



# STAGGERING SANI RESULTS!

Congratulations to the GETFIT runners (and their supporters) who braved last weekend's Sani Stagger Marathon and Half Marathon in the Drakensberg!

Despite the freezing cold mist and rain, **Malcolm Hunter** (*top right*) finished 6<sup>th</sup> overall and won his age category in the Half Marathon, while **Lee Havenga** (*below right*) was the 2<sup>nd</sup> lady home, 1<sup>st</sup> in her age category and 16<sup>th</sup> overall in the Half Marathon. **Tony Manning** also picked up 1<sup>st</sup> place in the 70+ age category of the same event!

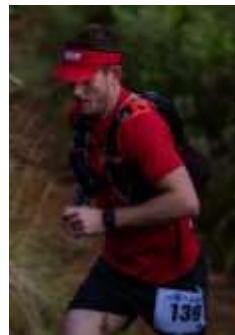
**Clint Nortje** (*below left*) and **Louise Dunford** (*below*) finished the gruelling Marathon in 6:24 and 6:30 respectively.



GETFIT trail runners were also in action last weekend.

A number of our members took part in the Eston Xmas Classic (*left*) and **Blair Thompson** (*right*) finished 7<sup>th</sup> overall in the 38km Lesotho Ultra Trail.

Well done, all!



**Tanya Ungerer** (*above*), finished 2<sup>nd</sup> on the leaderboard this year but was unable to attend our prizegiving last month.

She was thrilled to finally receive her trophy from Ali in Himeville before the Sani Stagger last weekend!

## 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 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) |
| <u>R120</u> - 2018 ASA licence fee    | <u>R120</u> - 2018 ASA licence fee      |
| <b>R280</b>                           | <b>R350</b>                             |

Please use your surname and initial as a reference.

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

**We are expecting a new order of vests next week. If anyone is waiting to get their vest, or would like to purchase a new one for 2018 (R220 ea), please contact Ali to make arrangements.**

# 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 EVENTS.

## 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!

A full list of KZN road races for 2018 is also available on the website.

## 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 30 1800 *Mixed Time Trial League*      Chiltern AC      Chiltern Sports Club, Westville

#### DECEMBER:

Sat 2 0600	<i>BLR: Giba Gorge Trail Run (15km)</i>	<i>Beloved Long Runs</i>	<i>Giba Gorge</i>
Sat 2	<i>Summer Series – Hilton College (22km, 12km, 6km)</i>	<i>KZN Trail Running</i>	<i>Hilton College, Hilton</i>
Sun 3 0600	<i>BMG Stainbank Cup (15km)</i>	<i>Yellowwood Park AC</i>	<i>Yellowwood Park Sports Club</i>
Sun 3	<i>Stihl Sharks Trail Adventure (18km, 9km)</i>	<i>Impi Concept Events</i>	<i>Hillcrest</i>
Sat 9 0600	<i>BLR: Kirklington out-and-back (15km)</i>	<i>Beloved Long Runs</i>	<i>Hillcrest</i>
Sun 10 0600	<i>Illovo Sugar Christmas Challenge (15km)</i>	<i>Westville Athletic Club</i>	<i>Westville AC, Maryvale Road</i>
Sun 17 0600	<i>The Big Hill Run (24km, 10km)</i>	<i>Dolphin Striders</i>	<i>Sugar Rush Park, Ballito</i>
Sun 17	<i>Umhlanga Trail Run (18km, 9km, 5km)</i>	<i>Riverside Trail</i>	<i>Umhlanga</i>
Sat 16 0600	<i>BLR: Winston Park Loop (15km)</i>	<i>Beloved Long Runs</i>	<i>Not Just Banting, Winston Park</i>
Sat 23 0600	<i>BLR: Alverston Loop (15km)</i>	<i>Beloved Long Runs</i>	<i>Go Fresh Shongweni - Alverston</i>

### 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
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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)	R220
Ladies race vests (XS-XL)	R220
Long-sleeved tops (S-L)	R200
Trail unisex shirts (M-XL)	R175
Trail ladies vests (XS-L)	R175
GETFIT peaks	R100
Red Sunflower buffs	R 25