

# UTCT 100 miler



DETAILS		Stage KM	Total KM	Stage D+	Total D+	KM to Aid Station	Stage Time	Race Time	Day Time	Stage Time	Race Time	Day Time	Stage Time	Race Time	Day Time	Time Barriers	Day & Date	Aid Type	Allowed Support	Medical	Return Bus	Toilets	Drop Bag
START	CAPE TOWN	0	0	0	0	11.8	-	-	17H00	-	-	17H00	-	-	17H00	START	FRI 24	X				WC	
AID	SIGNAL HILL	11.8	11.8	545	545	8.3	1:00	1:00	18H00	1:10	01:10	18H10	2:10	02:10	19H10							WC	X
AID	KLOOF NEK	8.3	20.1	318	863	11.0	0:44	1:45	18H45	0:51	02:01	19H01	1:30	03:40	20H40	21H00 CUT OFF	FRI 24					WC	X
TP	PLATTEKLIP GORGE	5.0	25.1	806	1669	-	0:50	2:35	19H35	1:04	03:06	20H06	1:55	05:35	22H35			X	X	X	X	X	X
AID	TABLE MOUNTAIN	6.0	31.1	204	1873	10.1	0:45	3:21	20H21	0:55	04:01	21H01	1:45	07:20	00H20				X		X	WC	X
AID	LLANDUDNO	10.1	41.2	236	2109	6.4	1:18	4:39	21H39	1:36	05:37	22H37	2:30	09:50	02H50							WC	X
AID	ROCKET ROAD	6.4	47.6	263	2372	9.0	0:46	5:26	22H26	0:57	06:35	23H35	1:45	11:35	04H35				X		X	WC	X
AID	HOUT BAY	9.0	56.6	498	2870	17.5	1:11	6:37	23H37	1:18	07:54	00H54	2:05	13:40	06H40	07H45 CUT OFF	SAT 25					WC	X
TP	SILVERMINE	11.0	67.6	628	3498	-	1:20	7:58	00H58	1:36	09:30	02H30	3:15	16:55	09H55				X		X	WC	X
AID	KALK BAY	6.5	74.1	162	3660	22.0	0:41	8:39	01H39	0:48	10:19	03H19	1:45	18:40	11H40							WC	X
TP	BLACKHILL	12.2	86.3	561	4221	-	1:33	10:12	03H12	1:54	12:13	05H13	3:50	22:30	15H30							WC	X
AID	SIMON'S TOWN	9.8	96.1	323	4544	15.5	1:01	11:14	04H14	1:05	13:19	06H19	1:35	24:05	17H05	18H00 CUT OFF	SAT 25					WC	
TP	KLEINPLAAS DAM	6.1	102.2	318	4862	-	0:57	12:11	05H11	1:02	14:22	07H22	1:45	25:50	18H50				X	X	X	X	X
AID	KOMMETJIE	9.4	111.6	135	4997	8.5	0:59	13:11	06H11	1:10	15:32	08H32	2:05	27:55	20H55							WC	X
AID	NOORDHOEK	8.5	120.1	16	5013	23.8	0:50	14:02	07H02	0:52	16:25	09H25	2:25	30:20	23H20							WC	X
TP	CONSTANTIA GLEN	19.4	139.5	1,298	6311	-	3:27	17:30	10H30	4:14	20:40	13H40	5:50	36:10	05H10				X		X	WC	X
AID	ALPHEN TRAIL	4.4	143.9	127	6438	12.1	0:29	18:00	11H00	0:37	21:18	14H18	1:05	37:15	06H15	07H00 CUT OFF	SUN 26					WC	X
TP	NURSERY RAVINE	4.7	148.6	309	6747	-	0:37	18:37	11H37	0:49	22:08	15H08	1:50	39:05	08H05			X	X	X	X	X	X
AID	UNIVERSITY of CT	7.4	156.0	296	7043	9.7	1:04	19:42	12H42	1:25	23:33	16H33	2:35	41:40	10H40	10H45 CUT OFF	SUN 26					WC	X
TP	DEAD MAN'S TREE	6.7	162.7	457	7500	-	0:52	20:35	13H35	1:06	24:40	17H40	2:35	44:15	13H15			X	X		X	X	X
END	CAPE TOWN	3.0	165.7	16	7516	0	0:13	20:48	13H48	0:15	24:55	17H55	0:45	45:00	14H00	CUT OFF 45HRS	SUN 26					WC	
TECHNICAL DATA							MALE LEAD RUNNERS			FEMALE LEAD RUNNERS			BACK RUNNERS			AID KEY:  WATER  DRINKS  FOOD DRINKS							