

MARITZBURG MARATHON

This weekend's Maritzburg Marathon is the last chance for KZN athletes wanting to run a local marathon to qualify for the Two Oceans Ultra before the 6th March 2017 deadline.

If you are concerned about your qualifying time, the table below gives an indication of the pace you should be running in order to achieve your time. Analysis and calculations are from Old Mutual Virtual Coach, Corrie Williamson © 2017.

Please note that the Start and Finish of this year's Marathon will be in and around the Golden Horse Casino. All races will start in New England Road and head straight down Surrey Road towards the city centre. The Finish is at the Sports Field at the eastern end of the Golden Horse Driveway off New England Road. The Marathon is a double loop of the Half Marathon route (right).

The Marathon and Half Marathon start together at 5.30am, followed by the 10km race at 9.30am. Normal cut-off times for all events will apply.

Registration takes place at the Sports Field at the eastern end of the Golden Horse Driveway on the following days:

Friday 24th February from 9am to 8pm

Saturday 25th February from 9am to 5pm

Sunday 26th February from 4am to 5.15am



distance	03:00	03:20	03:40	04:00	04:20	04:40	05:00	05:30	06:00
5km	21:16	23:37	25:58	28:17	30:35	32:55	35:10	38:33	41:50
10km	42:45	47:30	52:15	56:57	1:01:40	1:06:20	1:11:00	1:17:55	1:24:40
15km	1:05:09	1:12:30	1:20:00	1:27:25	1:34:55	1:42:25	1:50:00	2:01:25	2:12:58
20km	1:25:30	1:35:00	1:44:30	1:54:04	2:03:35	2:13:12	2:22:45	2:37:10	2:51:30
25km	1:46:20	1:58:06	2:09:52	2:21:35	2:33:20	2:45:00	2:56:45	3:14:12	3:31:35
30km	2:07:57	2:22:10	2:36:20	2:50:30	3:04:40	3:18:46	3:32:50	3:53:57	4:14:50
35km	2:30:18	2:47:06	3:03:57	3:20:46	3:37:40	3:54:30	4:11:20	4:36:40	5:01:55
40km	2:51:00	3:10:00	3:29:05	3:48:12	4:07:18	4:26:25	4:45:33	5:14:15	5:43:05
42.195km	3:00:00	3:20:00	3:40:00	4:00:00	4:20:00	4:40:00	5:00:00	5:30:00	6:00:00

You will be issued with two race numbers for Sunday's races.

Please wear the number with the race barcode on the front, and the other one on your back.

Please remember not to cover the ASA logo at the top of your licence!

THE BIG C IN 3 – Comrades Training Runs (18th to 21st March 2017)

DAY 1 – Saturday 18th March 5am from Ethekeweni Athletic club in Smith Street, Durban, to Not Just Banting in Kloof Village Centre (± 30km).

DAY 2 – Monday 20th March 5am from Kloof Village Mall to Cato Ridge Golf Course (± 35km).

DAY 3 – Tues 21st March (public holiday) 5am from Cato Ridge to Collegian Harriers in PMB (± 30km).

The cost is R50 per day and point-to-point logistics are for you to arrange. There will be six water tables each day with cream soda, coke, energade, water, sweets, chips, oranges and boiled potatoes, as well as Chelsea buns and chocolate milk at the finish of each day.

Please do not wear your club kit and stick to the route prescribed on day 1 so that nobody runs on the highways.

If you can't run on Monday, run the Stella 25km on Sunday or you can run all 3 days and the Stella 10km for a total of 100km in 4 days.

Local clubs are being asked to man the water tables and as a number of our members will be doing the runs, we will definitely be involved. If anyone (or your family and friends) are available to help out with water tables on any or all of the three days, please let me know asap.

GETFIT ATHLETIC CLUB – RACE INFORMATION

RACE ENTRY INFO

Mariannahill Half Marathon (12th March 2017)

Please note that this race has been **CANCELLED!**

Umgeni Water Marathon (12th March 2017)

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:

Sun 26 0530	Maritzburg City Marathon (42.2km, 21.1km, 10km)	Natal Carbineers	Scottsville, Pietermaritzburg
Sun 26	Deloitte Pretoria Marathon (42.2km, 21.1km, 10km)	Deloitte / Entrytime	Pretoria

MARCH:

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

APRIL:

Sat 1 0530	Arthur Cresswell Memorial Marathon (52km, 21.1km)	Ladysmith Athletic Club	Bergville Municipality
Sun 2	Modern Athlete Irene Ultra Marathon	Irene AC	
Mon 1	MiWay Wally Hayward Marathon		

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
Shane Greyling (Mens Captain)	(082) 574 6734	littlestrickersoccer@gmail.com
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