

## PDAC RESULTS

Congratulations to everyone who took part in last weekend's PDAC 25km from Waterfall to Pinetown.

**Evidence Mwando** was the first GETFIT AC home in a time of 1:36. He was followed by **Siboniso Shange**, with **Grant Marais** and **Mike Hind** crossing the line together in third place.

**Alison Schnell** was the next to finish, the first GETFIT AC lady in 2:01 and 5th overall for GETFIT AC.



## CHANGE TO GETFIT AC RACE VEST

A request to slightly change the colour of our GETFIT AC race vest was made to KZN Athletics last year and we are pleased to confirm that, months later, we have finally received permission from KZNA's Technical Committee to go ahead and change the colour of our vest to a slightly darker shade of red, as per our original submission to KZNA (right).



We are currently having a sample of the new vest made up and once the Committee has signed off the change, we will place an order for the vests with the hope of having them in stock by end-March.

The timing of changes to a Club's race kit is never ideal and we are aware that some of our members bought vests before we had heard back from KZNA. However, we are happy to say that after expressing a wish to keep our members' costs to a minimum, KZNA has agreed to an extended (two-year) 'change over' period, during which time our members will be allowed to wear either vest. There is therefore no need to purchase a new vest until January 2019.

The new vests will cost R200 each, in line with the manufacturer's 2017 price increases, and we will continue to sell the current vests for R185 each for as long as we have stock remaining.

## INTRODUCING GETFIT AC'S DURBAN ULTRA TRIATHLON TEAM!

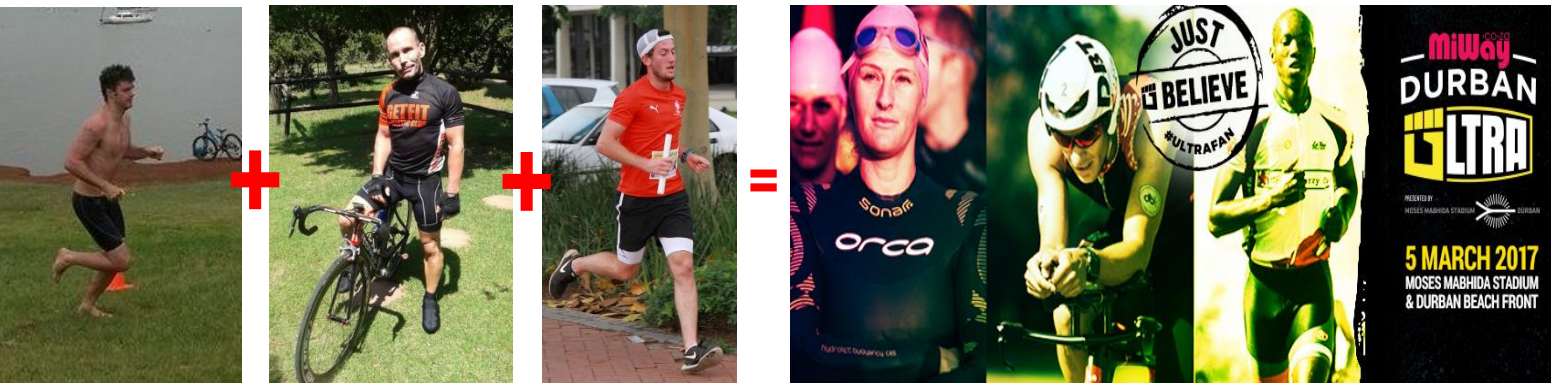
GETFIT AC's team for the Durban Ultra has been finalised. Please come along and support these guys as they take on some tough competition in Durban on Sunday, 5th March!

**Malcolm Hunter** (below left) will start the team off with the 1,900m swim. A seasoned tri-athlete, Malcolm won the gold medal in his age group at the KZN Triathlon Championships in 2015.

With eleven impressively quick Amashovashova races (PB 02:46) and seven Tour Durban (PB 2:37) medals under his belt, GETFIT AC's **Mike Posnot** (below middle) is well-qualified to take on the 90km cycling leg of the Ultra.

The third leg of the triathlon is the Half Marathon which will be run by **Blair Thompson** (below right) who was the first GETFIT AC athlete to finish the Kearsney Striders 21km held earlier this year.

Our grateful thanks once again to B-Active Sports for sponsoring GETFIT AC's team entry. If anyone else is interested in taking part, either as individuals or a team, please enter online at [www.bactive.com](http://www.bactive.com).



# GETFIT ATHLETIC CLUB – RACE INFORMATION

## RACE ENTRY INFO

### Hillcrest Marathon (12<sup>th</sup> February 2017)

Please note that this is a **pre-entry only** race!

Online entries close **6<sup>th</sup> February** (timed by ChampionChip).

Enter online at <http://www.hillcrestvillagersac.co.za/hillcrestmarathon/index.php>.

### Maritzburg Marathon and Half Marathon (26<sup>th</sup> February 2017)

Please note that this is also a **pre-entry only** race!

Enter online at <http://pmb42.co.za>. Online entries close on **8<sup>th</sup> February @ 6pm**.

