## GETFIT ATHLETIC CLUB 2024 PRIZE WINNERS

Congratulations to all the very deserving winners at this year's prize giving

## GREYLING SHIELD FOR MALE ATHLETE OF THE YEAR

Sithembiso Masikane



## PHILLIPS SHIELD FOR FEMALE ATHLETE OF THE YEAR

**Kate Howitz** 



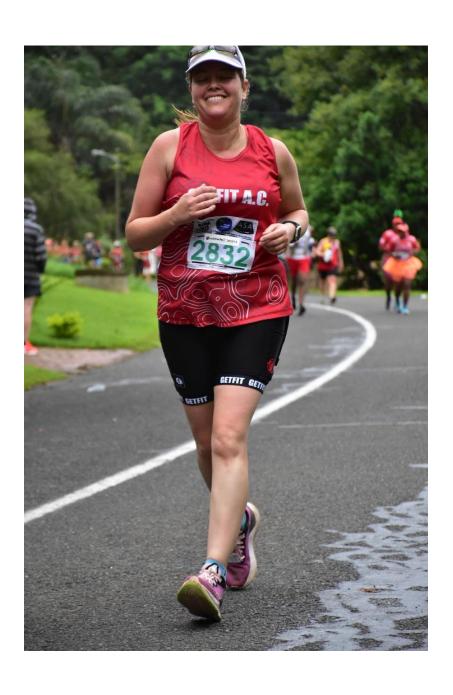
# GETFIT AC COMMITTEE AWARD FOR MOST IMPROVED MALE ATHLETE OF THE YEAR

**Collin Dube** 



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

**Anita Ouzman** 



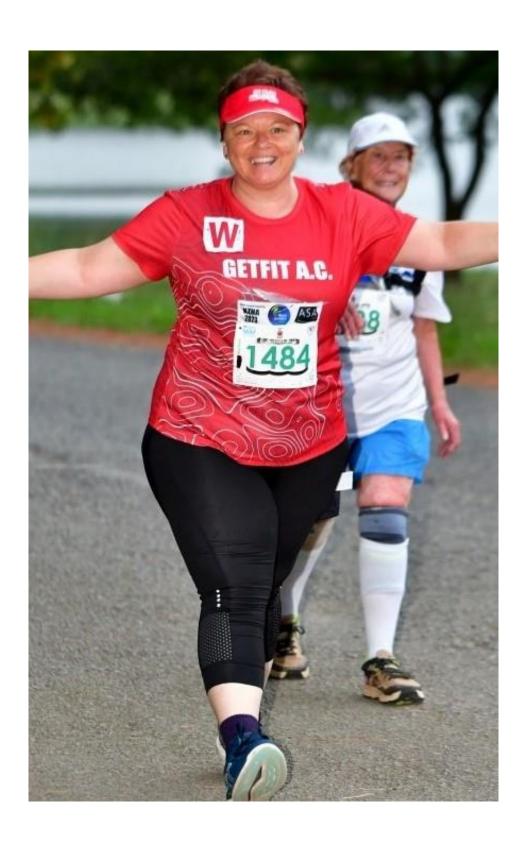
#### **HONORARY LIFE MEMBERSHIP**

**Herve Rougier-Lagane** 



### **CHAIRMAN'S AWARD**

**Des Wight** 



### **SAJOE IMPACT AWARD**

**King Chipara** 



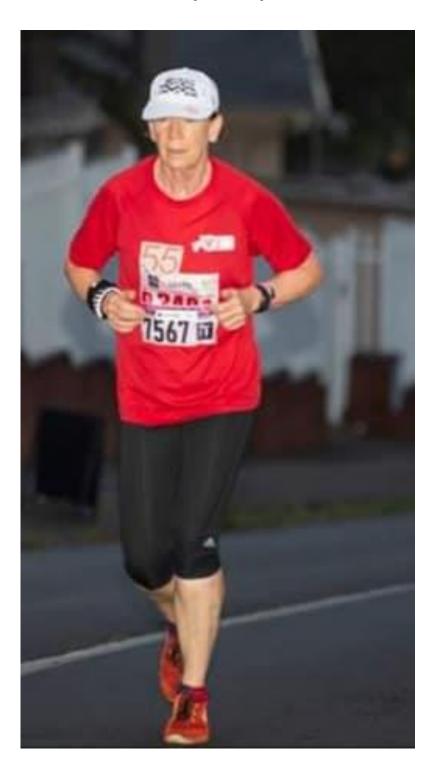
#### **GOULD GRIT AWARD**

**Alpheus Magcaba** 



## DES & DEAN WIGHT WALKER OF THE YEAR AWARD

**Gay Tilbury** 



# MICHELLE COSKEY AWARD FOR FEMALE CLUB LEADERBOARD WINNER

Samantha Gould



