

HILLCREST MARATHON

Congratulations to all the GETFIT AC runners who took part in the Hillcrest Marathon and Half Marathon last weekend and a very big THANK YOU to everyone who came out to support them, either along the route or at the Finish!



Evidence Mwando (*right*) and **Sonnyboy Nkabini** (*far right*) were the first two GETFIT AC runners in the Marathon, finishing either side of 3 hours in 2:55 and 3:01 respectively.

Blair Thompson (*far left*) was first for GETFIT AC in the Half Marathon in a time of 1:31. **Robyn Greyling** (*left*) continued her comeback from injury with an impressive 1:43 to take 2nd place in her age group, and was the first GETFIT AC lady to cross the finish.

Well done everyone!



PLEASE NOTE THAT THE DELOITTE MARATHON ON 7TH MARCH 2017 IS DEFINITELY NOT A 2017 COMRADES QUALIFIER. ANYTHING YOU MAY HAVE HEARD OR READ TO THE CONTRARY, IS INCORRECT!

Two of our sponsored runners, **Evidence** and **Innocent**, have qualified in “A” and “B” batch respectively for this year’s Comrades Marathon in June. Evidence’s time at the Hillcrest Marathon also qualified him for “A” batch seeding at the Two Oceans Ultra in April.

Last weekend, both runners were each presented with a new pair of running shoes (*right*) to help them with their Comrades preparation.

The guys were encouraged to each choose their preferred brand of running shoes and both were delighted with the choice they made!



THANK YOU, JONO!

The GETFIT AC Committee is sad to announce that **Jonathan Acutt** has resigned from the Committee in order to concentrate on his family and business interests.

Jono (*right*) is one of the founder members of the Club and has served on the Committee since its inception in June 2013.

Jono remains one of the Club’s biggest fans and we look forward to sharing many more post-race beers with him!



QUALIFYING INFORMATION

A number of our runners have registered for this year’s **Two Oceans Ultra Marathon** which takes place in Cape Town in April.

Please note that your entry is **not** confirmed until you have submitted the relevant qualifying race information (date, race name, your time, etc).

The deadline to update your entry profile and submit your qualifying time for the Two Oceans Ultra Marathon is **6th March 2017**.

Please make sure you also update your licence number. Even if it’s the same number you had in 2016, it still needs to be updated for 2017!

GETFIT ATHLETIC CLUB – RACE INFORMATION

RACE ENTRY INFO

Maritzburg Marathon and Half Marathon (26th February 2017)

Entries are now closed and no substitutions will be allowed.

Umgeni Water Marathon (12th March 2017)

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

Enter online at <http://www.collegiansharriers.co.za/umgeni.htm>. Online entries close at midnight on 5th March.



PLEASE "LIKE" THE **GETFIT AC** FACEBOOK PAGE FOR CLUB 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:

<i>Thur 16</i>	<i>Mixed Time Trial League #2</i>	<i>Savages AC</i>	<i>Savages Athletic Club, Durban</i>
<i>Sun 19</i>	<i>Hilton College Trail Run (20km, 12km, 6km)</i>	<i>KZN Trail Running</i>	<i>Hilton College, Hilton</i>
<i>Sun 26 0530</i>	<i>Maritzburg City Marathon (42.2km, 21.1km, 10km)</i>	<i>Natal Carbineers</i>	<i>Alexandra Park, Pietermaritzburg</i>
<i>Sun 26</i>	<i>Deloitte Pretoria Marathon (42.2km, 21.1km, 10km)</i>	<i>Deloitte / Entrytime</i>	<i>Pretoria</i>

MARCH:

<i>Sun 5</i>	<i>Durban Ultra Tri-athlon (Ultra, Sprint events)</i>	<i>B-Active Sports</i>	<i>Moses Mabhida Stadium, Durban</i>
<i>Wed 8</i>	<i>Ladies Time Trial League #1</i>	<i>Forest Hills AC</i>	<i>Forest Hills Sports Club, Kloof</i>
<i>Sun 12 0530</i>	<i>Umgeni Water Marathon (42.2km, 32km, 15km)</i>	<i>Collegians Harriers</i>	<i>Midmar Dam, KZN Midlands</i>
<i>Sun 12 0600</i>	<i>Mariannhill Half Marathon (21.1km, 10km)</i>	<i>African Elite Club</i>	<i>Elangeni College, Pinetown</i>
<i>Thur 16</i>	<i>Mixed Time Trial League #3</i>	<i>Chiltern AC</i>	<i>Chiltern AC, Westville North</i>
<i>Sat 18</i>	<i>Om-Die-Dam Ultra (50km, 21.1km, 10km)</i>	<i>Old Mutual</i>	<i>Hartebeespoort Dam</i>
<i>Sun 19 0600</i>	<i>Stella Royal (25km, 10km)</i>	<i>Stella Athletics Club</i>	<i>Stella Sports Club, Glenwood</i>
<i>Sat 25</i>	<i>Drakensberg Northern Trail (40km, 20km, 10km, 5km)</i>	<i>KZN Trail Running</i>	<i>Oliviershoek Pass, Drakensberg</i>
<i>Sun 26</i>	<i>Birchwood Cross The Line Half Marathon (21.1km, 10km)</i>		<i>Birchwood Hotel</i>

APRIL:

<i>Sat 1 0530</i>	<i>Arthur Cresswell Memorial Marathon (52km, 21.1km)</i>	<i>Ladysmith Athletic Club</i>	<i>Bergville Municipality</i>
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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
Robyn Greyling (Ladies Captain)	(082) 771 3626	carebearsplayland@gmail.com
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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)	R185
Ladies race vests (XS-XL)	R185
Long-sleeved tops (S-2XL)	R160
GETFIT peaks	R100
Trail unisex shirts (M-XL)	R175
Trail ladies vests (XS-L)	R160