

GETFIT ATHLETIC CLUB PRIZEGIVING

17th November 2019



LEADERBOARD WINNERS

Bugwandin Cup for Trail Leaderboard Winner (Men)

- 1st Place **HERVE ROUGIER-LAGANE** (349 points)
- 2nd Place **Santosh Bugwandin** (238 points)
- 3rd Place **Shawn Meyer** (228 points)



Bugwandin Cup for Trail Leaderboard Winner (Ladies)

- 1st Place **VICKI HICKEN** (349 points)
- 2nd Place **Michelle Kerr** (456 points)
- 3rd Place **Kirsten McDonald** (437 points)



Coskey Cup for Leaderboard Winner (Men)

- 1st Place **KING CHIPARA** (461 points)
- 2nd Place **Mitch Dufourq** (414 points)
- 3rd Place **Shawn Meyer** (271 points)



Coskey Cup for Leaderboard Winner (Ladies)

- 1st Place **SAM GOULD** (647 points)
- 2nd Place **Kirsten McDonald** (496 points)
- 3rd Place **Alison Uys** (420 points)



MIXED TIME TRIAL LEAGUE

For the first time in the Club's history, we are delighted to acknowledge our Mixed Time Trial League runners this year.

GETFIT AC had some really good results at this year's Mixed Time Trial League but there was one time that stood out for us, and that was the night our Ladies Dream Team came first in a combined time of 1 hour 13 mins and 17 seconds.

Ladies Dream Team (01:13:17)

Robyn Greyling (16:29)

Alison Uys (18:27)

Bronwyn Marais (18:44)

Sam Gould (19:37)



Each lady received a spa voucher from Bella Day Spa in Hillcrest

100% Attendance at the 2019 Mixed Time Trial League

Mitch Dufourq

Jandi Hallett

Kirsten McDonald

Mandy Meyer



Each winner received a gift voucher donated by the GETFIT Umhlanga and VUM Insurance

OUTSTANDING ACHIEVEMENT AWARDS

GETFIT AC Record Breakers

The following four winners all broke various distance records for the Club in the last 12 months.



JERICHO KHATHI

1st for GETFIT AC at 2019 Comrades Marathon in new Club record time of 7:11:35.



MITCH DUFOURQ

Broke the Club's 10km record three times in the six-month period from May to September with a best time of 34:15. He also set a new 21km record of 1:17 and then ran his first marathon at Kaapsehoop, breaking the club's 42km record by 40 seconds in a time of 2:46.



ROBYN GREYLING

Broke the Club's 10km record at Forest Hills in July, and then again at SAPS three months' later.

ALISON UYS

Broke the Club's ladies Marathon record by 5 mins, running 3:21 at Kaapsehoop earlier this month.

Individual Achievements



PATRICK MTHEMBU

2nd for GETFIT AC at 2019 Comrades Marathon in Club's 2nd fastest silver medal time (and quickest novice) of 7:14:53.

ANGELA WESTERMEYER

A number of GETFIT members completed their first Marathon this year but there was one standout runner who took us on that emotional journey with her. I don't think there has ever been a runner who's finished a Marathon with as big a smile on her face!



GAY TILBURY

Placed three times in her age category in trail races this year.

CORBYN MARAIS

Improved his 2018 10km time by a minute to run his first sub 40-minute 10km in 39:34.

GOULD GRIT AWARD

This Award is for courage and strength of character. A person with grit has passion and perseverance. Goals are set and followed through and someone who works hard to follow through on commitments, shows true grit.

KIRSTEN McDONALD placed in the top three of both leaderboards, finishing 2nd on the Road Leaderboard and 3rd on the Trail Leaderboard.

She showed grit throughout the year, clocking up massive distances on both road and trail. One weekend in September, she ran the 50km Mont Aux Sources two-day Trail Run in the Berg on the Friday and Saturday, drove back to Durban that night, and woke up early the following morning to run The Mineshaft 15km ... just because she felt like it!





SAJOE IMPACT AWARD

Bev Sajoe wanted this Award to recognise somebody who had a marked effect or influence on the Club. Someone who made an impact on all of us ... and the Awards Committee felt that this man certainly did that!

In 2019, **JERICHO KHATHI** ran GETFIT AC's fastest 52km time of 03:45 at the Chatsworth Ultra. He also ran two of the Club's top five Marathon times this year, and currently holds three of the Club's top ten Marathon times, all of them under the three-hour mark.

But his real *impact* came at this year's Comrades Marathon where he smashed the Club's Comrades record by nearly 15 minutes in a silver medal time of 07:11:35.

