

Benoni Northern's Athletic Club

January Newsletter



Let's get going...

20 January	PwC George Claasson 2l & 10km	Pick n Pay Hyper Faerie Glen
21 January	Garbie 32 & 15km	Springs rugble club
27 January	Wonderpark Akasia 42, 2l & 10km	Wonderpark Shopping Centre
28 January	Johnson Crane 42, 2l & 10km	Sahara Park, Willowmoore
31 January	Arwyp Nite Race 15km	Barnard Stadium, Kempton
3 February	Toyota 2l & 10km	Rietendale Park, Pretoria
4 February	Bobbies 2l & 10km	Greenstone Shopping Centre
7 February	Comrades talk & monthly braai	BNAC after club run
10 February	Brokhorstspruit 32 & 10km	Erasmus High School
11 February	Pick n Pay 42 & 2lkm	Saheti Hugh School
17 February	Bestmed Tuks 42, 2l & 10km	LC de Villiers Sports Grounds
18 February	Pirates Half Marathon	Pirates Club, Greenside
25 February	Township Marathon, 2l & 10km	Eldorado Park Stadium
25 February	Deloitte Pretoria 42, 2l & 10km	PHSOB Club

Please note: The office landline no longer exists. If you wish to get hold of Madge, please do so via email – madge@bnac.co.za

Hills, hills, hills...

Saturday Morning Hill Training 2018

Virgin Active Bedfordview 06h00



Month	Date	Distance
January	20 th	18km
	27 th	18km bakery run
February	3 rd	18km
	10 th	18km bakery run
	17 th	25km
	24 th	25km
March	3 rd	25km
	10 th	25km
	17 th	33km
	24 th	33km
	30 th – 2 nd April	Easter Weekend Training – 36km, 12km, 21km, 21km
April	7 th & 8 th	Mark Robor Scaffolding Marathon route
	14 th	33 km
	21 st	Loskop Ultra Marathon
	28 th	38km
May	5 th	33km
	13 th (Sunday)	Rian's Run
	19 th	18km bakery run then breakfast
	26 th	24km – Van Rooyen/Sarel Cilliers hill repeats

- Hill training is the most critical component of training for Comrades. Even the down run has considerable hills.
- Hill training builds stamina and endurance; these are the core attributes that you need to run 89km.
- We build up the mileage at 4 week intervals. The number and difficulty of the hills increases as we increase the distance.
- It is vital that novices and those runners who are just getting into their training start with the 18km sessions. If you wait until we are running 25km and even 33km it is too late and you will be left behind.
- If you are pressed for time you do not have to complete the full distance, there are a number of points at which runners cut back.
- Do not worry about getting lost or inconveniencing other club members because you consider yourself too slow. We run the hill sessions as one group. The quicker runners double back and "fetch" the back of the group at various points.
- We have regular water stops and a "coke" stop – one on the 18km and 25km routes and two on the 33km route – so remember to bring some money.

A message from our chairman, John Ansell:

A happy, belated happy New Year!

2018 has kicked off properly from a running point of view – Varsity Kudus and Dischem were both well supported by BNAC! The Ministry of Cold Beer and Shade needs to be commended on the work that was done at Dischem – it is often an overlooked and thankless job. Much has been said about what makes Northerns such a special club. I had more time at Dischem to think about this than I had initially planned, but it was far better summed up in the Comrades Novice whatsapp group than I ever could:



The road to Comrades 2018 is now upon us. To the Comrades novices, it is going to be a tough five and a half months. But I assure you when you're standing in Pietermaritzburg on 10 June listening to the national anthem followed by Chariots of Fire, that it will all be worthwhile. From this Saturday we will transplant our Saturday morning runs to Bedfordview. This is obviously as part of the Comrades training programme, but that is not to say you should avoid it if Comrades isn't your goal – those runs are guaranteed to make you a better runner. Judging by some of the chat after Dischem today the hill training can't start soon enough.

While it's a bit tedious to bring up this issue, I would like to implore all our runners to be conscious of other road users. Let's make sure we're as visible as possible particularly when we're running in the dark.

I would like to wish everyone all of the very best for 2018, whatever your athletic goals may be!



(as of 18 January 2018)