

KEARSNEY STRIDERS SUCCESS

GETFIT AC had its biggest turnout yet at last weekend's Kearsney Striders, with 30 and 17 runners taking part in the Half Marathon and 10km events respectively. We had the fifth most runners of all the Clubs represented – not bad for the “new kids on the block” – and definitely the most supporters!

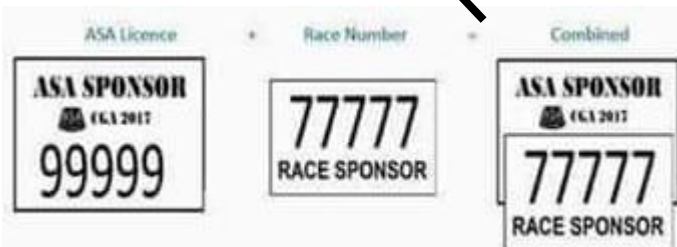
Blair Thompson (1:39) was the first GETFIT AC runner to finish the Half Marathon and **Robyn Greyling** (1:54) was our first lady home. **Corbyn Marais** (left) was first in the 10km (2nd Junior overall) in 46 mins and **Debs Sweby** was the first GETFIT AC lady in 63 mins.



CORRECT ASA LICENCE POSITION ON RACE VESTS

ASA is cracking down on the correct position of ASA licences on race vests this year. A Gauteng runner was disqualified after winning a race earlier this month so make sure you stick to their rules, please!

The diagram on the right shows the correct way to wear your licence and race number. The licence should be sewn onto your vest and the race number pinned on top of it with the ASA 2017 and sponsor's logo still visible, as Robyn has done in the group picture above right. Please also note the correct placement of Robyn's age category tag on her vest (ie above the Club name).



DURBAN ULTRA SPONSORSHIP

Our grateful thanks to B-Active Sports for once again sponsoring our team entries for the Durban Ultra in March. GETFIT AC has entered teams in the Ultra and Sprint events and we encourage other members to enter as well, or to come along and support our teams on the day!
Enter online at www.bactive.com.



GETFIT ATHLETIC CLUB – RACE INFORMATION

RACE ENTRY INFO

PDAC (29th January 2017)

Enter online at www.roag.co.za. Online entries close on **26th January**.
Manual entries at Lahee Park from Thurs 24th to Sat 25th and at the start on Sun 29th.

Hillcrest Marathon (12th February 2017)

Please note that this is a **pre-entry only** race!
Online entries close **6th February** (timed by ChampionChip).
Enter online at <http://www.hillcrestvillagersac.co.za/hillcrestmarathon/index.php>.

Maritzburg Marathon and Half Marathon (26th February 2017)

Please note that this is also a **pre-entry only** race!
Enter online at <http://pmb42.co.za>. Online entries close on **8th February @ 6pm**.



PLEASE “LIKE” THE **GETFIT AC** FACEBOOK PAGE FOR CLUB NOTICES AND RACE INFO.

WEEKLY TRAINING RUNS IN THE HIGHWAY AND UMHLANGA AREA

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. A full schedule of weekly trainings runs and Comrades route testers from January to May 2017 is available from Ali.

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 are **GETFIT AC Training Runs** every Thursday at 4.30pm and 5.30pm. Meet at GETFIT Hillcrest, Oxford Village, for a 4-5km jog/run at 4.30pm or a 8-12km run at 5.30pm, with options to turn earlier for shorter distances.

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 MTB / Cycling / Multi Sports Non-KZN Races

JANUARY:

Sun 29 0500	PDAC (25km)	PDAC	Waterfall to Lahee Park, Pinetown
Sun 29	Johnsons Crane Hire Marathon (42.2km, 21.1km, 10km)	Champion Chip	Willowmore Park, Benoni

FEBRUARY:

Sun 5 0500	DG Panel & Paint Challenge (32km, 16km)	Sydenham Sports Club	Barns Road Grounds, Sydenham
Sun 5	Gilboa Challenge (14km, 8km)	KZN Trail Running	Bushwillow Park, Karkloof
Sun 12 0500	Hillcrest Marathon (42.2km, 21.1km)	Hillcrest Villagers	Hillcrest Sports Club
Thur 16	Mixed Time Trial League #2	Savages AC	Savages Athletic Club, Durban
Sun 19	Hilton College Trail Run (20km, 12km, 6km)	KZN Trail Running	Hilton College, Hilton
Sun 26 0530	Maritzburg City Marathon (42.2km, 21.1km, 10km)	Natal Carbineers	Alexandra Park, Pietermaritzburg

MARCH:

Sun 5	Durban Ultra Tri-athlon (Ultra, Sprint events)	B-Active Sports	Moses Mabhida Stadium, Durban
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GETFIT ATHLETIC CLUB COMMITTEE

Denver Subramany (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
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BANK DETAILS: GETFIT AC, Standard Bank Acc # 251823768 (Kloof 04-55-26)

GETFIT KIT

Mens race vests (S-2XL)	R185
Ladies race vests (XS-XL)	R185
Long-sleeved tops (S-2XL)	R160
GETFIT peaks	R100
Trail unisex shirts (M-XL)	R175
Trail ladies vests (XS-L)	R160