

Benoni Northerns Athletic Club

April Newsletter



15 April	Jackie Gibson & Alan Ferguson 42 & 21km	Klipriviers Recreation Centre
21 April	Loskop Ultra Marathon	Loskop Dam
22 April	Birchwood Half marathon	Birchwood Hotel
27 April	MiWay Cradle of Humankind 32km	Makiti Wedding Venue
28 April	Tshwane Half Marathon	Voortrekker Park
29 April	Robor Scaffolding Marathon	BNAC - All members required to assist on the day.
1 May	MiWay Wally Hayward 42 & 21km	Centurion Rugby Club
5 May	Love Run Half Marathon, 10 & 5km	Hatfield Christian Church
6 May	Colgate 32 & 15km	Boksburg Stadium
6 May	Wings for Life World Run 21km	Super Sports Park, Pretoria
12 May	Jackie Meckler 25 & 10km	Pretoria Military Sports Club
13 May	Rian's Run	BNAC
19 May	Race of Hope 21km	Grove Shopping Centre
20 May	RAC Sweat Shop/Asics 10km	Old Parktonian Sports Club
26 May	Van Rooyen/Sarel Cilliers Hill repeats	Start at BNAC
27 May	Chairman's run	BNAC

**Congrats to our Jerusalem Jogger
for March:**



Melinda Jansen van Vuuren

- Overall winner of Kosmos 3-in-1
- 7th place at Om Die Dam



Comrades is now two months away. Please remember that you need to update your profile by submitting your qualifying time – this must be done by 2 May 2018. Please also make sure that you have entered Benoni Northerns as your club. If you are substituting, this needs to be done by 25 April. No late substitutions will be accepted.

Comrades breakfast will be held on Sunday 3 June at Benoni Country Club. Please book with Madge as soon as you can for catering purposes. Comrades runners are free, adults R150 and children R100.

Rian's run is our long Comrades training run. It will be held on Sunday 13th May, starting from the club at 5:30am and we will be running 60km. There will be different 4 schools for the different paces.

There will be catering available after the run, so please invite your family to join after.

The cost of the event is R120 per runner.

Wednesday night club runs have now increased to +- 18km. Please remember that it is getting darker and so bright and reflective gear must be worn. Head lamps are also recommended.

Wednesday morning club runs are now starting at 4:30 for additional distance. Tuesdays and Fridays will continue to start at 5am, with the split groups.

Colgate race is on 6 May 2018. We will have our usual 32km bus where we meet on the second lap and complete the race together as a club. This race is a pre-entry race ONLY. Entries close on 16 April. Please enter at www.colgateroadrace.co.za to avoid missing the run.

Comrades jackets must be paid for by the end of April. Please pay via EFT to the club account and send your proof of payment to Madge – madge@bnac.co.za. R300 for Comrades runners and R500 for supporters. If there are any more sponsors out there, please contact Kaylin Verreyne to arrange. Should you need to confirm your jacket size, email Kaylin at k.verreyne@gmail.com

Loskop ultra marathon is next weekend. The buses are almost full. If you have reserved a seat but not yet paid, please do so. EFTs can be done and proof of payment sent to Madge. R180 per bus ticket. The bus will be leaving at 3am - please do not be late. Once the 50km runners have been dropped off, the 21km runners need to be dropped off at their start before the roads are closed.

New Balance has offered all BNAC members a 20% discount at their stores. In order to qualify for the discount they need to be provided with our email data base. This is will be used as a reference for the discount and not for spam. If you do not want your email address passed on to New Balance, please let Kaylin know as soon as possible.



Good luck to our members who are taking part in the Ironman event this weekend:

Kristian Fesel Matthew Willis Francois Hattingh

Nico Pretorius Morne Lombard Ben Vosloo

Craig Dingle Mark Dingle Brett Deetlefs Donovan Harvey

WhatsApp Broadcast messages.

We are moving our SMS system over to WhatsApp services. In order to receive the broadcast messages, you need to save the BNAC Admin number into your phonebook.

0664683689

Once saved, please send a WhatsApp message with your name and surname in order to ensure we have your correct details.

Please note - the messages will be broadcast to members, we are not creating (another) WhatsApp group. If you do not have access to WhatsApp, please contact Robyn 0721781052 to make an alternate plan.

If you do not have the number saved into your phonebook, you will not be able to receive the broadcast messages.

Sister Bettina Gnudi will be offering the flu vaccines to members who would like to have one before the winter season hits.

She will be at the club on Wednesday 18 April and then every alternate Wednesday to give the vaccine.

The cost of this will be R110, cash only.

Vitality and Multiply members will get their allocated points for the shot.

If you are interested, please complete the form below and bring it and the cash on Wednesday evening.

CLIENT INFORMATION

Surname.....

FirstName(s).....

IDNo.....

EMailAddress.....

CellNo.....

MEDICAL AID INFORMATION

MedicalAid.....

MedicalAidNo.....

VitalityNo.....

NameofPrincipalMember.....

PrincipalMemberIDNo.....

Name:.....

Signed.....

Date:.....