



## MARATHON WEEKEND

GETFIT AC athletes took part in four different marathons around the world this past weekend, including a total of 21 runners at the Soweto and Kaapsehoop Marathons in Gauteng and Mpumalanga respectively.

All our Soweto Marathon runners managed to finish the race, despite unbearably hot conditions, with eight of them qualifying for next year's Two Oceans Ultra and Comrades Marathon.

**King Chipara** and **Evidence Mwando** led the pack, finishing together in a time of 3:32, followed by **Joseph Nxumalo** (3:58) and first GETFIT AC lady, **Robyn Greyling** (4:05).

**Terri-Anne Bossy** (2:12) was the first GETFIT AC runner home in the 21km event. Further afield, **Garth Moffatt** (*below*) ran the Rursesee Marathon in Germany while **Jami Klumper** (*below centre*) ran the Marathon Des Alpes-Maritimes in Cannes, France. Thanks for literally flying the flag for us overseas, guys!



## 2018 MEMBERSHIP SUBS AND ASA LICENCE FEES

Membership subs and ASA licences fees for 2018 are payable any time before 31<sup>st</sup> December 2017.

Subs will increase from R145 to R160 per person for 2018, and KZNA confirmed this week that there will be no increase in licence fees for 2018, ie they remain R120 for adults and R70 for Juniors.

Following a number of requests from members willing to assist with funding for running shoes, race entries, transport and kit for our three sponsored athletes, we have decided to add a voluntary R70 levy to the annual subs.

Please note that this levy is **totally** voluntary and we fully understand that not everybody is in a position to contribute, and should in no way feel obliged to do so. By the same token, if anyone wishes to donate more towards the fund for sponsored runners, we would greatly appreciate it!

So, to summarise, there are two options for subs and licence fees for 2018. They are:

R160 - 2018 membership subs (no levy)

R230 - 2018 membership subs (incl levy)

R120 - 2018 ASA licence fee

R120 - 2018 ASA licence fee

**R280**

**R350**

Please use your surname and initial as a reference.

The bank details are GETFIT, Standard Bank # 251823768, Kloof branch code 045526.

## TWO OCEANS' CLUB VERIFICATION PROCESS

The Club Verification process for next year's Two Oceans Ultra Marathon and Half Marathon will begin as soon as entries for the Half Marathon ballot close on Friday, 10<sup>th</sup> November 2017.

If you are not currently a paid up member of GETFIT AC for 2017, please ensure that your 2018 subs and licence fees (*details left*) are paid before 14<sup>th</sup> November if you wish me to verify your club and licence details.

# 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:

Thur 9 1800	Ladies Time Trial League	Chiltern AC	Chiltern Sports Club, Westville
Sat 11	King of PheZulu (18km, 10km, 5km)	KZN Trail Running	PheZulu Safari Park, Botha's Hill
Sat 11 0600	BLR: Kloof Conservancy Trail Run (15km)	Beloved Long Runs	Krantzview
Sun 12 0500	Bluff Vets Marathon (42.2km, 21.1km, 15km)	Bluff AC	Fynnlads Sports Club, Bluff
Sun 12 1230	GETFIT AC AGM & PRIZEGIVING	GETFIT AC Committee	Carebears Play Centre, Pinetown
Sat 18 0600	BLR: Durban North to Durban and back (15km)	Beloved Long Runs	DHS Old Boys, Durban North
Sat 18	Summer Series – Table Mountain (20km, 12km, 7km)	KZN Trail Running	Table Mountain, near PMB
Sat 25 0600	BLR: Gillits to Kloof and back (15km)	Beloved Long Runs	La Verdure, Gillitts
Sat 25 0600	Sani Stagger (42.2km, 21.1km)	Sani Athletic Club	Sani Pass Hotel, Himeville
Sat 25	Lesotho Ultra Trail (50km, 38km)	KZN Trail Running	Maliba Lodge, Lesotho
Thur 30 1800	Mixed Time Trial League	Chiltern AC	Chiltern Sports Club, Westville

#### DECEMBER:

Sat 2 0600	BLR: Giba Gorge Trail Run (15km)	Beloved Long Runs	Giba Gorge
Sat 2	Summer Series – Hilton College (22km, 12km, 6km)	KZN Trail Running	Hilton College, Hilton
Sun 3 0600	BMG Stainbank Cup (15km)	Yellowwood Park AC	Yellowwood Park Sports Club

### 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
Red Sunflower buffs	R 25