

GETFIT ATHLETIC CLUB 2014 PRIZE GIVING

GREYLING AWARD FOR BEST MALE ATHLETE



ALAN PHILLIPS joined GETFIT AC last year as a novice runner. Since then, there have been very few weekends when he hasn't taken part in some road race, parkrun or trail event in the colours of GETFIT AC.

This ultimate "club man" ran his first Two Oceans Half Marathon in Cape Town this year and followed that up with a very successful first season of trail running, finishing 27th overall in the KZN Winter Trail Series. It's not surprising that he has recorded a number of PBs throughout the year.

Alan also took part in this year's 106km Amashova Cycle Race and two Warrior Races, including the grueling Black Ops Challenge in Gauteng, a couple of months ago.

PHILLIPS AWARD FOR BEST FEMALE ATHLETE



TRISH BAHLMANN was the 3rd KZN lady to cross the finish in this year's Comrades Marathon in a time of 07:40:09. Thereafter she switched her focus to trail running, winning gold in the King Shaka, Umhlanga and Three Falls trail runs to name just a few.

She went on to win the KZN Winter Trail Series before achieving arguably the most impressive win of her athletics career thus far, the 50km Mont-Aux-Sources Challenge, missing the record by a mere 40 seconds! She completed the race in 05:34 to achieve 1st place in the ladies race and 3rd place overall.

Trish had yet another great win at the three-day 73km Golden Gate Trail Challenge, finishing 1 hour 18 minutes ahead of the 2nd lady and last weekend she won the Lesotho Ultra Sky Marathon.



CHAIRMAN'S AWARD

MICHELLE COSKEY has earned her double green number for the Comrades Marathon and ran her 21st consecutive Comrades this year in a time of 09:57:23, finishing 31st in her age group.

Michelle's list of races in 2014 included eleven trail runs, two of them three-day events, the Gold Coast Marathon in Brisbane and, as if that wasn't enough exercise for the year, she also cycled the Argus Tour and the 106km Amashova!

Last weekend, Michelle came 18th in the Sani Stagger and was the 1st lady master to finish.

Michelle was the Chairman's unanimous choice this year and she is a very worthy winner of the Club's inaugural Chairman's Award



TRISH BAHLMANN AWARD FOR THE MOST IMPROVED RUNNER

LIZA MORONEY signed up for her first GETFIT Challenge last year and was delighted to complete the 10km East Coast Radio Big Walk soon afterwards.

She then decided to give running a bash and entered her first official road race – the Stella Royal 10km – in March and the 12km Umhlanga Winter Festival Trail Run in April. She continued to enter numerous road and trail events throughout the year and just six months after her first 10km, she completed her first Half Marathon with her loyal friends and Club mates cheering her across the finish.

Liza is 30kg lighter now and fitter than she has ever been in her life ... all thanks to GETFIT training and running! You are an inspiration to us all, Liza!

CERTIFICATES OF EXCELLENCE

Certificates of Excellence were awarded to four GETFIT AC athletes for their outstanding overall performances in road and trail running in 2014



ANDRIES HUYSER

Andries was the Club's most prolific Gauteng-based athlete this year, competing in a number of distance races across the country, including yet another Comrades in KZN earlier this year.

More recently, he ran the Soweto Marathon, where he achieved his PB time of 03:58.



CATHRYN BODE

Cathryn was the first GETFIT AC runner home in the Two Oceans Ultra in 05:14:58 and finished 3rd overall in the KZN Winter Trail Series, despite running her final race with a broken arm!

Last weekend, Cathryn was 3rd lady and 11th overall in the two-day 100km Hobbit Trail Run.



MALCOLM HUNTER

Malcolm achieved fantastic results on the road, trail and in triathlon events this year. He had a top 30 finish in Mudman, followed by a number of trail runs during the winter months and a time of 04:21 for the Mandela Day Marathon.

Malcolm also has the Club's fastest time of 20 mins – and 4th place – for the North Beach parkrun.



MIKE LUSIGNEA

Mike has impressed on the road and trail this year with a top 20 finish in the King Shaka 25km Trail Run.

He also clocked the Club's fastest Half Marathon time for 2014, and a PB of 01:27, in the Postnet Maritzburg Half Marathon earlier this year.