



DELOITTE AND STELLA RESULTS

GETFIT AC enjoyed its biggest presence yet at the Deloitte Challenge last weekend, with ninety-six of our members taking part in the various events.

Our first three Marathon runners all recorded new Top Ten times (see below) for the Club, with **Siphamandla Mngoma** (2:54) and **Evidence Mwando** (2:56) both securing their Comrades A-Batch seeding, and many others recording PBs over all three distances.

Eight more GETFIT AC members qualified for this year's Comrades Marathon with minutes to spare, cheered on to the finish line by some very supportive club mates!



42.2 km – GETFIT AC Top Ten Men

1	Evidence Mwando	Deloitte Challenge	01.05.16	02:47:20
2	Siphamandla Mngoma	Deloitte Challenge	18.03.18	02:54:23
3	Evidence Mwando	Hillcrest Marathon	12.02.17	02:55:42
4	Evidence Mwando	Deloitte Challenge	18.03.18	02:56:37
5	Evidence Mwando	Deloitte Challenge	01.05.15	02:58:58
6	Evidence Mwando	Maritzburg Marathon	21.02.15	02:59:24
7	Sonnyboy Nkabini	Hillcrest Marathon	12.02.17	03:01:54
8	Evidence Mwando	Township 2 Township	25.09.16	03:02:30
9	Innocent Ngubane	Maritzburg Marathon	25.02.18	03:03:01
10	Suruwani "King" Chipara	Deloitte Challenge	18.03.18	03:03:39



Three days after the Deloitte Challenge, GETFIT AC Ladies Captain, **Robyn Greyling** (left), finished 7th in the Stella Royal 25km ladies race.



MIXED TIME TRIAL LEAGUE – DHSOB

The next fixture in the Larson Mixed Time Trial League takes place on Thursday, 18th April 2018 at 6pm. Please note that due to a clash of events, this is a change of date from the original fixture list circulated earlier this season.

DHSOB will host the fixture which will be held at Northwood Crusaders Sports Club in Ranleigh Crescent, Durban North (near the Hypermarket). The bar will be open and fires lit in the beer garden for those wishing to braai afterwards.

This year's fixtures have been very well-supported by GETFIT AC's runners so please try and make it to this one as well!

TWO OCEANS BRAAI

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

We'll braai early in the evening (around 4pm) to accommodate those wanting an early night or anyone wishing to enjoy the Cape Town night life 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.

RACE 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 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
Sat 31	0600	Two Oceans Ultra Marathon (56km, 21km)	Old Mutual	Newlands, Cape Town

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
Sun 8		Rocky Bay Trail (20km, 10km, 6km)	KZN Trail Running	Rocky Bay Resort, Scottburgh
Sun 8		JointEze Irene Ultra (48km)		Pretoria, Gauteng

GETFIT ATHLETIC CLUB COMMITTEE

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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