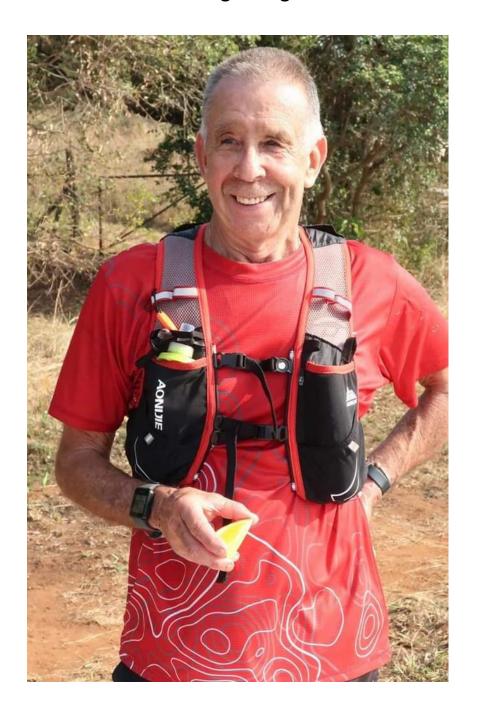
### MICHELLE COSKEY AWARD FOR MALE CLUB LEADERBOARD WINNER

**Shane Greyling** 



# BUGWANDIN AWARD FOR MALE LONG-DISTANCE TRAIL RUNNER

**Herve Rougier-Lagane** 



# BUGWANDIN AWARD FOR FEMALE LONG-DISTANCE TRAIL RUNNER

**Sunet Slabbert** 



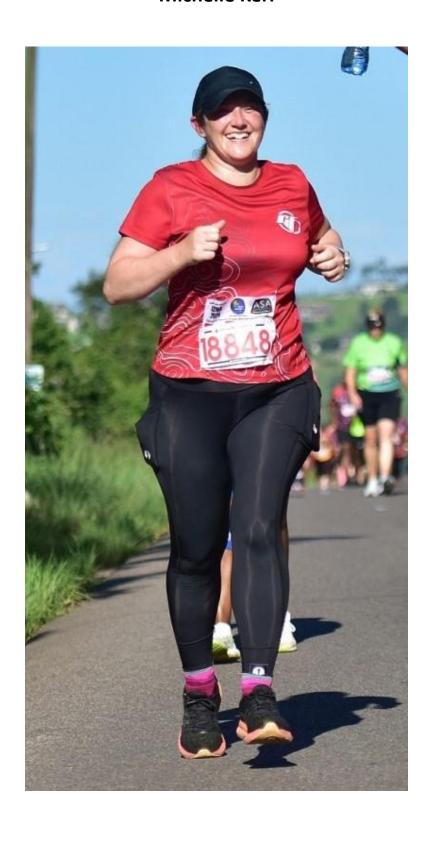
## HERVE ROUGIER-LAGANE KING OF THE TRAILS

**Shawn Meyer** 



## HERVE ROUGIER-LAGANE QUEEN OF THE TRAILS

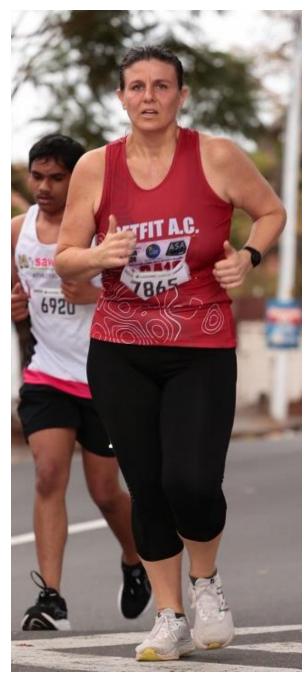
Michelle Kerr



## PROMISING NEWCOMERS OF THE YEAR

**Tarryn Badenhorst & Josh Balfour** 





#### **COMRADES SILVER MEDALISTS**

Sthembiso Mthembu & Jericho Khathi





### **COMRADES NOVICE AWARD**

#### **Lwandiso Nzuthu & Kate Howitz**





## MIXED TIME TRIAL LEAGUE BEST ATTENDANCE

Izzy Courty



**Diane Graham** 



**Evidence Mwando** 



**Herve Rougier-Lagane** 



**Gay Tilbury** 



**Rob Veress** 

