



LEADERBOARD

The first three road races on the 2018 KZN calendar were well-supported by GETFIT AC runners and this is resulted in some changes to the top half of the Leaderboard.

Congratulations to **Vicki Hicken** who tops both the Road and Trail Ladies Leaderboards and to **Herve Rougier-Lagane** who finds himself in the top 5 of both Leaderboards for the Men.

Alan picks up the results from most of the province's major road races but the onus is on members to send their results through to him, especially for trail races as runners are not required to list their club name on trail race entry forms.

If you enter a road race and forget to list GETFIT AC as your club, please don't expect us to find your name on the list of results!

Lastly, don't forget that full points are awarded to members who take part in the Mixed Time Trial League. The next fixture takes place at Savages, Morningside, on Thursday, 22nd February. We look forward to seeing a lot of you there!

LEADERBOARD – ROAD RACES				
MEN			LADIES	
ATHLETE	PTS		ATHLETE	PTS
King Chipara	153	1	Vicki Hicken	116
Mitch Dufourq	100	2	Elisha Reddy	91
Herve Rougier-Lagane	91	3	Tanya Ungerer	88
Grant Marais	71	4	Silvia de Freitas	87
Rob Kaletsch	68	5	Katie Roberts	84
Corbyn Marais (Jr)	68	6	Robyn Greyling	84
Mike Hind	63	7	Jandi Hallett	83
Denver Subramany	62	8	Sam Gould	74
Clint Nortje	60	9	Sue St Leger-Stretch	71
Leon Campher	59	10	Gay Tilbury	65

LEADERBOARD – TRAIL RACES				
MEN			LADIES	
ATHLETE	PTS		ATHLETE	PTS
Aaron Engelbrecht	90	1	Vicki Hicken	102
Blair Thompson	71	2	Samantha Nightingale	89
Mike Hind	57	3	Carin Hall	46
Herve Rougier-Lagane	51	4	Shannon Hall	40
Gavin Hall	50	5	Kirsten McDonald	37

** NEW BANK DETAILS **

GETFIT AC has opened a new bank account, active with effect from 1st February 2018.

Please update your beneficiaries list with the following new account details:

Name GETFIT AC
 Bank Standard Bank
 Branch Westville
 Branch Code 045426
 Account No 331966387

Always your surname and initial as the reference.



PDAC 25km

Congratulations to **Alpheus Magcaba** (1:52), **Phillip Duze** (1:52) and **Robyn Greyling** (1:59) (above left to right), the first three GETFIT runners to finish the PDAC 25km on Sunday. Robyn was also the 9th lady overall ... fantastic result!

A big thank you to those who helped at the *Rainbows and Smiles* water table – what a great vibe!

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 EVENTS.

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!

A full list of KZN road races, Beloved Long Runs and Time Trial fixtures for 2018 are also available on the website.

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* *Other Events*

FEBRUARY:

Sat 3	0500	BLR: Hillcrest Half Marathon Route (21km)	Beloved Long Runs	Hillcrest Villagers
Sun 4	0500	DG Panel & Paint Challenge (32km, 16km)	Sydenham AC	Barns Road Rugby Grounds
Sun 4		TinMan Tri-Series (10km run, Mini/Sprint/Challenge Tri)	B-Active Sports	Suncoast Casino, Durban
Sat 10	0500	BLR: Kloof to Botha's Hill (25km)	Beloved Long Runs	Kloof Superspar, Kloof
Sun 11	0500	Hillcrest Marathon (42km, 21km)	Hillcrest Villagers AC	Hillcrest Villagers Sports Club
Sat 17	0500	BLR: Westville to Gelofte and back (25km)	Beloved Long Runs	Westville AC
Thur 22	1800	Mixed Time Trial League (8km, 4km)	Savages AC	Hollander Crescent, Morningside
Sat 14	0500	BLR: Kloof to Botha's Hill (25km)	Beloved Long Runs	Kloof Superspar, Kloof
Sun 25	0530	Maritzburg City Marathon (42km, 21km, 10km)	Natal Carbineers	Golden Horse Casino, PMB

MARCH:

Thur 8	1800	Mixed Time Trial League (8km, 4km)	Chiltern AC	Methven Road, Westville North
Sat 4	0500	BLR: Savages to top of Cowies and back (32km)	Beloved Long Runs	Savages AC
Sat 11	0500	BLR: Out and back towards Gateway, Umhlanga	Beloved Long Runs	Crusaders AC

GETFIT ATHLETIC CLUB COMMITTEE

Denver Subramany (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
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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 # 331966387 (Westville 045426)

GETFIT KIT

Mens race vests (S-2XL)	R220
Ladies race vests (XS-XL)	R220
Long-sleeved tops (S-L)	R200
Trail unisex shirts (M-XL)	R175
Trail ladies vests (XS-L)	R175
GETFIT peaks	R100
Red Sunflower buffs	R 25