

GETFIT ATHLETIC CLUB 2018 AWARD WINNERS

CHAIRMAN'S AWARD

In February this year, **Innocent Ngubane** completed the Maritzburg Marathon in 3:03 to qualify for this year's Comrades Marathon. He hoped to better this time and earn himself an A Batch seeding at his favourite race, the Chatsworth Ultra in April. Unfortunately, just a week before that race, he accidentally spilt a pot of boiling oil on himself, suffering horrific 3rd degree burns to his torso and upper legs in the process. We assumed his running was over for the year at the very least.

Rehabilitation should have been a very long and slow process but this guy was having none of that. A month before Comrades, he was assessed by the Club's physios who confirmed he was fit and healthy enough to run. On 10th June this year, less than two months after his horrific accident, he displayed incredible courage and determination to complete the Comrades Marathon in under eight hours.

GREYLING AWARD FOR MALE ATHLETE OF THE YEAR

Siphamandla Mngoma started the year with a 2nd place overall and 1st in his age category in the Kearsney Striders 10km race. Two months later, he followed that up with a fantastic 2:54:23 at the Deloitte Marathon to record the Club's 2nd fastest Marathon time and to qualify for an A Batch start at this year's Comrades Marathon.

He completed three marathons this year and was the first GETFIT AC athlete home in Comrades in a silver medal time of 7:25:38, adding yet another Club record to his name.



PHILLIPS AWARD FOR FEMALE ATHLETE OF THE YEAR

Robyn Greyling ran a total of 17 road races this year, placing in the top 10 ladies 9 times and in her category no less than 12 times.

Robyn set three new top ten club records for the Half Marathon, and two new top ten club records for 10km, including a new club record of 43:18 in the Waterfall 10km Run.

GETFIT AC TROPHY FOR THE MOST IMPROVED MALE ATHLETE OF THE YEAR

Wayne Bunyard ran his first 21km earlier this year in a time of 2:42. Two months later he knocked that time down by 30 minutes and three months after that, at the Durban Runner in August, he ran a blistering 1:32 to better his previous best time for the Club by more than an hour. He then knocked another minute off that PB a month later.

He ran his first Marathon last month and will run his first Comrades Marathon in 2019.



TRISH BAHLMANN TROPHY FOR THE MOST IMPROVED FEMALE ATHLETE OF THE YEAR

Aimee Clayton improved her half marathon PB by a colossal 31 mins in the same race, just 12 months apart, going down to a PB time of 1:52:36.

She ran her first Marathon in a very respectable 4:07 and completed her first Comrades in another respectable time of 10:23.



MICHELLE COSKEY CUP FOR THE LEADERBOARD WINNERS

Male Leaderboard

1st Place – **King Chipara** topped the leaderboard for the second consecutive year with 167 points from nearly 900km, including his 10th Comrades Marathon.

He completed 5 Marathons, 3 Ultra Marathons (including Comrades), 5 Half Marathons and 12 shorter races for a total of 658 race kms.

King placed in his age category three times, with his fastest times being 3:03 for the Marathon, 1:27 for the Half Marathon and 38:42 for 10km. King finished just short of 500 points on 492, a staggering 151 points ahead of his nearest competitor.



Female Leaderboard

1st Place – **Sam Gould** ran a total of 26 road races, placing in the top 10 overall twice and another 7 top ten finishes in her category, including a 1st place at the Gaterite Challenge.

She ran a new PB in all three official road distances, smashing her previous best Marathon time by nearly 10 mins to finish in 3:55. Sam improved her Half Marathon time by 6 mins to 1:42 and got her 10km time down to 47:14. She ended the season with a total of 578 race kms and a massive 152 points clear at the top of the leaderboard. Sam is also the first person to finish above the 500 points mark with 513 points.

2nd Place – **Robyn Greyling** with 361 points.

3rd Place – **Katie Roberts** with 344 points.



TRAIL LEADERBOARD WINNERS

Male Leaderboard

1st Place – **Aaron Engelbrecht** scored 357 points.

2nd Place – **Mike Hind** with 202 points.

3rd Place – **Alan Phillips** with 184 points.



Female Leaderboard

1st Place – **Vicki Hicken** scored 398 points.

2nd Place – **Sam Engelbrecht** with 226 points.

3rd Place – **Michelle Kerr** with 197 points.

CERTIFICATES OF EXCELLENCE FOR OUTSTANDING ACHIEVEMENT

Mitch Dufourq set three new Top Ten Half Marathon times at this year's Maritzburg, Hillcrest and Bluff Half Marathons and three new Top Ten 10km times at the Checkout Challenge, Durban Runner and Forest Hills. He currently holds four of the Club's fastest Half Marathon times and no less than six of the Club's fastest 10km times

There wasn't a dry eye left in the Club as we watched three generations of one family cross the Comrades finish together to record a triple medal count for the family and an impressive 11th medal for grandfather and patriarch, **Herve Rougier-Lagane**.

Vicki Hicken had an amazing year on the road and trails, running 31 races on the trails and 19 road races, equating to at least one race a weekend and a total of 1,050km of running in the previous 12 months.

Sonnyboy Nkabini was the second GETFIT AC runner to cross the line at this year's Comrades Marathon, missing out on a silver medal by less than a second. Later that day, the Comrades Marathon organisers reviewed his finish and awarded him with his first Comrades silver medal, making him only the third GETFIT AC runner to get silver.

Claire Imrie broke the Club's 42km record in her first race in GETFIT colours. She ran the PMB Marathon in a time of 03:39:01 and went on to break her own record less than two months later at the Durban City Marathon by an incredible 13 minutes and 20 seconds, finishing in 03:26! Two months later, she finished her first Comrades Marathon in under 9½ hours.