

GETFIT ATHLETIC CLUB 2016 PRIZE GIVING



Congratulations again to all of our 2016 winners and thank you to those who attended the Awards Lunch in support of their fellow runners.

Thank you Mike, Heather and Denver for sharing these great pictures!

GREYLING AWARD FOR MALE ATHLETE OF THE YEAR ANDRIES HUYSER

The competition at the top of the leaderboard for Our Male Athlete of the Year was also incredibly close with Andries (*right*) and Alan Phillips remaining neck-and-neck throughout the second half of the year.

Andries completed two Ultras, including his ninth Comrades Marathon, two standard Marathons, ten Half Marathons and multiple trail runs. He improved his Half Marathon time to 1:40 and his 10km PB to 44 mins.

Gauteng-based Andries placed in the top 10 of his trail runs no less than six times, clocking up nearly 200 points to finish an impressive 17 points clear of the Club's second-placed male athlete.



PHILLIPS AWARD FOR FEMALE ATHLETE OF THE YEAR LIESEL PHILLIPS

Liesel (*left*) fought off some tough competition from Robyn Greyling this year and their points race went right down to the final event of the season

In addition to topping the leaderboard, Liesel improved her 10km time to just over 48 mins and her Half Marathon time to 1:45. She ran her first multi-stage trail race this year, as well as an ultra trail race. She also qualified for the SA Cross Country champs in her age category.



GETFIT ATHLETIC CLUB – 2016 PRIZE WINNERS

TRISH BAHLMANN TROPHY FOR MOST IMPROVED FEMALE ATHLETE OF THE YEAR – SAMANTHA GOULD

Choosing the Most Improved Runners of the Year is never easy because it goes without saying that anyone who runs regular races throughout the year will, in all likelihood, 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 to award the Trophy to Sam (*right*). In the previous year, she has taken 21 mins off her best Half Marathon time, running a PB of 1:49. However, her most impressive achievement of the year was undoubtedly completing her first Marathon in February, closely followed by her first Two Oceans Ultra Marathon in Cape Town a month later.



GETFIT AC TROPHY FOR MOST IMPROVED MALE ATHLETE OF THE YEAR – NHLANHLA THEMBANI

Choosing the Most Improved Male Runner of the Year was a little easier for us because Nhlanhla (*left*) came out of nowhere this year, stunning us all with an 8:53 Comrades Marathon which he ran with a niggling injury.

Nhlanhla also improved his Half Marathon time by 16 mins from the previous year, running a new PB of 1:35 and improved his Marathon time by a staggering 31 mins to run a PB of 3:40 in the Hillcrest Marathon earlier this year.

We're all looking forward to more great race times from Nhlanhla next season!



CHAIRMAN'S AWARD – ALISON MOOR

Selecting a recipient for the Chairman's Award is always a difficult task because it's the one Award for which every single Club member is considered. That being said, there was a stand-out favourite for the Committee and members this year.

Ali is one of the original founder members of the Club and has remained passionate about the success of the Club, and all its members, ever since.

Chairman, Denver Subramany, surprised Ali at the Awards Lunch (*right*), by presenting her with the Chairman's Trophy in recognition of the valuable secretarial and organisational role she has played since the Club's inception in June 2013.



CERTIFICATES OF EXCELLENCE FOR OUTSTANDING ACHIEVEMENT



Many of our athletes had a great 2016, with improved PBs, first-time races at new distances and other personal milestones. We congratulate each and every one of them for those achievements and would love to have presented them all with a Certificate of Excellence. However, in the end we decided to select five athletes who each achieved a personal milestone in 2016 that we felt deserved this special recognition.

Charles Bishop (*far left*) ran his 10th Two Oceans Ultra Marathon this year in a time of 5:45 and, in so doing, earned his Two Oceans blue number. Charles also completed his 6th Comrades Marathon.

James Codner (*left*) ran his first Two Oceans Ultra and Comrades Marathons this year, finishing first for GETFIT AC in Comrades in a very credible time of 7:52. James finished the year in the top ten of the leaderboard.

Corbyn Marais (*below left*) earned a podium finish in nearly half the events he entered this year, winning the Scottburgh Trail Run and finishing 3rd overall in the Giba Night Trail event. He also ran a new PB for 10km of just over 44 mins improving his 10km time by nearly 10 mins this year. Corbyn finished in 7th position on the Mens leaderboard.

Evidence Mwando (*left*) set a new club record in the Half Marathon, running 1:18 in torrential weather at the Durban Marathon and Half Marathon. He was also the first GETFIT AC runner to finish the 2016 Two Oceans Ultra Marathon in a time of 4:17. Evidence finished 4th on the leaderboard.

Sue St Leger-Stretch (*right*) has been one of the Club's most prolific road and trail runners this year, clocking up points which saw her finish the season in a very commendable 3rd place on the Ladies Leaderboard. Sue completed the most events of all the ladies from short night trails through to multi-stage trail events.

