



H.A.C. NEWSLETTER

OCTOBER 2017

SEPTEMBER IN SUMMARY

1st September 8km Time Trial attended by 21 runners.

10th September Rooneys – see report on next page.

15th September 4km Time Trial attended by 12 runners.

24th September PwC Peterhouse Run – see report on next page.

OCTOBER EVENTS COMING UP

6th October 8km Time Trial 5.30pm

8th October Mazowe Downhill – 17km start 6.30am

20th October 4km Time Trial 5.30pm

22nd October – 3 Bridges - 5,10 & 22km start 6.00am

28th October – Old Mutual Vumba Marathon 5,10 & 21km



Lyons Muchena

HAC Runner and
the winner of
*Legends Marathon,
East London, SA*

Time 4.07

Distance 68km

WELL DONE on a
remarkable win!!!!

RACE ENTRY PAYMENTS



To ease the problem of
paying cash for race entries
we now have race ticket
booklets on sale – each book
contains 10 x \$5.00 tear out
tickets for sale at \$50.00 per
book and payments can be
made to the HAC Cabs
account:-

CABS PLATINUM

NORTHRIDGE PARK

HARARE ATHLETIC CLUB

ACCOUNT NUMBER:
1003126332

Please make your deposit
and email the POP to the
Secretary at hac@zol.co.zw
to collect your booklet.

**PLEASE NOTE: HAC IS IN
THE PROCESS OF
GETTING A CABS SWIPE
MACHINE AND A
ECOCASH MERCHANT
NUMBER – UNTIL SUCH
TIME RACE ENTRY WILL
BE BY CASH/BOOKLET
OR BANK TRANSFER
ONLY!**



10th September Rooney's High 5 & Xtreme 15km

Another great Rooney's sponsored High 5 and Xtreme 15km run – well attended 265 Xtreme 15 runners!! Fantastic long sleeve t shirts for all runners and a welcome bacon and egg roll after those Xtreme kilometers!! Grateful thanks to Rooney's and their team for a well-organized event as always. HAC helped raise funds for Save the Rhino – well done!



24th September PwC Peterhouse Run

Cross Country 5 and the final in the HAC Cross Country Series 2017. There were 225 runners which included both HAC Members, non-members, staff of PwC and pupils of Peterhouse Boys and Girls School and staff. A great turnout for the final run in the series. A very **BIG** thank you to Peterhouse for hosting this run and to PwC for kindly sponsoring the t shirts and bacon and egg rolls, which were much appreciated after this tough course. Many runners enjoyed the scenic picnic facilities after the run and a great time was had by all!!

