



H.A.C. NEWSLETTER

JANUARY 2018

DECEMBER IN SUMMARY

- ✚ 1st December 8km Time Trial - Cancelled
- ✚ 3rd December - EY HAC 20 Miler
- ✚ 8th December - Castle Lite Jog n' Grog

JANUARY EVENTS COMING UP

- ❖ 5th January - 8km Time Trial
- ❖ 7th January - Piers Road Run 5 & 15Km
- ❖ 14 January - HAC Half Marathon 5,10,21km
- ❖ 19 January - 4km Time Trial
- ❖ 28 January - HAC Memorial Run 10,21&32km



LITTER

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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.

WISHING ALL
MEMBERS AND HAPPY
AND PROSPEROUS
2018





EY H.A.C. 20 MILER 2017

A very BIG thank you to EY our Title sponsor and all members, non-members, sponsors and water point teams for your support with the EY HAC 20 Miler 2017.

It was a very successful run with over 600 runners participating in the 32km individual and relay race, making this the largest edition of this event in recent years.

As you are aware, the race also attracted a fair amount of media coverage which we believe will assist in raising interest in the HAC flagship run of the year and future events!





CASTLE LITE JOG 'N GROG 2017





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
February	28	SUNDAY	HAC Memorial Run	06.00	10,21 + 32km	OG's
	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
March	17	SATURDAY	Troutbeck Worlds View (Half Term)	10.00	9,18km	Troutbeck Hotel
	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
April	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
	06	FRIDAY	Time Trial	17.30	8km	OG's
May	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
	04	FRIDAY	Time Trial	17.15	8km	OG's
June	08	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
July	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
August	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
September	22	SUNDAY	Cross Country Series 2	08.00	8+16km	TBA
	28	SATURDAY	Bon Marche Marathon Plus	TBA	44.5km	TBA
	03	FRIDAY	Time Trial	17.15	8km	OG's
	05	SUNDAY	Cross Country Series 3	08.00	8+16km	TBA
October	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
	02	SUNDAY	Old Mutual Westgate Half Marathon	06.30	10+21km	Westgate
November	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
December	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
November	27	SATURDAY	Old Mutual Vumba Half Marathon	06.00	5,10+21km	Vumba
	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
December	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