



## HILLCREST MARATHON

The Hillcrest Marathon is one of KZN's flagship races and a very popular Comrades qualifier. Despite a few last minute withdrawals, GETFIT AC had a total of 68 runners competing in the Marathon and Half Marathon events.

Well done to new recruit, **Sipha Mngoma** (*right*) who was the first GETFIT AC runner in the Men's Marathon in a time of 03:06. This moved him straight onto the Club's list of top ten Marathon times in his first outing in GETFIT colours!

**Sam Gould** (*far right*) was the first GETFIT lady home in the same event, earning herself a PB of 3:55 and a well-deserved third place on the GETFIT AC's Top Ten ladies Marathon times.

The Half Marathon event was equally quick with the first three GETFIT AC runners – **Evidence Mwando** (01:25), **Mitch Dufourq** (01:25) and **Innocent Ngubane** (01:27) – all recording new times on the list of Top Ten Half Marathon times as well.

Congratulations to all of you!



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	Sipha Mngoma	Hillcrest Marathon	11.02.18	03:06:19

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	Samantha Gould	Hillcrest Marathon	11.02.18	03:55:48
4	Bronwyn Marais	Maritzburg Marathon	26.02.17	03:59:11
5	Cindy King	Maritzburg Marathon	21.02.15	04:01:17
6	Wendy Becket	Umgeni Water Marathon	12.03.17	04:02:29
7	Kayley Daly	Maritzburg Marathon	26.02.17	04:03:23
8	Mandi Duthie	South Coast Marathon	18.10.15	04:04:29
9	Samantha Gould	South Coast Marathon	29.10.17	04:04:30
10	Michelle Coskey	Maritzburg Marathon	21.02.16	04:05:33

21.1 km – GETFIT AC Top Ten Men

1	Evidence Mwando	Durban City Marathon	08.05.16	01:18:43
2	Evidence Mwando	Hillcrest Marathon	11.02.18	01:25:15
3	Mitch Dufourq	Hillcrest Marathon	11.02.18	01:25:23
4	Evidence Mwando	Savages Supa Mama	14.08.16	01:25:26
5	Evidence Mwando	Mathew Meyiwa	23.07.17	01:25:30
6	Innocent Ngubane	Hillcrest Marathon	11.02.18	01:27:11
7	King Chipara	Durban Runner	20.08.17	01:29:34
8	Evidence Mwando	Durban City Marathon	09.04.17	01:31:30
9	Blair Thompson	Hillcrest Marathon	12.02.17	01:31:51
10	King Chipara	Bluff Vets Marathon	12.11.17	01:32:24

## MIXED TIME TRIAL LEAGUE YOUR CLUB NEEDS YOU!



The Mixed Time Trial League kicked off at Queensburgh Harriers last month (*above*) with the second fixture taking place at Savages AC on Thursday, 22<sup>nd</sup> February

Ladies run 4km and the men run a double loop, ie 8km. The monthly time trials are a lot of fun and cater for every level of runner and walker.

All the KZN Clubs take part in the League and points are awarded to every runner who takes part, no matter where they finish or how long it takes them! GETFIT had 23 runners at the first fixture and we're currently lying 6<sup>th</sup> after one League event so we'd really like to appeal to our members to support the League and come along to as many fixtures as possible, please!

# 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, Beloved Long Runs and Time Trial fixtures for 2018 are 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 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'.

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

*KZN Road Races*

*Beloved Long Runs*

*Mixed Time Trial League*

#### FEBRUARY:

Sat 17 0500 BLR: Westville to Gelofoe and back (25km)

Thur 22 1800 Mixed Time Trial League (8km, 4km)

Sat 24 0500 BLR: Kloof to Botha's Hill (25km)

Sun 25 0530 Maritzburg City Marathon (42km, 21km, 10km)

Beloved Long Runs

Savages AC

Beloved Long Runs

Natal Carbineers

Westville AC

Hollander Crescent, Morningside

Kloof SuperSpar, Kloof

Golden Horse Casino, PMB

#### MARCH:

Thur 8 1800 Mixed Time Trial League (8km, 4km)

Sat 3 0500 BLR: Savages to top of Cowies and back (32km)

Sat 10 0500 BLR: Out and back towards Gateway, Umhlanga

Sat 17 0500 BLR: Kloof SuperSpar to Botha's Hill (informal)

Sun 18 0600 The Deloitte Challenge (42km, 21km, 10km)

Wed 21 0500 Stella Royal (25km, 10km)

Sun 25 0600 Umgeni Water Marathon (42km, 32km, 15km)

Chiltern AC

Beloved Long Runs

Beloved Long Runs

Beloved Long Runs

Dolphin Coast Striders

Stella AC

Collegians Harriers

Methven Road, Westville North

Savages AC

Crusaders AC

Beloved Long Runs / Dean

Ballito/Sibaya Casino to Durban

Stella Sports Club, Glenwood

Midmar Dam, Howick

#### APRIL:

Sun 1 0630 Peace in Africa (21km, 10km)

Sat 7 0530 Arthur Cresswell Memorial Marathon (52km, 21km)

Mayibuyi AC

Ladysmith AC

Kings Park Athletics Stadium

Bergville Municipality

### GETFIT ATHLETIC CLUB COMMITTEE

Denver Subramany (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
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Bev Sajoe (Honorary Treasurer)	(072) 204 0205	qpas@mweb.co.za

BANK DETAILS: GETFIT AC, Standard Bank Acc # 331966387 (Westville 045426)

## 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