



# RACE WEEK SCHEDULE

## TUESDAY 22 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 KICKING OFF RACE WEEK.

17H45

MEET AT HLOOF NEH, TOWN SIDE

## WEDNESDAY 23 NOVEMBER

### REGISTRATION DAY ONE

DAY 1 - UTCT, UT100, PT55, TM35 & EX23 REGISTRATION

12H00-19H00

GARDENS RC

### RUN TO THE PRESIDENT

THE ANNUAL ULTRA-TRAIL CAPE TOWN SHAKEOUT RUN! MIX IT UP WITH CAPE TOWN LOCALS & ELITES FOR A SHORT SHAKE OUT RUN FROM GARDENS RC TO THE PRESIDENT HOTEL IN BANTRY BAY!

18H00-20H00

MEET AT GARDENS RC

## THURSDAY 24 NOVEMBER

### REGISTRATION DAY TWO

DAY 2 OF UTCT, UT100, PT55, TM35 & EX23 REGISTRATION

12H00-19H00

GARDENS RC

### ELITE Q&A

A QUESTION AND ANSWER SESSION WITH THE ELITE RUNNERS OF ULTRA-TRAIL CAPE TOWN.

17H30-19H00

GARDENS RC

## FRIDAY 25 NOVEMBER

### PT55

START TIME  
07H00

WINNERS IN  
12H30

START LLANDUDNO  
FINISH GARDENS RC

### EX23

START TIME  
09H00

WINNERS IN  
11H12

START ALPHEN TRAIL  
FINISH GARDENS RC

### UTCT

17H00

START GARDENS RC  
FINISH GARDENS RC

### REGISTRATION DAY THREE

FINAL DAY OF REGISTRATION - UTCT, UT100 & TM35

12H00-19H00

GARDENS RC

### END OF DAY

RACE VILLAGE CLOSES

22H30

## SATURDAY 26 NOVEMBER

### UT100

START TIME  
06H00

WINNERS IN  
15H30

START GARDENS RC  
FINISH GARDENS RC

### UTCT

WINNERS IN  
13H35

### RACE VILLAGE OPEN 24H

## SUNDAY 27 NOVEMBER

### UT100

FINAL FINISHERS  
05H55

### TM35

START TIME  
06H00

WINNERS IN  
09H35

START GARDENS RC  
FINISH GARDENS RC

### THE SHRED

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

08H00 - GARDENS RC

### PRIZE GIVING ALL RACES

12H00 - GARDENS RC

### UTCT

FINAL FINISHERS  
14H00

### ME & MR GREEN LIVE

LIVE BAND AND END OF UTCT CELEBRATION

14H30 - GARDENS RC

### END OF DAY & UTCT 2022

SEE YOU IN 2023!

18H00