELLS!

Former GETFIT AC Chairman, **Jacques Vieira**, and his beautiful bride, Joanne Swanepoel, were married on Saturday.

Congratulations!



# GETFIT ATHLETIC CLUB – RACE INFORMATION



PLEASE “LIKE” THE **GETFIT AC** FACEBOOK PAGE AND VISIT OUR WEBSITE [WWW.GETFITAC.CO.ZA](http://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](http://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** at 5.30pm on Tuesdays from Winston Park garage and on Thursdays 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

#### OCTOBER:

|         |      |   |                               |  |
|---------|------|---|-------------------------------|--|
| Sat 7   | 0600 | <b>BLR: Kloof to Suncoast Casino (25km)</b>                     | <b>Beloved Long Runs</b>      | <b>Kloof to Durban Beachfront</b>      |
| Sun 8   | 0700 | <b>FNB Durban 10K Citysurfrun (10km)</b>                        | <b>Durban 10K</b>             | <b>Durban</b>                          |
| Sat 14  | 0600 | <b>BLR: Surf Riders to Virginia (out and back) (25km)</b>       | <b>Beloved Long Runs</b>      | <b>Surf Riders, Durban Beachfront</b>  |
| Sun 15  |      | <b>Coastal Trail Series Blythedale (12km, 6km)</b>              | <b>KZN Trail Running</b>      | <b>Blythedale Resort, Blythedale</b>   |
| Thur 19 | 1800 | <b>Mixed Time Trial League</b>                                  | <b>Sydenham AC</b>            | <b>Sydenham</b>                        |
| Sat 21  | 0600 | <b>BLR: Sandy's Spar, Westville (out and back) (20km)</b>       | <b>Beloved Long Runs</b>      | <b>Sandy's Spar, Westville</b>         |
| Sun 22  | 0700 | <b>Merewent 10km</b>  | <b>Merewent Athletic Club</b> | <b>Dhubri Road Sports Ground</b>       |
| Sat 28  | 0600 | <b>BLR: Kloof to Botha's Hill (out and back) (20km)</b>         | <b>Beloved Long Runs</b>      | <b>Kloof Super Spar, Kloof</b>         |
| Sun 29  | 0600 | <b>G&amp;B Sapphire Coast Marathon (42.2k, 21.1km)</b>          | <b>Toti Athletic Club</b>     | <b>Scottburgh/Illfracombe to Toti</b>  |
| Sun 29  |      | <b>Coastal Trail Series Kenneth Stainbank Trail (10km, 5km)</b> | <b>KZN Trail Running</b>      | <b>Kenneth Stainbank, Durban South</b> |

#### NOVEMBER:

|       |      |   |                          |                                     |
|-------|------|---|--------------------------|-------------------------------------|
| Sat 4 |      | <b>Summer Series – Faulklands (21km, 14km, 7km)</b> | <b>KZN Trail Running</b> | <b>Faulklands Farm, near PMB</b>    |
| Sat 4 | 0600 | <b>BLR: Stella's Gillies Route (16km)</b>           | <b>Beloved Long Runs</b> | <b>Stella Sports Club, Glenwood</b> |
| Sun 5 | 0600 | <b>PVAC Challenge (21km, 10km)</b>                  | <b>Phoenix Villagers</b> | <b>Mt Edgecombe Rec Grounds</b>     |
| Sun 5 | 0600 | <b>Soweto Marathon (42.2k, 21.1km, 10km)</b>        |                          | <b>Soweto, Gauteng</b>              |

### 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 |