



BENONI NORTHERNS

ATHLETICS CLUB

AUGUST NEWSLETTER

“

AN ATHLETE
CANNOT RUN WITH
MONEY IN HIS
POCKETS ...

HE MUST RUN
WITH HOPE IN HIS
HEART AND
DREAMS IN HIS
HEAD!

- EMIL ZATOPEK -

”

RACE CALENDAR

24-Aug	SMU Half Marathon 21km, 10km	Sepako Magatho University
25-Aug	Wanderers Aucor Property Half Marathon 21km, 10km	The Wanderers Club
30-Aug	Dawn 2 Dusk 100mile & 12hr Circuit Race (2 Days)	Gerrit Maritz High School
1-Sep	Hawaiian Hula Spring Day Run +/-10km	BNAC
1-Sep	Fibo Afirca Challenge 21km, 10km, 5km	Randburg Central Sports Complex
3-Sep	BNAC Time Trial Starts 4km/8km	Wilge Road
7-Sep	Brooklyn Andrew Greyling Road Race 32km, 21km, 10km	Pretoria Marathon Club
8-Sep	Fred Morrison Half Marathon 21km, 10km	Germiston Stadium
11-Sep	Lester Mills 10km Nite Race	Bestmed Athletics Stadium
14-Sep	Muller Potgieter Half Marathon 21km, 10km	Pretoria Military Sports Club
15-Sep	Rockies Gerald Fox Memorial 21km, 10km	Johannesburg Zoo
21-Sep	Addicted to Life Half Marathon 21km, 12km, 5km	Temba Stadium
22-Sep	Mayfield Square 10km	Mayfield Square
24-Sep	FNB Joburg CITYRUN 10km	FNB Bank City
24-Sep	Bophelong Half Marathon 21km, 10km	Bophelong Community Centre
28-Sep	Irene Spring Race 21km, 10km, 5km	Irene Village Mall
29-Sep	Rainbow Half Marathon 21km	Barnard Stadium

BNAC UPCOMING EVENTS

SPRING DAY RUN – 1 SEP 2019



Time to come out of HIBERNATION!!

We will run from BNAC at 7am

Gayle, Mel and Sam will be your hosts for the day

There will be a Hawaiian inspired "spring day" run, come dressed up in lays, hula skirts etc

Dust off those running shoes and brighten up your training

BNAC GOLF DAY – 25 OCT 2019

This will be held on 25 October 2019 at the Benoni Country Club.

Please start booking your fourballs through Aimee.

The flyer will be distributed via Whatsapp and on Facebook. Please share this event with your contacts.

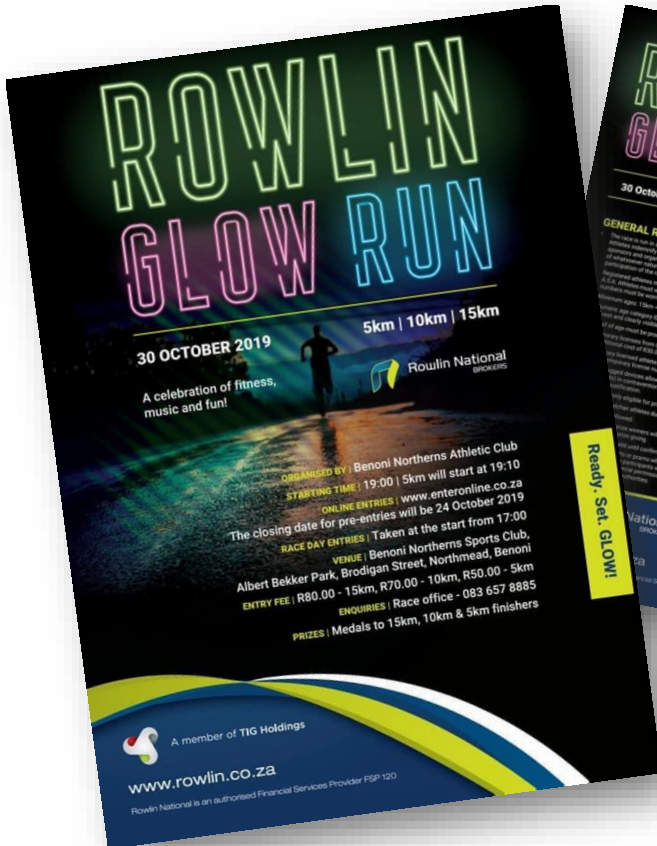
If anyone is able to sponsor prizes please let us know.

There will also be an opportunity to sponsor your Business at various holes on the course.



BNAC UPCOMING EVENTS

ROWLIN GLOW RUN – 30 OCT 2019



The Rowlin Glow Run will be hosted by BNAC 30 Oct 2019.

We will need the assistance of all our members on the day. Please Save the date and make yourselves available.

Please like and share the [Rowlin National Brokers Night Race](#) Facebook page so we can start gaining the necessary interest in our run



THE NAMING GAME



The athletics section cleaned up in this competition!

Sam Choles won with the "Cheese and Tomato" as her name was chosen for the new pizza bar

Chris Tucker's name ("The Coach") was selected as the name for the new mobile drinks bar.

Thank to everyone who submitted suggestions!

