

Month	Date	Distance
BNAC 2024 Comrades Build Up & Race Calendar		
January	2024/01/06	Varsity Kudus 15km
	2024/01/09	Club Run Starts - 5am
	2024/01/09	Time Trial Starts - 17:45 Wilge Road
	2024/01/10	Office opens and Wednesday 17:45 Club Run
	2024/01/14	Dischem 21km
	2024/01/17	<i>Season Kick off & Comrades Talk - After Club Run - 19:15</i>
	2024/01/20	Bedfordview Hills - 18-20km
	2024/01/21	Springs Striders 15/32km
	2024/01/27	Bedfordview Hills - 18-20km - Bakery Run
	2024/01/28	Johnson Crane 10/21/42km
February	2024/02/03	Bedfordview Hills - 18-20km
	2024/02/10	Bedfordview Hills - 18-20km - Bakery Run
	2024/02/10	Runzone 21/42km
	2024/02/11	Jeppe 21/42km
	2024/02/17	Bedfordview Hills - 25km
	2024/02/17	Sasol Secunda 21/42km
	2024/02/17	Bestmed Tuks 21km
	2024/02/18	Pirates 21km
	2024/02/24	Bedfordview Hills - 25km
	2024/02/25	Phobians 21/42km
March	2024/03/02	Bedfordview Hills - 25km
	2024/03/02	Elands 10/21/42km
	2024/03/02	Sunrise Monster 21/32km
	2024/03/03	Vaal 21/42km
	2024/03/03	Edenvale 21/42km
	2024/03/09	Bedfordview Hills - 25km
	2024/03/09	Kosmos 3-in-1
	2024/03/16	Bedfordview Hills - 33km
	2024/03/16	Om Die Dam - 50km
	2024/03/23	Bedfordview Hills - 33km
	2024/03/24	Joburg Harriers 21/42km
	2024/03/29	Easter Weekend Training - Bedfordview Hills - 36km
	2024/03/30	Easter Weekend Training - BNAC - 12km
	2024/03/31	Easter Weekend Training - BNAC - 21km
April	2024/04/01	Easter Weekend Training - BNAC - 21km
	2024/04/06	Bedfordview Hills - 25km
	2024/04/07	Irene 48km
	2024/04/13	Bedfordview Hills - 33km
	2024/04/13	Two Oceans - 56km
	2024/04/14	Two Oceans - 21km
	2024/04/20	Bedfordview Hills - 33km
	2024/04/20	Loskop 50km
	2024/04/21	BNAC Marathon - No BNAC member may run this race
	2024/04/27	Bedfordview Hills - 25km
May	2024/05/01	Wally Hayward 21/42km
	2024/05/04	Rians Run - 60km
	2024/05/05	Colgate 15/32km
	2024/05/11	Bedfordview Hills - 25km

	2024/05/18	Bedfordview Hills - 18-20km - Bakery Run
	2024/05/25	Sarel Cilliers / Van Rooyen Hill Repeats
<u>June</u>	2024/06/01	Madges Run - 10km
	2024/06/02	Comrades Breakfast - Birchwood
	2024/06/05	Coffee & Brownie Run - 5kms
	2024/06/09	Comrades Marathon
	2024/06/10	BNAC Breakfast - Circus Circus Durban Beach - 9am
All Bedford Hills to start at 5:30am, unless otherwise communicated		