



## WEEKEND RACE NEWS

GETFIT AC runners were out in force at this weekend's Sapphire Coast Marathon and Half Marathon and the Kenneth Stainbank Trail Race.

**Sonnyboy Nkabini** (3:25) lead the GETFIT runners home in the Sapphire Coast Marathon and **Sam Gould** (4:04) recorded a PB to finish ahead of the other GETFIT lady runners.

There were some emotional scenes at the finish, with **Herve Rougier-Lagane** finishing the Marathon alongside his son, Robert, and grandson, Jarryd, who was running his first Marathon. All three generations are hoping to run next year's Comrades Marathon together as well!

Our nerves were then tested in the final minutes as we waited for **Louise Dunford** and **Andre Kruger** to finish before the 5-hour cut-off gun was fired (*below right*)!



**Blair Thompson** (*far left*) made a great comeback from injury at the Kenneth Stainbank trail, finishing 6<sup>th</sup> overall and 3<sup>rd</sup> in his age group in the 15km event.

GETFIT junior runner, **Corbyn Marais** (*middle left*), won the 5km event, while **Kendal Artz** was 1<sup>st</sup> lady and 4<sup>th</sup> overall in the same event.

Well done to all of you!

## ANOTHER MARATHON WEEKEND AHEAD

Good luck to everyone taking part in races around the world this weekend!

GETFIT AC has sixteen runners doing the **Soweto Marathon** and four doing the **Soweto Half Marathon**. Please travel safely, especially those of you who are driving up from KZN.

**Garth Moffatt** (*right*) will be running the **Rursee Marathon** in Germany on Sunday. This tough but very scenic marathon attracts 400-500 runners every year and the route takes them around Lake Rursee, situated in the very beautiful Eifel National Park, an amazing part of Germany's countryside. Less than 15km of the route is on the road, with the majority being forest track.

Sounds like a wonderful experience, Garth ... hope you enjoy it!



**Have you RSVP'd for the AGM and prize giving yet? A lucky draw prize will be drawn after the AGM!**



# 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

#### NOVEMBER:

<b>Sat 4</b>	<b>Summer Series – Faulklands (21km, 14km, 7km)</b>	<b>KZN Trail Running</b>	<b>Faulklands Farm, near PMB</b>
<b>Sat 4 0600</b>	<b>BLR: Stella's Gillies Route (16km)</b>	<b>Beloved Long Runs</b>	<b>Stella Sports Club, Glenwood</b>
<b>Sun 5 0600</b>	<b>PVAC Challenge (21km, 10km)</b>	<b>Phoenix Villagers</b>	<b>Mt Edgcombe Rec Grounds</b>
<b>Sun 5 0600</b>	<b>Soweto Marathon (42.2k, 21.1km, 10km)</b>		<b>Soweto, Gauteng</b>
<b>Thur 9 1800</b>	<b>Ladies Time Trial League</b>	<b>Chiltern AC</b>	<b>Chiltern Sports Club, Westville</b>
<b>Sat 11</b>	<b>King of PheZulu (18km, 10km, 5km)</b>	<b>KZN Trail Running</b>	<b>PheZulu Safari Park, Botha's Hill</b>
<b>Sat 11 0600</b>	<b>BLR: Kloof Conservancy Trail Run (15km)</b>	<b>Beloved Long Runs</b>	<b>Krantzview</b>
<b>Sun 12 0500</b>	<b>Bluff Vets Marathon (42.2km, 21.1km, 15km)</b>	<b>Bluff AC</b>	<b>Fynnlands Sports Club, Bluff</b>
<b>Sun 12 1230</b>	<b>GETFIT AC AGM &amp; PRIZEGIVING</b>	<b>GETFIT AC Committee</b>	<b>Carebears Play Centre, Pinetown</b>
<b>Sat 18 0600</b>	<b>BLR: Durban North to Durban and back (15km)</b>	<b>Beloved Long Runs</b>	<b>DHS Old Boys, Durban North</b>
<b>Sat 18</b>	<b>Summer Series – Table Mountain (20km, 12km, 7km)</b>	<b>KZN Trail Running</b>	<b>Table Mountain, near PMB</b>
<b>Sat 25 0600</b>	<b>BLR: Gillits to Kloof and back (15km)</b>	<b>Beloved Long Runs</b>	<b>La Verdure, Gillits</b>
<b>Sat 25 0600</b>	<b>Sani Stagger (42.2km, 21.1km)</b>	<b>Sani Athletic Club</b>	<b>Sani Pass Hotel, Himeville</b>
<b>Sat 25</b>	<b>Lesotho Ultra Trail (50km, 38km)</b>	<b>KZN Trail Running</b>	<b>Maliba Lodge, Lesotho</b>
<b>Thur 30 1800</b>	<b>Mixed Time Trial League</b>	<b>Chiltern AC</b>	<b>Chiltern Sports Club, Westville</b>

### GETFIT ATHLETIC CLUB COMMITTEE

<b>Denver Subramany</b> (Chairman)	(083) 956 9192	<a href="mailto:denver@getfitchallenge.co.za">denver@getfitchallenge.co.za</a>
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<b>Shane Greyling</b> (Mens Captain)	(082) 574 6734	<a href="mailto:littlestrickersoccer@gmail.com">littlestrickersoccer@gmail.com</a>
<b>Al Moor</b> (Secretary)	(073) 741 0218	<a href="mailto:alison.s.moor@gmail.com">alison.s.moor@gmail.com</a>
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<b>Bev Sajoe</b> (Honorary Treasurer)	(072) 204 0205	<a href="mailto:qpas@mweb.co.za">qpas@mweb.co.za</a>

BANK DETAILS: GETFIT AC, Standard Bank Acc # 251823768 (Kloof 04-55-26)

## GETFIT KIT

<b>Mens race vests (S-2XL)</b>	<b>R200</b>
<b>Ladies race vests (XS-XL)</b>	<b>R200</b>
<b>Long-sleeved tops (S-L)</b>	<b>R190</b>
<b>Trail unisex shirts (M-XL)</b>	<b>R175</b>
<b>Trail ladies vests (XS-L)</b>	<b>R175</b>
<b>GETFIT peaks</b>	<b>R100</b>
<b>Red Sunflower buffs</b>	<b>R 25</b>