

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 22	X				WC	
AID	SIGNAL HILL	11.8	11.8	545	545	8.3	1:00	1:00	18H00	1:10	01:10	18H10	2:20	02:20	19H20							WC	X
AID	KLOOF NEK	8.3	20.1	318	863	11.0	0:44	1:45	18H45	0:51	02:01	19H01	1:40	04:00	21H00	21H00 CUT OFF	FRI 22					WC	X
TP	PLATTEKLIP GORGE	5.0	25.1	806	1669	6.0	0:50	2:35	19H35	1:04	03:06	20H06	2:20	06:20	23H20			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	2:00	08:20	01H20				X		X	WC	X
AID	LLANDUDNO	10.1	41.2	236	2109	6.3	1:18	4:39	21H39	1:36	05:37	22H37	2:45	11:05	04H05							WC	X
AID	ROCKET ROAD	6.3	47.5	263	2372	9.0	0:46	5:26	22H26	0:57	06:35	23H35	2:00	13:05	06H05				X		X	WC	X
AID	HOUT BAY	9.0	56.5	498	2870	17.9	1:11	6:37	23H37	1:18	07:54	00H54	2:20	15:25	08H25	08H30 CUT OFF	SAT 23					WC	X
TP	SILVERMINE	11.2	67.7	628	3498	6.7	1:20	7:58	00H58	1:36	09:30	02H30	3:10	18:35	11H35				X		X	WC	X
AID	KALK BAY	6.7	74.4	162	3660	21.0	0:41	8:39	01H39	0:48	10:19	03H19	1:20	19:55	12H55							WC	X
TP	BLACKHILL	11.0	85.4	561	4221	10.0	1:33	10:12	03H12	1:54	12:13	05H13	3:45	23:40	16H40							WC	X
AID	SIMON'S TOWN	10.0	95.4	323	4544	9.0	1:01	11:14	04H14	1:05	13:19	06H19	1:50	25:30	18H30	18H30 CUT OFF	SAT 23					WC	
AID	SCARBOROUGH	9.0	104.4	307	4851	9.1	0:57	12:11	05H11	1:02	14:22	07H22	1:40	27:10	20H10							WC	X
AID	KOMMETJIE	9.1	113.5	85	4936	8.6	0:59	13:11	06H11	1:10	15:32	08H32	1:45	28:55	21H55							WC	X
AID	NOORDHOEK	8.6	122.1	16	4952	19.9	0:50	14:02	07H02	0:52	16:25	09H25	1:20	30:15	23H15							WC	X
AID	CONSTANTIA GLEN	19.9	142.0	1,298	6250	4.4	3:27	17:30	10H30	4:14	20:40	13H40	6:55	37:10	06H10				X		X	WC	X
AID	ALPHEN TRAIL	4.4	146.4	127	6377	12.1	0:29	18:00	11H00	0:37	21:18	14H18	0:50	38:00	07H00	07H00 CUT OFF	SUN 24					WC	X
TP	NURSERY RAVINE	4.7	151.1	309	6686	7.4	0:37	18:37	11H37	0:49	22:08	15H08	1:35	39:35	08H35			X	X	X	X	X	X
AID	UNIVERSITY of CT	7.4	158.5	296	6982	9.7	1:04	19:42	12H42	1:25	23:33	16H33	2:20	41:55	10H55	11H00 CUT OFF	SUN 24					WC	X
TP	DEAD MAN'S TREE	6.7	165.2	457	7439	3.0	0:52	20:35	13H35	1:06	24:40	17H40	2:25	44:20	13H20			X	X		X	X	X
END	CAPE TOWN	3.0	168.2	16	7455	0	0:13	20:48	13H48	0:15	24:55	17H55	0:40	45:00	14H00	CUT OFF 45HRS	SUN 24					WC	
TECHNICAL DATA							MALE LEAD RUNNERS			FEMALE LEAD RUNNERS			BACK RUNNERS			AID KEY: WATER DRINKS FOOD DRINKS							