



H.A.C. NEWSLETTER FEBRUARY 2018

JANUARY 2018 IN SUMMARY

- 05 January- 8km Time Trial - attended by 24 runners
- 07 January - Piers Road Run, well attended run and a good start to the New Year, thank you to Garfunkel's for hosting HAC and supplying all runners with a bacon and egg roll.
- 14 January - HAC Half Marathon
- 19 January - 4km Time Trial - attended by 20 runners
- 28 January - Nyaradzo / HAC Memorial run (see below)

FEBRUARY 2018 EVENTS COMING UP

- 2 February - 8km Time Trial @ 5.30pm
- 11 February - Old Mutual Harare Marathon (see below)
- 16 February - 4km Time Trial @ 5.30pm
- 18 February - Troutbeck Worlds View 9 and 18km start 8.00am
- 23 February - Talk by Stuart Gemmill - Comrades



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Time Trial Draw

To encourage members and non-members to attend the monthly 4km and 8km Time Trials at OG's your committee has come up the initiative to have a draw at the end of each Time Trial (you have to run and be there after the time trial to receive your prize). This will hopefully increase the attendance at the Time Trials and the Friday night attendance at the club. We have requested OG's to have a "happy hour" at the club on Friday nights.

19 January 2018 Time Trial Draw Winners:

1. CHRIS SEAGER – COOLER BAG
2. MIKE GARDEN – KIT BAG
3. BRIAN MAZARIRI – COOLER BAG





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runclean #rungreen

LITTER - The recent HAC Nyaradzo Memorial 20 miler was a fantastic event, enjoyed by all who took part. But, there was a distressingly large amount of litter from us runners, the whole way along the route, in the form of discarded water sachets. Whilst the club committee are in the process of ordering more bins for the water points, it is still the responsibility of each and every runner to dispose of his or her litter. It is no hardship to scrunch up the empty sachet and hold it until the next water point. It falls on us as individuals, to be a little more careful and considerate. Putting your litter into the bin provided or keeping it until you come across the next bin is the way to go.

It is worth noting that the move to be more litter conscious, is gaining momentum worldwide. Two Oceans organisers last year implemented a #RunClean #RunGreen campaign and used a yellow or red card system whereby the numbers of runners consciously littering were noted and runners subsequently were cautioned and warned that repeat offences would see them banned from further Two Oceans races. Meanwhile, Comrades ladies winner 2017, Camille Herron, is pictured disposing of her water bottle into a bin. She still managed to win. Can we not take her example onboard? Arguing that it wastes time does not hold any water (excuse the pun). Even an elite now has no excuse! The club, as race organisers, are at the end of the day, is only as good and clean as its runners. We all, as runners, need to be more conscious of our efforts and together we can run clean and we can run green. We need to make a difference. It is up to each one of us be the change we want to see. Let's achieve our running goals together while we #RunGreen. Any suggestions, feedback or ideas on the way forward would be greatly appreciated. *By Julie Havercroft*





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NYARADZO / HAC MEMORIAL RUN 28 JANUARY 2018 - editorial

Nyaradzo Harare Athletics Club Memorial 32km run winners Munyaradzi Jari and Rutendo Mapindu claimed first position in the men and women's open categories. Jari, a seasoned runner, had a good start to his season as he romped to victory in 1hour 47minutes 38seconds to beat Gilbert Mutandiro to second place. Mutandiro clocked 1hour 48minutes 24seconds and in third position was Peter Tumbare in 1hour 50minutes 20seconds.

The victory for Jari came at the right time as he is currently preparing for the Lagos marathon on February 10 in Nigeria, where he is eyeing qualification for next year's World Championships.

"The competition was a little bit tough. But for me I was just running as part of my training since I am preparing for Nigeria on the 10th of February. I am going to compete in Nigeria in order to qualify for World Championships next year. So that was my main plan.

"So with this performance I can even see that I am going to do better. I want to be the first person to qualify for the World Championships," said Jari.

Mapindu made sure she completed a successful day for the ZRP team on a high note when she crossed the finish line first in 2hours 17minutes ahead of teammate and seasoned runner Olivia Chitate in the women's section.

The 27-year-old who is still new in road races was elated following her victory.

"I was nervous at the beginning but I just pushed myself because my last race in December I fell towards the end of the race. But my coach Cephias Pasipamire encouraged me to keep training.

"And my role model is Olivia Chitate, she is my teammate also. She always encourages me, even today we were running together and she was pushing me. She told me to go for it and I did. So these are the people who motivate me.

"The route was not that new to me because part of it, is the same route we use during training. But it was tough because there were some top athletes," said Mapindu.

The winners got \$300.

Chitate ran 2hours 20mins to come second while Margaret Mahohoma was third in 2hours 37minutes 19seconds. Nyaradzo Group chief executive Philip Mataranyika said they were happy with yesterday's turnout and are keen on supporting this annual race.

The race is held in memory of HAC athletes who passed on. *Report by Daily News*



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UNWANTED KIT

Many thanks to those of you who have already so generously given used or unwanted kit and trainers to us to redistribute to others. The drive is ongoing and so if you are doing a new year clean out of your cupboards, this would be a fantastic chance to contribute towards the cause.

Kit can be brought to OGs when you register for a run on a Friday evening, or alternatively, bring to the run itself and hand it over to Amina or Julie.



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Harare Athletics Club
presents

WORLD'S VIEW FUN RUN

Date: Sunday, 18th February, 2018
Start/Finish: Troutbeck Hotel
Start Time: 8.00am
Distances: 9km and 18km

Registration from 7.30am at the Hotel on the day of the race.
Race Fee: HAC Members \$5.00 | Non Members \$10.00

Manual Timekeeping
Water Tables approx every 4.5km

Further Enquiries: HAC Secretary 0772 600 213 or HAC@zol.co.zw

Harare Athletics Club will be organising their annual run up to World's View and back on Sunday, 18th February, and extend an open invitation to all Nyanga Residents, Triathlon participants to join us.

Sponsors:



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OLD MUTUAL HARARE MARATHON



Date:
Sunday 11th February, 2018

Venue:
Old Georgians Harare

Distances : 5, 10, 21, 42,2 and Relay
Start : 42.2km and Relay - 6.00am; 5km, 10km and 21km - 6.30am
Race Fees: all distances \$10, Relay Teams \$20.
(Special rates for Schools entering multiple teams).

Manual Registration :
Old Georgians Club - Friday 9 February 17.00 to 19.30
Saturday 10 February 10.00 to 16.00

All entrants will be required to collect race numbers, tee shirts from Old Georgians at registration times on the Friday and Saturday.
NO registration or collection of race numbers on race day.

Minimum age limits : 21km no under 16, Marathon no under 18.
The Old Mutual Harare Marathon may be used as a qualifier for both the 2018 Old Mutual Two Oceans 56km and Comrades Marathon.





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