



GETFIT AC TOP 10!

A number of members remarked on the fantastic stats quoted by Alan Phillips when awarding trophies to our prize winners at this year's AGM and Prizegiving.

Alan compiles the stats from the points tables that he maintains throughout the year and he thought you might also be interested to see which of our athletes have run the top ten times for the Club over the Marathon, Half Marathon and 10km distances.

From the lists below, you can see that both **Robyn Greyling** (left) **Evidence Mwando** (right) featured in the Top Ten on no less than fifteen occasions, with Robyn holding all but one of the top Half Marathon times and Evidence holding seven of the top ten fastest Marathon times.

On Sunday, **Mitch Dufourq** broke the Club's 10km record at the 1860 IcePro Challenge which means he and **Evidence** now hold the top seven positions between them!



42.2 km – GETFIT AC Top Ten Men

1	Evidence Mwando	Deloitte Challenge	01.05.16	02:47:20
2	Evidence Mwando	Hillcrest Marathon	12.02.17	02:55:42
3	Evidence Mwando	Deloitte Challenge	01.05.15	02:58:58
4	Evidence Mwando	Maritzburg Marathon	21.02.15	02:59:24
5	Sonnyboy Nkabini	Hillcrest Marathon	12.02.17	03:01:54
6	Evidence Mwando	Township 2 Township	25.09.16	03:02:30
7	James Codner	Maritzburg Marathon	21.02.16	03:03:52
8	Sonnyboy Nkabini	Umgeni Water Marathon	12.03.17	03:06:10
9	Evidence Mwando	Township 2 Township	10.10.17	03:06:13
10	Evidence Mwando	Hillcrest Marathon	14.92.16	03:10:02

42.2 km – GETFIT AC Top Ten Ladies

1	Taryn Ford	Maritzburg Marathon	21.02.15	03:39:11
2	Mandi Duthie	Maritzburg Marathon	21.02.15	03:54:15
3	Bronwyn Marais	Maritzburg Marathon	26.02.17	03:59:11
4	Cindy King	Maritzburg Marathon	21.02.15	04:01:17
5	Wendy Becket	Umgeni Water Marathon	12.03.17	04:02:29
6	Kayley Daly	Maritzburg Marathon	26.02.17	04:03:23
7	Mandi Duthie	South Coast Marathon	18.10.15	04:04:29
8	Sam Gould	South Coast Marathon	29.10.17	04:04:30
9	Michelle Coskey	Maritzburg Marathon	21.02.16	04:05:33
10	Robyn Greyling	Soweto Marathon	05.11.17	04:05:49

21.1 km – GETFIT AC Top Ten Men

1	Evidence Mwando	Durban City Marathon	08.05.16	01:18:43
2	Evidence Mwando	Savages Supa Mama	14.08.16	01:25:26
3	Evidence Mwando	Mathew Meyiwa	23.07.17	01:25:30
4	King Chipara	Durban Runner	20.08.17	01:29:34
5	Evidence Mwando	Durban City Marathon	09.04.17	01:31:30
6	Blair Thompson	Hillcrest Marathon	12.02.17	01:31:51
7	King Chipara	Bluff Vets Marathon	12.11.17	01:32:24
8	King Chipara	Mathew Meyiwa	23.07.17	01:32:35
9	Evidence Mwando	Kearsney Striders	24.01.16	01:32:43
10	Blair Thompson	Deloitte Challenge	07.05.17	01:33:08

21.1 km – GETFIT AC Top Ten Ladies

1	Robyn Greyling	Durban Runner	02.08.15	01:32:15
2	Robyn Greyling	Deloitte Challenge	01.05.15	01:34:12
3	Robyn Greyling	Maritzburg Marathon	26.02.17	01:35:53
4	Robyn Greyling	Deloitte Challenge	07.05.17	01:37:06
5	Robyn Greyling	Maritzburg Marathon	21.02.15	01:37:08
6	Trish Bahlmann	Kearsney Striders	18.01.15	01:37:47
7	Robyn Greyling	Durban City Marathon	08.05.16	01:40:10
8	Robyn Greyling	South Coast Marathon	18.10.15	01:40:18
9	Robyn Greyling	Savages Supa Mama	23.08.15	01:40:40
10	Robyn Greyling	Crescent Challenge	12.04.15	01:40:57

10 km – GETFIT AC Top Ten Men

1	Mitch Dufourq	1860 IcePro Challenge	19.11.17	00:35:23
2	Mitch Dufourq	Forest Hills 10km	09.07.17	00:35:30
3	Mitch Dufourq	FNB 10k	09.09.17	00:35:43
4	Evidence Mwando	Maritzburg Marathon	26.02.17	00:35:48
5	Evidence Mwando	Forest Hills 10km	10.07.16	00:37:40
6	Mitch Dufourq	SAPS Striders	10.09.17	00:37:47
7	Evidence Mwando	Forest Hills 10km	09.07.17	00:38:09
8	Craig Hallett	1860 IcePro Challenge	19.11.17	00:38:41
9	King Chipara	Forest Hills 10km	09.07.17	00:39:20
10	Travis Dalrymple-Kelly	Forest Hills 10km	10.07.16	00:40:15

10 km – GETFIT AC Top Ten Ladies

1	Robyn Greyling	Forest Hills 10km	12.07.15	00:43:43
2	Robyn Greyling	Forest Hills 10km	1-.07.16	00:44:16
3	Robyn Greyling	SAPS Striders	13.09.15	00:44:40
4	Robyn Greyling	Stella Royal	06.03.16	00:45:01
5	Robyn Greyling	Forest Hills 10km	09.07.17	00:45:05
6	Kateowitz	Forest Hills 10km	09.07.17	00:48:01
7	Liesel Phillips	Forest Hills 10km	10.07.16	00:48:40
8	Lee Havenga	Spar Ladies Race	11.06.17	00:48:47
9	Shayna Smith	Spar Ladies Race	05.06.16	00:48:53
10	Bronwyn Marais	Checkout Challenge	06.11.16	00:49:26

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