

21 October 2017

Forest Hills Athletic Club Report

We currently have approximately 75 members at the athletics sub section. This is slightly higher than the 65 members we had in 2016. It is a positive sign that we have been able to retain our membership count and show growth

The current trend is still that a lot of athletes join the virtual clubs like Vitality, Nedbank, etc. Where people can join without having any club commitment and at a fraction of the cost. The positive aspect is that a lot of people still want to belong somewhere and we do have good facilities that is on offer at FHSC.

Our current weekly activities still remain the same. It consists of a Wednesdays slow 5km run followed by a 4/8 km time trial. We have seen a dramatic increase in the amount of runner that take part in our weekly time trials. On average we see 40 plus runners at the weekly basis. This is largely due to a Richard Wallis initiatives and commitment to revive the time trials. Richard also started up our participation with the mixed league.

On Saturday mornings we number of people attend the "Beloved Long Runs" and these run are still popular and well attended. However from this past weekend's club run it seems that there is chance we can revive our Saturday club runs. Even if we limit this to once or twice a month. There is also a number of informal runs on Tuesdays and Thursday morning. These runs are managed by making use of WhatsApp. And members need to ensure that they are on the group if they want to stay informed about this.

Our main race for the year was the Comrades Marathon. Our club had 22 runners that entered the Comrades. Only 9 Runners completed the race within the 12 hour cut off, 5 other runners including myself started but unfortunately had to pull out along the way. Our top runner for the year was Karen Green with a time of 10:02.00.

The Waterfall Superspar Forest 10 was again a great success. We received great feedback although a few issues, i.e. shirts, lady walker price money and the vehicle break in. However with all these beak stage issues all went well. Unfortunately due to our contribution with the shirts we only made R25 678 profit.

Overall the FHAC club is in a very good financial position. Our current bank balance after paying all expenses up to date is R76587.22

In summary, FHAC had a great 2017.

I would like to thank everyone for all their efforts over the past year. It is really appreciated.

Dirk Coetzee
Chairman