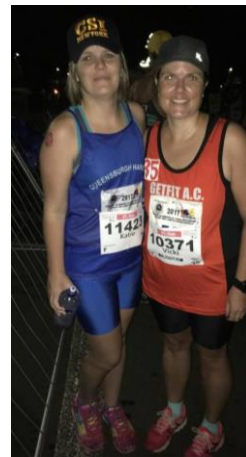


MARITZBURG TRIUMPHS

Congratulations to all the GETFIT AC runners who ran the Maritzburg Marathon and Half Marathon, many of whom achieved new PBs!

Lester Daniels (3:21) was the first GETFIT AC runner to finish the Marathon, with **Bron Marais** (3:59) the first lady. **Robyn Greyling** (1:36) was first for GETFIT AC in the Half Marathon, finishing 4th in her age category and 13th overall amongst the ladies.

Evidence Mwando set a new club record of 35:55 in the PMB 10km event, held later that morning. Last, but certainly not least, a big shout out to **Vicki Hicken** who did the 15km trail run on Saturday and the Half Marathon on Sunday. Well done to all of you!



TWO OCEANS

Two Oceans Ultra runners, please don't forget to update your profiles with your 2017 licence numbers and your race qualifying details.

The deadline is midnight on Monday, 6th March.

DURBAN ULTRA RELAY

Please remember to come along and support GETFIT AC's two relay teams taking part in Sunday's Durban Ultra Triathlon.

The GETFIT AC gazebo will be set up near the transition area outside the Bike and Bean Café on the Durban promenade.



GETFIT AC SPRINTERS TEAM



GETFIT AC ELITE ULTRA TEAM



z Mac Photography 082 887 69 Minesshaft 2015

GETFIT ATHLETIC CLUB – RACE INFORMATION

RACE ENTRY INFO



PLEASE "LIKE" THE **GETFIT AC** FACEBOOK PAGE FOR CLUB AND RACE INFO.



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**.

Stella Royal 25km & 10km (19th March 2017)

Enter online at <http://www.eventtiming.co.za/entryonline.php?id=235>. Online entries close at midnight on **13th March**.

Arthur Cresswell 52km (1st April 2017)

This is a **pre-entry only** race. Enter online at <http://www.eventtiming.co.za>.

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*

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
Fri 10 1800	Parlauf X Country (6-8km team event)	Westville AC	Westville AC, Maryvale Road
Sun 12 0530	Umgeni Water Marathon (42.2km, 32km, 15km)	Collegians Harriers	Midmar Dam, KZN Midlands
Sun 12 0600	Mariannhill Half Marathon (21.1km, 10km)	African Elite Club	Elangeni Colloge, 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 0600	Checkout Challenge (21.1km, 10km)	Verulam Falcons AC	Kings Park Athletics Stadium
Sun 2	Modern Athlete Irene Ultra Marathon	Irene ACT	
Tues 4	Ladies Time Trial League #2	Westville AC	Westville AC, Maryvale Road

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	littlestrikerssoccer@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