

## MARITZBURG MARATHON

Congratulations to the 72 GETFIT AC runners who took part in last weekend's Maritzburg City Marathon, Half Marathon and 10km and a very big thank you to everyone who came along to support them!

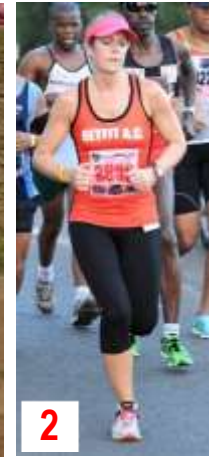
Innocent Ngubane (3:03) was the first GETFIT AC runner to finish the Marathon and moved into 7<sup>th</sup> place on the men's top ten list of best Marathon times. He was followed by Sonnyboy Nkabini (3:15) and Phillip Duze (3:21).

The Club's ladies were particularly impressive on Sunday with the Marathon record being broken by Claire Imrie (3:39), running her first Marathon. She was followed over the line by Kayley Daly (3:58) and Liesel Phillips (4:00) who moved into 5<sup>th</sup> and 7<sup>th</sup> place respectively on the ladies list of top ten Marathon times.

Mitch Dufourq (1:24) and Robyn Greyling (1:39) were the first GETFIT AC runners in the Half Marathon with the 5<sup>th</sup> and 7<sup>th</sup> best times respectively on the Club's list of mens and ladies top ten 21km times.

An updated list of the Club's top ten times for Marathons, Half Marathons and 10km races is available on the website.

Those members who were at the Marathon on Sunday will have noticed that we have had a second gazebo made for races (right). If anyone would like to take a gazebo to one of the races that Committee members aren't planning to go to, please contact Ali to make arrangements to fetch the gazebo from her.



## MIXED TIME TRIAL LEAGUE SAVAGES AC – 11 FEBRUARY



We had another good turnout at the Savages Mixed Time Trial League (above) last week and picked up 18 points. GETFIT AC is now lying 6<sup>th</sup> on both the Mens and Ladies leaderboard, with only 4 points and 1 point respectively separating us from the teams in 5<sup>th</sup> place above us.

The next fixture is at Chiltern AC on Thursday, 8<sup>th</sup> March @ 6pm. Every runner counts so please try and make it and help us improve our place on the leaderboard!



## 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](http://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](http://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!

A full list of KZN road races, Beloved Long Runs and 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.

## KZN CALENDAR – SELECTED RACES ONLY

The full list of KZN road race fixtures can be found on the Club's website [www.getfitac.co.za](http://www.getfitac.co.za)

**Road Running**      **Cross Country / Trail Running**      **Beloved Long Runs**      **Other Events**

### MARCH:

Sat 3	0500	Savages to top of Cowies and back (32km)	Beloved Long Runs	Savages AC
Thur 8	1800	Mixed Time Trial League (8km, 4km)	Chiltern AC	Methven Road, Westville North
Sat 10	0500	Out and back towards Gateway, Umhlanga	Beloved Long Runs	Crusaders AC
Sat 17	0500	Kloof SuperSpar to Botha's Hill (informal)	Beloved Long Runs	Beloved Long Runs / Dean
Sun 18	0600	The Deloitte Challenge (42km, 21km, 10km)	Dolphin Coast Striders	Ballito/Sibaya Casino to Durban
Wed 21	0500	Stella Royal (25km, 10km)	Stella AC	Stella Sports Club, Glenwood
Sat 24	0500	Arbour Crossing (Toti) and back (25km)	Beloved Long Runs	Toti AC
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

### 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

### GETFIT ATHLETIC CLUB COMMITTEE

Denver Subramany (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
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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 # 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