### Deloitte Marathon (7<sup>th</sup> May 2017)

Please note that this race takes place a week later than the usual date of 1<sup>st</sup> May and is therefore **not** a qualifier for Comrades 2017!



PLEASE "LIKE" THE **GETFIT AC** FACEBOOK PAGE FOR CLUB NOTICES AND RACE INFO.

## WEEKLY TRAINING RUNS IN THE HIGHWAY AND UMHLANGA AREA

**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. A full schedule of weekly trainings runs and Comrades route testers from January to May 2017 is available from Ali.

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 are **GETFIT AC Training Runs** every Thursday at 4.30pm and 5.30pm. Meet at GETFIT Hillcrest, Oxford Village, for a 4-5km jog/run at 4.30pm or a 8-12km run at 5.30pm, with options to turn earlier for shorter distances.

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**      **MTB / Cycling / Multi Sports**      **Non-KZN Races**

#### FEBRUARY:

<b>Sun 5 0500</b>	<b>DG Panel &amp; Paint Challenge (32km, 16km)</b>	<b>Sydenham Sports Club</b>	<b>Barns Road Grounds, Sydenham</b>
<b>Sun 5</b>	<b>Gilboa Challenge (14km, 8km)</b>	<b>KZN Trail Running</b>	<b>Bushwillow Park, Karkloof</b>
<b>Sun 12 0500</b>	<b>Hillcrest Marathon (42.2km, 21.1km)</b>	<b>Hillcrest Villagers</b>	<b>Hillcrest Sports Club</b>
<b>Thur 16</b>	<b>Mixed Time Trial League #2</b>	<b>Savages AC</b>	<b>Savages Athletic Club, Durban</b>
<b>Sun 19</b>	<b>Hillton College Trail Run (20km, 12km, 6km)</b>	<b>KZN Trail Running</b>	<b>Hilton College, Hilton</b>
<b>Sun 26 0530</b>	<b>Maritzburg City Marathon (42.2km, 21.1km, 10km)</b>	<b>Natal Carbineers</b>	<b>Alexandra Park, Pietermaritzburg</b>

#### MARCH:

<b>Sun 5</b>	<b>Durban Ultra Tri-athlon (Ultra, Sprint events)</b>	<b>B-Active Sports</b>	<b>Moses Mabhida Stadium, Durban</b>
<b>Sun 5 0700</b>	<b>Run 4 Ryan (10km, 5km Trail)</b>	<b>ROAG</b>	<b>Stainbank Nature Reserve</b>
<b>Wed 8</b>	<b>Ladies Time Trial League #1</b>	<b>Forest Hills AC</b>	<b>Forest Hills Sports Club, Kloof</b>
<b>Sun 12 0530</b>	<b>Umgeni Water Marathon (42.2km, 32km, 15km)</b>	<b>Collegians Harriers</b>	<b>Midmar Dam, KZN Midlands</b>

### GETFIT ATHLETIC CLUB COMMITTEE

<b>Denver Subramany</b> (Chairman)	(083) 956 9192	<a href="mailto:denver@getfitchallenge.co.za">denver@getfitchallenge.co.za</a>
<b>Alan Phillips</b> (Vice-Chairman)	(083) 400 2260	<a href="mailto:alanp@seaboardship.co.za">alanp@seaboardship.co.za</a>
<b>Jon Acutt</b>	(083) 303 3805	<a href="mailto:jonacutt@acutts.co.za">jonacutt@acutts.co.za</a>
<b>Sam Gould</b>	(082) 898 2633	<a href="mailto:gould@scottnet.co.za">gould@scottnet.co.za</a>
<b>Robyn Greyling</b> (Ladies Captain)	(082) 771 3626	<a href="mailto:carebearsplayland@gmail.com">carebearsplayland@gmail.com</a>
<b>Shane Greyling</b> (Mens Captain)	(082) 574 6734	<a href="mailto:littlestrickersoccer@gmail.com">littlestrickersoccer@gmail.com</a>
<b>Al Moor</b> (Secretary)	(073) 741 0218	<a href="mailto:alison.s.moor@gmail.com">alison.s.moor@gmail.com</a>
<b>Liesel Phillips</b>	(083) 400 2258	<a href="mailto:lieselp@live.co.za">lieselp@live.co.za</a>
<b>Bev Sajoe</b> (Honorary Treasurer)	(072) 204 0205	<a href="mailto:qpas@mweb.co.za">qpas@mweb.co.za</a>

**BANK DETAILS: GETFIT AC, Standard Bank Acc # 251823768 (Kloof 04-55-26)**

## GETFIT KIT

<b>Mens race vests (S-2XL)</b>	<b>R185</b>
<b>Ladies race vests (XS-XL)</b>	<b>R185</b>
<b>Long-sleeved tops (S-2XL)</b>	<b>R160</b>
<b>GETFIT peaks</b>	<b>R100</b>
<b>Trail unisex shirts (M-XL)</b>	<b>R175</b>
<b>Trail ladies vests (XS-L)</b>	<b>R160</b>