

# GETFIT ATHLETIC CLUB 2015 PRIZE GIVING

## MALE AND FEMALE ATHLETE OF THE YEAR

This year's Male and Female athletes have a way of "keeping things in the family" so to speak!

Both **Shane** and **Robyn Greyling** (right) fought off tough competition to top the Mens and Ladies Leaderboards respectively.

Robyn started the year with top ten finishes in four of the five Half Marathons she entered, and achieved a personal best of 1:32 in the Durban Runner Half Marathon. She followed up these successes with a number of podium finishes in the 2015 KZN Winter Trail Series and the Warrior Race. Robyn ended the season more than 75 points clear of her nearest rival on the Ladies Leaderboard.

Not to be outdone by his wife, Shane clocked up nearly 200 points on the road and trails to finish an impressive 80 points clear of the Club's 2<sup>nd</sup> placed male athlete. Shane had successes on the road and in multi-stage trail runs but his most significant achievement of the year was undoubtedly the Comrades Marathon, where he knocked 85 minutes off his previous PB for the "up run".

The Club's Mens and Ladies Captains are certainly leading by their own example!



## CHAIRMAN'S AWARD

The winner of the Chairman's Award, **Mike Posnot**, (right) has a preference for trail rather than road running but this certainly didn't prevent him from earning enough points to finish 2<sup>nd</sup> on the Mens Leaderboard. Mike is also a very keen cyclist, with times of 2:40 and 2:50 for the 105km Tour Durban and the 106km Amashova this year. The latter was his 10<sup>th</sup> finish in this iconic event.

As impressive as his trail and cycling races have been, it is Mike's incredible commitment to supporting and photographing our road runners at major races throughout the year that has made this great guy such a popular member of our club.



## TRISH BAHLMANN TROPHY FOR THE MOST IMPROVED RUNNER OF THE YEAR

Choosing the Most Improved Runner of the Year is never easy because it goes without saying that anyone who runs regular races throughout the year will usually continue to improve as the season progresses, leaving the Committee with a number of deserving candidates to choose from. That being said, we were absolutely unanimous in our decision this year.

In the previous ten months, **Liesel Phillips** (right) has taken 16 mins off her best 10km and knocked 23 mins off her last trail race. However, her most impressive achievement of the year was probably her Half Marathon running where she improved her time by an unbelievable 25 mins in the space of just seven months!



# CERTIFICATES OF EXCELLENCE

Certificates of Excellence for Outstanding Achievement were awarded to eight individuals (clockwise from bottom left).

**Michelle Coskey** needs very little introduction to our members, having picked up last year's Chairman's Award in recognition of her outstanding achievements. This year, Michelle accumulated almost 750km of road and trail races, including three Marathons, three Half Marathons and numerous multi-stage trail races. Her most outstanding achievement, however, was the running of her 22<sup>nd</sup> consecutive Comrades Marathon earlier this year. Michelle finished the season in 3<sup>rd</sup> place on the Ladies Leaderboard.

**Jocelyn Ford** joined GETFIT AC as the Club's only registered walker a year ago. Since then, Jocelyn has clocked up more than 130 race kms which has seen her finish in 15<sup>th</sup> position on the Ladies Leaderboard. Not bad for someone who started 2015 as a walker and ended the year as a runner! Jocelyn knocked 8 mins off her best 10km time this year and we are delighted to see that she also took up trail running in the winter months.

It's appropriate to mention the next two recipients of Certificates for Excellence together as that is pretty much how they ran most of their races this past season! **Jarid Sherwood** and **Matt Swemmer** ran more than 300 race kms side-by-side in events that included the 56km Two Oceans Ultra Marathon, the 86km Comrades Marathon and several Marathons and Half Marathons. These "chommies" truly epitomise the spirit of team work and what it means to run for this Club. We hope their successful running partnership continues for many years to come!

**Tony de Freitas** ran his first Marathon this year and, by the end of the year, had completed three Marathons and eight Half Marathons, clocking up an impressive total of 335 race kms for the season. We have enjoyed watching Tony's running career grow throughout the year and have noticed his climb up the Mens Leaderboard to finish in the top ten. We're now looking forward to watching him tackle his first Comrades Marathon next year!

**Evidence Mwando** was the first GETFIT AC runner home in this year's 2015 Comrades Marathon in a time of 8:11, making him the only GETFIT AC runner to receive a Bill Rowan medal. He ran races totalling close to 300km this season, including four marathons, and finished 6<sup>th</sup> on the Mens Leaderboard. He also holds the Club record for the fastest Marathon, a time of 2:58 for the Deloitte Marathon earlier this year.

**Andries Huyser** is the first GETFIT AC member to receive this accolade for the second consecutive year. He has once again been the Club's most prolific Gauteng-based athlete this year, competing in a number of distance races across the country, including his 8<sup>th</sup> Comrades Marathon, three standard Marathons and four Half Marathons. Andries clocked up more than 470km in races this year, and finished 5<sup>th</sup> on the Mens Leaderboard.

**Trish Bahlmann** also needs very little introduction, having graced the front page of the Club's newsletter more than any other GETFIT AC runner this year! Trish crowned off a very successful transition from road running to obstacle racing this year, when she travelled to the World OCR Champs in Ohio to represent South Africa as part of the Jeep SA ladies team, earning a very credible 3<sup>rd</sup> place in the team event and a top ten finish in the individual event. Trish won the Impi Challenge and the Jeep Warrior Race this year and finished the season 2<sup>nd</sup> on the Club's Ladies Leaderboard.



## CONGRATULATIONS TO ALL OUR WINNERS!

