



RACE WEEK SCHEDULE

TUESDAY 19 NOVEMBER

TUESDAY TRAILS

EVERY TUESDAY THE **TT** COMMUNITY COMES TOGETHER AND RUNS ON TABLE MOUNTAIN. RACE WEEK SEES THE LOCALS MIX IT UP WITH TRAIL RUNNERS FROM ACROSS THE GLOBE, TYPICALLY BRINGING 300+ RUNNERS TOGETHER. IT'S A CELEBRATION OF TABLE MOUNTAIN AND COMMUNITY, BEYOND WORTHY OF HICKING OFF RACE WEEK.

17H45

MEET AT HLOOF NEK, TOWN SIDE

WEDNESDAY 20 NOVEMBER

REST IS BEST

THURSDAY 21 NOVEMBER

REGISTRATION DAY ONE

DAY 1 OF **UTCT**, **UT100**, **PT55**, **TM35** & **EX23**
REGISTRATION

11H00-19H00
GARDENS RC

EXPO

DURING REGISTRATION HOURS

FRIDAY 22 NOVEMBER

PT55		
START TIME 07H00	WINNERS IN 12H30	START LLANDUDNO FINISH GARDENS RC

UTCT	
17H00	START GARDENS RC FINISH GARDENS RC

REGISTRATION DAY TWO

FINAL DAY OF REGISTRATION - **UTCT**,
UT100, **TM35** & **EX23**

11H00-19H00
GARDENS RC

EXPO

DURING REGISTRATION HOURS

END OF DAY

RACE VILLAGE CLOSES
22H30

SATURDAY 23 NOVEMBER

UT100		
START TIME 04H00	WINNERS IN 13H30	START GARDENS RC FINISH GARDENS RC

UTCT	
WINNERS IN 13H35	

EX23		
START TIME 09H00	WINNERS IN 11H12	START ALPHEN TRAIL FINISH GARDENS RC

RACE VILLAGE OPEN 24H

SUNDAY 24 NOVEMBER

UT100	
FINAL FINISHERS 03H55	

TM35		
START TIME 06H00	WINNERS IN 09H35	START GARDENS RC FINISH GARDENS RC

THE SHRED

KIDDIES RACE - U/3, U/7, U/11

08H00 - GARDENS RC

PRIZE GIVING ALL RACES

12H00 - GARDENS RC

UTCT	
FINAL FINISHERS 14H00	

END OF DAY & UTCT 2023

SEE YOU IN 2024!
18H00