



# H.A.C. NEWSLETTER

## SEPTEMBER 2017

### AUGUST IN SUMMARY

**4<sup>th</sup> August 8km Time Trial** attended by 12 runners.

**12<sup>th</sup> August Kariba Fun Run** – see report on next page.

**18<sup>th</sup> August 4km Time Trial** attended by 18 runners.

**20<sup>th</sup> August Komani Run** – Cross Country 4 in the HAC Series.  
There were 133 runners. A very **BIG** thank you to Adam & Linda Selby and Sally for hosting this run at their home and for the delicious bacon and egg rolls. A great day had by all!!

### SEPTEMBER EVENTS COMING UP

#### SUMMER IS HERE



*From 1 September the days are getting longer  
and all HAC weekday runs will start at 5.30pm  
instead of 5.15pm!*

**1<sup>st</sup> September 8km Time Trial 5.30pm**

**3<sup>rd</sup> September Old Mutual Westgate Half Marathon**

**10<sup>th</sup> September Rooney's High 5 & Xtreme 15km.** Start 7.00am

**15<sup>th</sup> September 4km Time Trial 5.30pm.**

**16<sup>th</sup> September Umfurudzi Trail Run 12 & 25km**

**24<sup>th</sup> September PWC Cross Country Finale** - Calderwood Park Peterhouse School 7 & 14km. Start 8.00am.  
PWC are supplying a T shirt & bacon & egg roll for all runners.

### RACE ENTRY TICKET BOOKS

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**NO CASH NO PROBLEM!!!**

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](mailto:hac@zol.co.zw) to collect your booklet.



### KARIBA FUN RUN 2017

We would like to thank everyone for the support of the 2017 Kariba Fun Run! This event was a massive success this year with a record number of entries in both the 10km and 21 km events. Our goal was to really make this event a fun filled family weekend with the added activities of kids fishing and the movies under the stars. We also believe the Kariba community and economy benefits hugely from this event.

There was a total of 589 runners and about 110 in the kids run.

We raised a total of \$16,354, which will be donated to the Kariba Animal Welfare Fund Trust (KAWFT), The Tony Waite Organization and Greenwood Park. KAWFT do an enormous amount of work in Kariba protecting the local wildlife, which includes snare sweeps and darting sick and wounded animals. The Tony Waite Organization is also based in Kariba, they do a lot of work in the local community with HIV and AIDS prevention, treatment, care and support. Greenwood Park is managed by Harare Round Table No. 1, we have managed this park since 1964, and this provides an enjoyable place for kids to visit at minimal cost.



**THINK ROONEY'S**  
THE HIRING SPECIALISTS  
EVENT INFRASTRUCTURE

**REM**  
ROONEY'S HIRE SPECIALISTS

**MOD BOX**

**SHOWMASTERS**  
ROCK FISH 08 61 200 000

**EXTREME**  
**FIFTEEN KM**  
**— 2017 —**

**Europcar**  
moving your way

**H.A.C.**

**MAKE THE DIFFERENCE**

**Rooney's Hire Service are Proud to host the 2017 Extreme 15km and 5km runs**

**Date:** Sunday 10th September  
**Venue:** Borrowdale Country Club, Carrick Creagh Rd. Helensvale

**Start Time:** 15km and 5km 7.00am  
**Entry Fee:** \$10.00 per runner  
**Registration:** Friday 8th September 5.30pm at Old Georgians Sports Club. and Sunday 10th September 6.15am at the Start

**Enquiries** [nikki@rooneys.co.zw](mailto:nikki@rooneys.co.zw)

**THINK ROONEY'S**  
THE HIRING SPECIALISTS

**MSR**  
INTERNATIONAL

**ATA**

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