MOST IMPROVED MALE ATHLETE

STHEMBISO (PATRICK) MTHEMBU approached us last year, wanting to join the Club. He hadn't been running for long but wanted to run Comrades in 2019 and thought he should start with some shorter distances and build up from there.

Less than a week later, he ran his first ever race, the Waterfall 10km. He finished that in 35:22, breaking the existing Club record by just over a minute. This extraordinary man had arrived in style!

In January this year, he ran 01:30 at the Kearsney 21km and 03:21 at the Deloitte Marathon, to qualify for his first Comrades Marathon.

Continuing to astound us, Patrick ran his first Comrades Marathon in an incredible time of 07:14:53, earning himself a silver medal and recording the Club's second fastest Comrades time ever.



TRISH BAHLMANN TROPHY FOR MOST IMPROVED FEMALE ATHLETE

The competition in this category was strong and we received nominations from members for a few of our female athletes. In fact, we received more nominations in this category than any other, making it one of the more difficult Awards to judge. In the end, though, the decision came down to two stand-out individuals, both with great stats.



MANDY MEYER has improved steadily in recent years, but in the previous 12 months her form has improved dramatically, as she has consistently bettered her times across all distances, in every race she has run – be it 21km, 10km or 4km time trials. She also moved up both Leaderboards, finishing the season in a very credible 6th position on the Road Leaderboard and 5th on the Trail Leaderboard.



ANGELA WESTERMEYER was just as impressive. She consistently ran PBs throughout the season in both the 10km and 21km distance events. We are accustomed to new runners recording massive

PBs in their first year of running and this person was no exception. In the past twelve months, she bettered her 10km time by more than 28 mins and her 21km time by a ridiculous 41 mins! She also moved up the Leaderboard this year, finishing just outside the top ten in 11th position.

It has been both a pleasure and a privilege to watch how running has changed the lives of both of these individuals. We have seen their love of the sport grow with every race and with each new running buddy they have made. They both deserve to be rewarded for their commitment and dedication and the Awards Committee just couldn't separate them. For that reason, for the first time in GETFIT AC's very short history, the Awards Committee decided to award the trophy to both of them!

CHAIRMAN'S AWARD

This is always a favourite Award for the Committee to choose because it's the one Award for which every single GETFIT AC member is considered.

Four of the Club's five previous winners of the Award – Michelle Coskey, Mike Posnot, Ali Moor and Herve Rougier-Lagane – were all at this year's prizegiving to welcome a new member to their group.

KING CHIPARA stood out from everyone else and the Committee welcomed the opportunity to honour an individual who epitomises what it means to be a member of this great club of ours.

He selflessly sacrificed the chance to go for an elusive Comrades A batch in order to help a fellow GETFIT runner qualify for her first Comrades. He also astounded everyone by completing lap after lap on a handcycle for almost 24 hours, with barely a break, in support of a fellow GETFIT team mate battling with MS.

He runs every race with the biggest smile on his face. He makes friends wherever he goes and his charm and sense of fun are infectious. He is a very deserving winner of the Chairman's Award!



PHILLIPS SHIELD FOR THE FEMALE ATHLETE OF THE YEAR

ROBYN GREYLING fought off some tough competition this year but, in the end, the Awards Committee's decision was unanimous to award her the Female Athlete of the Year Award for the fourth year.

She currently holds both the 10km and 21km distance records for the Club and she ran two of the Club's fastest three 21km times this year - 1:32 at Durban City Marathon and 1:33 at the Ice Promotion race.

She also broke the Club 10km record twice this season, running 42 mins at SAPS Challenge and 43:10 at Forest Hills 10.

In the fourteen races she ran this year, she placed in the top ten in all but two of them, including a 1st place in the Savages 10km, two 2nd places and three 3rd places.

She also won her age category in no fewer than six races, finishing 2nd in three of them and 3rd in another three races.



GREYLING SHIELD FOR THE MALE ATHLETE OF THE YEAR



Once again, it was statistics that decided **MITCH DUFOURQ'S** position as year's top male Athlete. And the stats don't lie!

He currently holds no less than three separate distance records for the Club, all set by him this year:

- 02:46 at his first marathon, the Kaapsehoop 3-in-1
- 01:17 at the SAPS Challenge (21km)
- 34:15 at the Waterfall Run (10km)

He ran three of the Clubs all-time fastest 21km times this year:

- 01:17 (SAPS Challenge)
- 01:19 (PMB Marathon)
- 01:25 (Hillcrest Marathon)

And he also ran three of the Clubs all-time fastest 10km times this year:

- 34:15 (Waterfall Run)
- 34:41 (Forest Hills 10)
- 34:50 (Peace in Africa)

Mitch is the extremely deserving winner of the Greyling Shield for the 2019 Male Athlete of the Year,