



MIXED TIME TRIAL LEAGUE UPDATE

The second fixture of this year's Mixed Time Trial League was hosted by Chiltern AC and despite the severe storm warnings on social media earlier in the afternoon, 27 die-hard GETFIT AC runners weren't put off and turned out in their numbers to support the Club!

GETFIT had the 5th most members at the Time Trial and six members now have a 100% attendance rate for the Mixed Time Trial League this year: Robin Edwards, Vicki Hicken, Jandi Hallett, Katie Roberts and Herve & Sonya Rougier-Lagane. Well done!

The GETFIT Mens Senior team is currently lying 7th (out of 34 teams) and our Mens Vet team is 12th out of 32 teams. GETFIT AC Mens Vets are 8th out of 20 and our Ladies A and B teams are lying 6th and 10th out of 36 teams.

The next fixture in the League will be held at DHS Old Boys in Durban North on Wednesday 18th April at 6pm. Please come and help us earn points for the Club, and join us for a drink and bring-and-share eats (a packet of chips will do!) afterwards.



KZNA 2018 CROSS COUNTRY LEAGUE

KZN Athletics' 2018 Cross Country League kicks off next month with the first fixture taking place at Laddsworth School in Hilton on Saturday, 7th April 2018.

The Cross Country League is open to anyone and runners compete in their respective age group, from kids to seniors. It's a very popular 'Saturday' league and well-supported by the KwaZulu-Natal clubs. Members of KZN clubs must wear their Club colours and ASA licence.

The host club sets a 2km off-road course (usually in a park) and, depending on your age group, you run one or more laps of the 2km course.

A full list of KZNA's Cross Country League fixtures and road races is available on the website www.getfitac.co.za.

TWO OCEANS BRAAI

Two Oceans runners, please don't forget to join us for a BYO braai after the race (14 Forest Avenue, Tokai) on 31st March.

We'll braai early (4pm) to accommodate those wanting an early night, as well as anyone wishing to enjoy Cape Town's night light later that evening!

Please RSVP to Ali to give us an idea of numbers for salads, etc.

COMRADES SUBSTITUTION PERIOD – 26 MARCH TO 25 APRIL 2018

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 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 (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!

Full lists of KZN road races, Beloved Long Runs and Mixed 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 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'.

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 CALENDAR – SELECTED RACES ONLY

The full list of KZN road race fixtures can be found on the Club's website www.getfitac.co.za

Road Running Cross Country / Trail Running Beloved Long Runs Other Events

MARCH:

Sat 17	0500	Kloof SuperSpar to Botha's Hill (informal)	Beloved Long Runs	Beloved Long Runs / Dean
Sun 18	0600	The Deloitte Challenge (42km, 21km, 10km)	Dolphin Coast Striders	Ballito/Sibaya Casino to Durban
Wed 21	0500	Stella Royal (25km, 10km)	Stella AC	Stella Sports Club, Glenwood
Sat 24	0500	Arbour Crossing (Toti) and back (25km)	Beloved Long Runs	Toti AC
Sat 24		Drakensberg Northern Trail (40km, 20km, 10km, 5km)	KZN Trail Running	Oliviershoek, Sterkfontein Dam
Sun 25	0600	Umgeni Water Marathon (42km, 32km, 15km)	Collegians Harriers	Midmar Dam, Howick
Fri 30	0500	Big C in 3 Day 1 – PMB City Hall to Cato Ridge (±30km)	Beloved Long Runs	BLR Committee / Clubs
Sat 31	0500	Big C in 3 Day 2 – Cato Ridge to Hillcrest (±30km)	Beloved Long Runs	BLR Committee / Clubs

APRIL:

Sun 1	0630	Peace in Africa (21km, 10km)	Mayibuyi AC	Kings Park Athletics Stadium
Mon 2	0500	Big C in 3 Day 3 – Hillcrest to Moses Mabhida (±30km)	Beloved Long Runs	BLR Committee / Clubs
Sat 7	0530	Arthur Cresswell Memorial Marathon (52km, 21km)	Ladysmith AC	Bergville Municipality
Sat 7		Cross Country League Fixture # 1	Hilton Harriers AC	Laddsworth School, Hilton

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