



DURBAN 10K CITYSURFRUN

Last weekend's FNB Durban 10k lived up to its pre-race hype with the winner, **Joshua Cheptegai** finishing in 27:29, the fourth fastest 10km time in the world this year, and the fastest 10km ever recorded on South African soil!

Mitch Dufourq (right) also ran a great race, despite the very hot conditions and a strong wind. Mitch finished 71st overall, 50th in his age category and his official finish time of 35:43 narrowly missed breaking the Club's 10km record, currently held by **Evidence Mwando**, by a mere 12 seconds!

Another highlight of the event was watching MS sufferer, **Oliver Sinclair** competing in his handcycle (below) while his wife, **Michelle** ran the 10km event.

Oliver was diagnosed with Multiple Sclerosis in 2003 when he was a 29-year-old game ranger at Londolosi, and he has fought to overcome the condition ever since. In 2014 and 2015, GETFIT AC members cycled the 35km Amashova to help create awareness for MS and the Club held a Golf Day in June 2015 to raise funds and create more awareness for Oliver and his fellow MS sufferers.

Oliver underwent trial stem cell treatment two years ago which appears to have halted the progression of MS in his body, and made Sunday's race possible for him. Oliver's journey, his fighting spirit and his incredibly supportive wife, are such an inspiration to us and we look forward to supporting them both at many more races in future!



AGM AND PRIZEGIVING

Please don't forget to diarise the GETFIT AC AGM and prizegiving. Both events will take place on **Sunday, 12th 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.

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



AGM LUCKY DRAW PRIZE



Please don't forget to RSVP for the Club's AGM on 12th November (details in the box on the right).

Dave Gould has very kindly donated a **R1,500 Pavilion gift voucher** on behalf of his company, VUM.

The draw will take place after the AGM and all members who attend the AGM, and are there for the draw, will be eligible to win this awesome prize!

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

NOVEMBER:

Sat 4		<i>Summer Series – Faulklands (21km, 14km, 7km)</i>	<i>KZN Trail Running</i>	<i>Faulklands Farm, near PMB</i>
Sat 4	0600	<i>BLR: Stella's Gillies Route (16km)</i>	<i>Beloved Long Runs</i>	<i>Stella Sports Club, Glenwood</i>
Sun 5	0600	<i>PVAC Challenge (21km, 10km)</i>	<i>Phoenix Villagers</i>	<i>Mt Edgcombe Rec Grounds</i>
Sun 5	0600	<i>Soweto Marathon (42.2k, 21.1km, 10km)</i>		<i>Soweto, Gauteng</i>
Thur 9	1800	<i>Ladies Time Trial League</i>	<i>Chiltern AC</i>	<i>Chiltern Sports Club, Westville</i>
Sat 11		<i>King of PheZulu (18km, 10km, 5km)</i>	<i>KZN Trail Running</i>	<i>PheZulu Safari Park, Botha's Hill</i>

GETFIT ATHLETIC CLUB COMMITTEE

Denver Subramany (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
Alan Phillips (Vice-Chairman)	(083) 400 2260	alanp@seaboardsip.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
Red Sunflower buffs	R 25