

Benoni Northern's Athletic Club

July Newsletter

Winter Activities...



16 July	AfriForum Springbok Vasbyt 10 & 25km	Voortrekker Monument
23 July	702 Walk the Talk	Marks Park Sport Club
28 July	Serengeti Trail Run	Serengeti Country Club
5 August	Spar Women's Challenge	Centurion Supersport Park
6 August	Old Ed's 10 & 21km	Virgin Active Old Ed's Club
12 August	Clicks Wierie Road race 10 & 21km	Makro Centurion
13 August	Pirates 10km	Pirates Club
19 August	Clearwater 10km	Clearwater Mall
19 August	Phobians 15km	Pretoria Boys High School
20 August	Arthro Choice 10 & 21km	Inanda Country Base
27 August	Aucor Properties 10 & 21km	Wanderers Club
3 September	Fred Morrison 10 & 21km	Macleantown Road
9 September	Value Logistics 10 & 21km	Tshwane University of Technology Campus
10 September	Adrian Hersch 10 & 21km	Randburg Central Sports Complex
15 September	BANC Annual Golf Day	Benoni Country Club
16 September	Andrew Greyling Half Marathon	Brooklyn Design Square
17 September	Gerald Fox 10 & 21km	Johannesburg Zoo
24 September	FNB Joburg 10km City Run	FNB Bank City
27 September	BNAC Green Number Function	Ladies Bar

Congrats to our Jerusalem Joggers for June and July:



Tony Green

for running an amazing
Comrades Marathon.

Robbie Veress

for finally accepting that he is a
Benoni Northerns member and no
longer a KZN runner and then
receiving endless amounts of flak
from his ex KZN running friends for
becoming a "cheese & tomato"

Congrats to our members who completed Ironman 70.3:



Byron Naude - 06:33:29
Claudia Else - 06:06:57
Kristian Fesel - 05:23:07
Renata Fesel - 06:25:38
Francois Hattingh - 06:29:28
Ben Vosloo - 07:06:38
Darren Phillips - 05:49:53
Dean Brons - 05:34:13

AGM 11 October

Nomination forms for the 2018 committee are available on the
website under the "Notices" page. If you wish to nominate someone,
please download and complete the form. ALL FORMS NEED TO BE
RETURNED TO MADGE BY 28 SEPTEMBER 2017.



Benoni Northern's Athletic Club

Annual Golf Day 2017

All proceeds go to our development
running squad.

Friday 15th September 2017
Benoni Country Club

R1200 per 4 ball
R500 sponsor a hole
R500 sponsor a tee

To book your 4 ball or assist with
prizes, sponsorship etc. please contact
Karen 0832313391 or Robyn 0721781052