



H.A.C. NEWSLETTER

DECEMBER 2017

NOVEMBER IN SUMMARY

- ✦ 3rd November 8km Time Trial - 18 runners.
- ✦ 5th November Greendale Half Marathon - 14 & 21km - see below
- ✦ 17th November 4km Time Trial - 6 runners
- ✦ 19th November - HAC Handicap - see below
- ✦ 25th November - HAC Awards Dinner - see below

DECEMBER EVENTS COMING UP

- ❖ 1st December 8km Time Trial -Cancelled
- ❖ 5th December - EY HAC 20 Miler
- ❖ 8th December - Castle Lite Jog n Grog (members only) 5.30pm OG's followed by social evening. T shirts for members kindly sponsored by Castle Lite



LITTER



PLEASE DO NOT LITTER!!
There is an increasing amount of cups and water sachets cast along the course after our runs, PLEASE put your cups in the bins provided and if you carry the water sachet with you between water points please keep it for the next bin you see at the next water point. Failing this we will have to increase race fees to employ people to clean up after our runs.





ROUND TABLE GREENDALE HALF MARATHON – 5 NOVEMBER 2017

On behalf of Greendale Senior Citizens Trust, thank you HAC for affording Round Table 1 the opportunity to raise funds for the Senior Citizens we look after. We managed to raise \$1,863, which is the most we've ever been able to raise since we've managed this run.



HAC HANDICAP RESULTS

<u>BUS</u>	<u>TIME COMPLETED</u>	<u>DRIVER</u>
9	8.9.45	MARTIN MBOFANA
5	8.10.48	ERIC MAZIRIRI
7	8.10.52	DEAN GRIFFIN
1	8.12.05	BRIGHT MAZIRIRI
3	8.12.34	MARTIN WEBSTER
4	8.14.38	RONALD MUJAKACHI
2	8.14.53	LAKI NGWENYA
8.15.00		TARGET TIME
8	8.16.22	GARIKAI KAPFUNDE
6	8.18.26	BRAIN MAZIRIRI
SWEEPER	8.19.16	SHEPHARD MAZIRIRI
Bus 2 was the winning bus - WELL DONE Laki !!!		

H.A.C. HANDICAP RESULTS



H.A.C. 2017 AWARDS

H.A.C. AWARDS WINNERS 2017

Wooden Spoon: GINNY COLLOCOTT

Cross Country: CARLOS TONGESAI

Phil Capon Endeavour Award: BRIAN REITER

Most Improved Man: RONALD MUJAKACHI

Most Improved Woman: CYNTHIA MUNEMO

Spirit of Comrades: STUART GEMMIL

Walkers Trophy: ASHOCK DESAI

HAC Male Athlete of the year: GERALD MADZIYIRE

HAC Female Athlete of the year: MIRIAM CHOGA

Chairman's Award: JOHANNES GARUWADYA



RESEARCH by STORM HEATHCOTE - Southern Cross University (Australia) sport and exercise MSc candidate (and Zimbabwean ex-Peterhouse pupil) Storme Heathcote, is currently conducting some innovative research into the use of hot water immersion and it's role as an intervention to help athletes preparing for competition in hot environmental conditions. Storme's research is trying to establish if a hot bath could be the new way to train to improve athletic performance in hot conditions. Training in the heat has long been known to improve subsequent endurance performance in the heat, as it results in a lower core body temperature, and lower exercising heart rate. Acclimatisation also results in the onset of the sweating response occurring more quickly and more profusely, which combine to help the athlete remove heat from the body more efficiently. Storme Heathcote, who is based at SCU's Lismore campus, and Dr Chris Stevens, who is based at SCU's Coffs Harbour campus, are trying to find out if the same benefits can be gained from simply taking a hot bath. However, don't get too excited.... it's not as relaxing as it sounds! "Athletes still have to complete their normal training, followed by a bath at 39 degrees Celsius for 30 minutes, which is quite uncomfortable," said Dr Stevens. The idea is that high body temperatures and sweating are maintained for longer, which can hopefully induce the beneficial heat adaptations that endurance athletes need. If this strategy proves effective, it could help athletes who are forced to train in a cool environment to prepare for overseas competition in a hot climate. Dr Stevens suggests that there are also benefits for the wider community. "If this works, we can encourage endurance athletes to get straight into a bath after training, rather than hanging out in local cafes in their Lycra."





