



TWO OCEANS ULTRA AND HALF

Congratulations to everyone who took part in the Two Oceans Ultra and Half Marathons last weekend. We had some great results, especially from our lady runners!

GETFIT AC's sixteen Ultra runners were led home by **Evidence Mwando** (4:55) (*below left*) and **Sam Gould** (5:36) (*right*) and **Terri-Anne Bossy** (1:56) (*below right*) was the first GETFIT AC runner to finish the Half Marathon event.



A number of our runners ran PBs and all our Ultra novices completed their event.

Quite a few of the GETFIT AC 21km runners walked 3km back along the route, after completing their Half Marathon, to cheer on our Ultra runners as they came through the 53km mark.

Unfortunately, they weren't able to stay there until the end as most of them had to get back to the finish to fetch runners, but those Ultra runners who finished in less than 6½ hours were very appreciative of the raucous support they received from their team mates!

COMRADES ROUTE TESTER – 5 MAY

Many thanks again to those members who manned the GETFIT AC water table for the Beloved Long Runs "Comrades in 3 Days" over the Easter weekend.

The GETFIT gazebo was set up at the bottom of Polly Shortts, in what has now become the "GETFIT AC spot" for all Comrades training runs!

The organisation of the water table was left in the capable hands of Barclay Hallett, Gary Roberts and their ten helpers, all of whom were kept busy rinsing cups, pouring drinks and passing them to runners as they reached the table.



Dean of Beloved Long Runs once again needs our support for the Comrades Route Tester from PMB to Hillcrest on Saturday, 5th May.

If you are available to help out at Polly Shortts for a couple of hours on that day, please let Ali know. The more people we can get, the easier the job will be for everyone!

Thanks in advance!

NEW RACE VESTS

Earlier this year, we requested our vest manufacturer to investigate the quality of the spandex fabric used in the manufacture of our GETFIT AC race vests.

We were not happy with the durability of the fabric after race bibs had been pinned on, and it didn't appear to stand up to well to chafing from the top of runners' shorts. A few members also said that their vests became overly saturated with sweat during races.

We have managed to source a "birds eye" fabric that appears to solve both problems and have ordered a batch of vests in the new fabric. We will let members know as soon as we have them in stock.

We are aware that everyone has a different preference when it comes to types of fabric and it is not possible to please everyone. So, for those of you who still prefer the current spandex vests, we will keep a few units in stock for those who still want them.

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 KZN 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

APRIL:

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
Sat 7	0500	Forest AC Gorge Loop (25km)	Beloved Long Runs	Forest Hills AC
Sun 8		Rocky Bay Trail (20km, 10km, 6km)	KZN Trail Running	Rocky Bay Resort, Scottburgh
Sat 14	0500	Out & Back from Chiltern (25km)	Beloved Long Runs	Chiltern AC
Sun 15	0530	Durban City Marathon (42km, 21km, 10km)	KZN Athletics	Kings Park Stadium, Durban
Sun 15		WESSA Umngeni Valley (20km, 12km, 5km)	KZN Trail Running	WESSA, Howick
Thur 19	1800	Mixed Time Trial League #4 (8km, 4km)	DHS Old Boys	Crusaders, Durban North
Sat 21	0500	Bluff Vets Loop (25km)	Beloved Long Runs	Bluff AC
Sat 21		Bushmans Stage Trail (20km, 10km, 5km)	KZN Trail Running	Wagendrift Dam, Estcourt
Sun 22	0530	Chatsworth Freedom Marathon (52km, 21km, 10km)	Chatworth AC	Chatsworth Stadium, Chatsworth
Sun 22		Bushmans Stage Trail (30km, 20km, 10km, 5km)	KZN Trail Running	Wagendrift Dam, Estcourt
Sun 22		TinMan Tri-Series (10km run, Mini/Sprint/Challenge Tri)	B-Active Sports	Suncoast Casino, Durban

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