

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 | 7.9 | - | - | 17H00 | - | - | 17H00 | - | - | 17H00 | START | FRI 22 | X | | | | WC | |
| AID | SIGNAL HILL | 7.9 | 7.9 | 370 | 370 | 8.3 | 0:40 | 0:40 | 17H40 | 0:50 | 00:50 | 17H50 | 1:50 | 01:50 | 18H50 | | | | | | | WC | X |
| AID | KLOOF NEK | 8.3 | 16.2 | 318 | 688 | 11.0 | 0:44 | 1:24 | 18H24 | 0:51 | 01:41 | 18H41 | 1:40 | 03:30 | 20H30 | 20H30 CUT OFF | FRI 22 | | | | | WC | X |
| TP | PLATTEKLIP GORGE | 5.0 | 21.2 | 806 | 1494 | 6.0 | 0:50 | 2:15 | 19H15 | 1:04 | 02:46 | 19H46 | 2:30 | 06:00 | 23H00 | | | X | X | X | X | X | X |
| AID | TABLE MOUNTAIN | 6.0 | 27.2 | 204 | 1698 | 10.1 | 0:45 | 3:01 | 20H01 | 0:55 | 03:41 | 20H41 | 2:05 | 08:05 | 01H05 | | | | X | | X | WC | X |
| AID | LLANDUDNO | 10.1 | 37.3 | 236 | 1934 | 6.3 | 1:18 | 4:19 | 21H19 | 1:36 | 05:17 | 22H17 | 2:50 | 10:55 | 03H55 | | | | | | | WC | X |
| AID | ROCKET ROAD | 6.3 | 43.6 | 263 | 2197 | 9.0 | 0:46 | 5:05 | 22H05 | 0:57 | 06:15 | 23H15 | 2:05 | 13:00 | 06H00 | | | | X | | X | WC | X |
| AID | HOUT BAY | 9.0 | 52.6 | 498 | 2695 | 17.9 | 1:11 | 6:17 | 23H17 | 1:18 | 07:34 | 00H34 | 2:25 | 15:25 | 08H25 | 08H30 CUT OFF | SAT 23 | | | | | WC | X |
| TP | SILVERMINE | 11.2 | 63.8 | 628 | 3323 | 6.7 | 1:20 | 7:37 | 00H37 | 1:36 | 09:10 | 02H10 | 3:10 | 18:35 | 11H35 | | | | X | | X | WC | X |
| AID | KALK BAY | 6.7 | 70.5 | 162 | 3485 | 21.0 | 0:41 | 8:19 | 01H19 | 0:48 | 09:58 | 02H58 | 1:20 | 19:55 | 12H55 | | | | | | | WC | X |
| TP | BLACKHILL | 11.0 | 81.5 | 561 | 4046 | 10.0 | 1:33 | 9:52 | 02H52 | 1:54 | 11:53 | 04H53 | 3:45 | 23:40 | 16H40 | | | | | | | WC | X |
| AID | SIMON'S TOWN | 10.0 | 91.5 | 323 | 4369 | 9.0 | 1:01 | 10:53 | 03H53 | 1:05 | 12:59 | 05H59 | 1:50 | 25:30 | 18H30 | 18H30 CUT OFF | SAT 23 | | | | | WC | |
| AID | SCARBOROUGH | 9.0 | 100.5 | 307 | 4676 | 9.1 | 0:57 | 11:51 | 04H51 | 1:02 | 14:02 | 07H02 | 1:40 | 27:10 | 20H10 | | | | | | | WC | X |
| AID | KOMMETJIE | 9.1 | 109.6 | 85 | 4761 | 8.6 | 0:59 | 12:51 | 05H51 | 1:10 | 15:12 | 08H12 | 1:45 | 28:55 | 21H55 | | | | | | | WC | X |
| AID | NOORDHOEK | 8.6 | 118.2 | 16 | 4777 | 19.9 | 0:50 | 13:42 | 06H42 | 0:52 | 16:05 | 09H05 | 1:20 | 30:15 | 23H15 | | | | | | | WC | X |
| AID | CONSTANTIA GLEN | 19.9 | 138.1 | 1,298 | 6075 | 4.4 | 3:27 | 17:09 | 10H09 | 4:14 | 20:20 | 13H20 | 6:55 | 37:10 | 06H10 | | | | X | | X | WC | X |
| AID | ALPHEN TRAIL | 4.4 | 142.5 | 127 | 6202 | 12.1 | 0:29 | 17:39 | 10H39 | 0:37 | 20:58 | 13H58 | 0:50 | 38:00 | 07H00 | 07H00 CUT OFF | SUN 24 | | | | | WC | X |
| TP | NURSERY RAVINE | 4.7 | 147.2 | 309 | 6511 | 7.4 | 0:37 | 18:17 | 11H17 | 0:49 | 21:48 | 14H48 | 1:35 | 39:35 | 08H35 | | | X | X | X | X | X | X |
| AID | UNIVERSITY of CT | 7.4 | 154.6 | 296 | 6807 | 9.7 | 1:04 | 19:22 | 12H22 | 1:25 | 23:13 | 16H13 | 2:20 | 41:55 | 10H55 | 11H00 CUT OFF | SUN 24 | | | | | WC | X |
| TP | DEAD MAN'S TREE | 6.7 | 161.3 | 457 | 7264 | 3.0 | 0:52 | 20:14 | 13H14 | 1:06 | 24:20 | 17H20 | 2:25 | 44:20 | 13H20 | | | X | X | | X | X | X |
| END | CAPE TOWN | 3.0 | 164.3 | 16 | 7280 | 0 | 0:13 | 20:28 | 13H28 | 0:15 | 24:35 | 17H35 | 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 | | | | | | | |