



TRAINING & RACE PROGRAM 2024

NB! Program depends on weather conditions - Changes may occur.

PRELIMINARY TRAINING

<u>DATE</u>	<u>LIBERATION POINT</u>	<u>KM</u>	
20 May `24	4km		
21 May `24	8km		
22 May `24	12km		
23 May `24	20km		
24 May `24	30km		
25 May `24	30km		
26 May `24	50km		
27 May `24	50km		
29 May `24	75km		
31 May `24	75km		
02 June `24	100km		
04 June `24	50km		
5 June `24	100km		
7 June `24	Vanderbijlpark Offramp	140	Live on Benzing
9 June `24	50km		
11 June `24	Vanderbijlpark Offramp	140	Live on Benzing
13 June `24	50km		
14 June `24	Parys Truckstop N1	160	Live on Benzing
16 June `24	50km		
18 June `24	75km		
21 June `24	Koppies - farm N1	197	Live on Benzing
23 June `24	50km		
26 June `24	75km		
28 June `24	Koppies - farm N1	197	Live on Benzing
30 June `24	50km		
03 July `24	75km		
05 July `24	Kroonstad - N1	252	Live on Benzing
12 July `24	Ventersburg	304	Live on Benzing

RACE PROGRAM

ALL THE RACES WILL TAKE PLACE ON A FRIDAY

<u>DATE</u>	<u>LIBERATION POINT</u>	<u>KM</u>	
12 July `24	Ventersburg	304	RACE 1 - 1st Leg Team Competition RACE 1 - 1st Leg Ace Bird Competition
19 July `24	Winburg	350	RACE 2 - 2nd Leg Team Competition RACE 2 - 2nd Leg Ace Bird Competition
26 July `24	Verkeerdevlei	392	RACE 3 - 3rd Leg Team Competition RACE 3 - 3rd Leg Ace Bird Competition
02 Aug `24	Bloemfontein	447	RACE 4 - 4th Leg Team Competition RACE 4 - 4th Leg Ace Bird Competition
09 Aug `24	Trompsburg	556	RACE 5 - 5th Leg Team Competition RACE 5 - 5th Leg Ace Bird Competition
16 Aug `24	Gariiep Dam	624	RACE 6 - 6th Leg Team Competition RACE 6 - 6th Leg Ace Bird Competition
23 Aug `24	Ventersburg	304	RACE 7 - 7th Leg Team Competition RACE 7 - 7th Leg Ace Bird Competition
30 Aug `24	Hanover	724	RACE 8 - Final Leg Team Competition RACE 8 - Final Leg Ace Bird Competition
13 Sept `24	BarZAlona Race	655	Bakkie Race