2018

RACE CALENDAR

January	05	FRIDAY	Time Trial	17.30	8km	OG's
	07	SUNDAY	Piers Road	06.30	5+15km	Garfunkel's Grill
	14	SUNDAY	HAC Half Marathon	06.00	5,10 + 21km	OG's
	19	FRIDAY	Time Trial	17.30	4km	OG's
	28	SUNDAY	HAC Memorial Run	06.00	10,21 + 32km	OG's
February	02	FRIDAY	Time Trial	17.30	8km	OG's
	11	SUNDAY	Old Mutual Harare Marathon	06.00	42,21,10 + 5km Relay	OG's
	16	FRIDAY	Time Trial	17.30	4km	OG's
	17	SATURDAY	Troutbeck Worlds View (Half Term)	10.00	9,18km	Troutbeck Hotel
March	02	FRIDAY	Time Trial	17.30	8km	OG's
	04	SUNDAY	HAC Peter Gradwell Marathon	06.00	10,21 + 42km	OG's
	16	FRIDAY	Time Trial	17.30	4km	OG's
	18	SUNDAY	Roger Brackley Half Marathon	06.30-07.00	10+21km	Borrowdale Club
	24	SATURDAY	Bon Marche Half Marathon	TBA	10+21km	TBA
	31	SATURDAY	Old Mutual Two Oceans	06.25	21+56km	Cape Town
April	06	FRIDAY	Time Trial	17.30	8km	OG's
	20	FRIDAY	Time Trial	17.30	4km	OG's
	22	SUNDAY	7 Hills	06.30	12+19km	Greystone Shops
	28	SATURDAY	Long Run for Comrades Entrants	05.30	65km	OG's
May	04	FRIDAY	Time Trial	17.15	8km	OG's
	06	SUNDAY	HAC 21km Challenge (Wings for Life)	07.00	10+21km	OG's
	18	FRIDAY	Time Trial	17.15	4km	OG's
	20	SUNDAY	Round Table Orange Grove	07.00	10+16km	Country Club
	26	SATURDAY	Bon Marche Half Marathon	TBA	10+21km	TBA
June	01	FRIDAY	Time Trial	17.15	8km	OG's
	10	SUNDAY	Bonitas Comrades Marathon (Down Run)	05.30	87km	Petermaritzburg
	15	FRIDAY	Time Trial	17.15	4km	OG's
	29	FRIDAY	Borrowdale Brooke Night Run (Members only)	18.00	6 + 12km	Borrowdale Brooke
July	01	SUNDAY	Econet Victoria Falls Marathon	TBA	21+42 km	Victoria Falls
	06	FRIDAY	Time Trial	17.15	8km	OG's
	08	SUNDAY	Cross Country Series 1	08.00	8+16km	TBA
	20	FRIDAY	Time Trial	17.15	4km	OG's
	22	SUNDAY	Cross Country Series 2	08.00	8+16km	TBA
	28	SATURDAY	Bon Marche Marathon Plus	TBA	44.5km	TBA
August	03	FRIDAY	Time Trial	17.15	8km	OG's
	05	SUNDAY	Cross Country Series 3	08.00	8+16km	TBA
	12	SUNDAY	Kariba Half Marathon	06.30	10+21km	Kariba
	17	FRIDAY	Time Trial	17.15	4km	OG's
	26	SUNDAY	Cross Country Series 4	08.00	8+16km	TBA
September	02	SUNDAY	Old Mutual Westgate Half Marathon	06.30	10+21km	Westgate
	07	FRIDAY	Time Trial	17.30	8km	OG's
	09	SUNDAY	Rooneys High 5 + Xtreme 15	07.00	5+15km	Borrowdale Club
	14	FRIDAY	Time Trial	17.30	4km	OG's
	23	SUNDAY	Cross Country Series 5	08.00	7+14km	TBA
October	05	FRIDAY	Time Trial	17.30	8km	OG's
	07	SUNDAY	Mazoe Downhill	06.00	17km	Mazoe Road
	19	FRIDAY	Time Trial	17.30	4km	OG's
	21	SUNDAY	3 Bridges	06.00	5,10+22km	Greystone Shops
	27	SATURDAY	Old Mutual Vumba Half Marathon	06.00	5,10+21km	Vumba
November	02	FRIDAY	Time Trial	17.30	8km	OG's
	03	SATURDAY	Bon Marche Half Marathon	TBA	10+21km	TBA
	04	SUNDAY	Round Table Greendale Half Marathon	06.00	14+21km	Country club
	10	SATURDAY	Walk/Run Donnybrook + Relay	06.00	7,14,21,28	Donnybrook
	16	FRIDAY	Time Trial	17.30	4km	OG's
	18	SUNDAY	HAC Handicap	05.30-06.30	21km	OG's
	24	SATURDAY	Dinner HAC Awards	19.00		TBA
December	02	SUNDAY	HAC 20 Miler	06.00	32km	Enterprise Club
	07	FRIDAY	Castle Lite Jog 'n Grog (Members only)	17.30	5km	OG's

Zimbabwe Public Holidays 2018

01 Jan	New Year's Day	01 May	Workers' Day
30 Mar	Good Friday	25 May	Africa Day
31 Mar	Easter Saturday	13 Aug	Heroes' Day
01 Apr	Easter Sunday	14 Aug	Defense Forces Day
02 Apr	Easter Monday	22 Dec	National Unity Day
18 Apr	Independence Day	25 Dec	Christmas Day
		26 Dec	Boxing Day

School Term (Provisional)

	Start	End		Start	End
1 st Term	09 Jan	28 Mar	1 st term	16 Feb	19 Feb
2 nd Term	08 May	09 Aug	2 nd term	21 Jun	25 Jun
3 rd Term	11 Sep	06 Dec	3 rd term	19 Oct	22 Oct

Whilst the dates and venues are correct at time of print, alterations may be required if circumstances change.
All enquiries to HAC telephone 0772 600 213, email hac@zol.co.zw