



GETFIT AC POINTS LEADERBOARD

There are a number of new Club members who may not yet know about our system of awarding points to runners who take part in road and trail races. There are also some amendments to the system for next season, as mentioned at our AGM earlier this month. We hope these changes will make the system fairer for all.

The most significant change from last season is that we have separated road and trail race results into two points tables and runners will now be able to compete in either or both categories. In the case of races that are a mix of road and trail, the category will be decided by the majority of the route.

The next cycle of points will run from 1st November 2017 to 31st October 2018 and Alan Phillips will once again track our runners in all the major KZN races. However, members are encouraged to email him on a weekly or monthly basis to ensure their results have not been missed. If possible, please include a link to the online results as points are only awarded for race results that are officially timed and published.

If you are on *Strava*, please ask to be invited to GETFIT AC and Alan will accept your request. He can then access your race times as you download them and update your leaderboard points accordingly.

Points will no longer be given for PBs, Club records and race positions. Instead, more points will be awarded based on your time in relation to the winner's time. Alan found it hard to keep track of all of these and not everyone's personal milestones were known so some were being awarded points and others not.

Please also remember that points for positions are not awarded for races where the entry field is less than 100 and to get full gender points, there must be at least 50 runners of your gender in the race.

A full list of category points is attached to this newsletter and a copy has also been uploaded onto the website for your information.

The new leaderboard (*right*) has been updated with results up to and including the Bluff Marathon and PheZulu Trail on 12th November.

Please note that some PheZulu events had less than 100 runners so there may be some runners who didn't earn points for that race (*see above*).

LEADERBOARD – ROAD RACES				
MEN			LADIES	
ATHLETE	PTS		ATHLETE	PTS
King Chipara	39	1	Vicki Hicken	33
Gareth de Broize	24	2	Robyn Greyling	20
Evidence Mwando	20	3	Sam Gould	20
Joseph Nxumalo	18	4	Lesley Leagas	19
Martino Malembe	18	5	Surita Jansen van Vuuren	22

LEADERBOARD – TRAIL RACES				
MEN			LADIES	
ATHLETE	PTS		ATHLETE	PTS
Corbyn Marais (J)	24	1	Robyn Hewitt	22
Lester Daniels	23	2	Nicola Hewitt	22
Aaron Engelbrecht	21	3	Samantha Nightingale	19
Herve Rougier-Lagane	19	4	Sue St Leger-Stretch	19
Garth Moffatt	16	5	Carin Hall	17



2017 Male and Female Points Winners, **Andries Huyser** (*far left*) and **Sam Gould** (*left*).

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

NOVEMBER:

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
Sun 3	Stihl Sharks Trail Adventure (18km, 9km)	Impi Concept Events	Hillcrest
Sat 9 0600	BLR: Kirklington out-and-back (15km)	Beloved Long Runs	Hillcrest
Sat 10 0600	Illovo Sugar Christmas Challenge (15km)	Westville Athletic Club	Westville AC, Maryvale Road
Sun 17 0600	The Big Hill Run (24km, 10km)	Dolphin Striders	Sugar Rush Park, Ballito
Sun 17	Umhlanga Trail Run (18km, 9km, 5km)	Riverside Trail	Umhlanga
Sat 16 0600	BLR: Winston Park Loop (15km)	Beloved Long Runs	Not Just Banting, Winston Park
Sat 23 0600	BLR: Alverston Loop (15km)	Beloved Long Runs	Go Fresh Shongweni - Alverston

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)	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