

UTMT Check Point Schedule

Ver 2.1

| | Location | Distance | Cut off time | Drinks | Food |
|--------------|--------------------------------------|-----------|----------------|--|---|
| Start Point | Fo Tan | 0.00 km | | Water, Sport Drinks | n/a |
| SCP 1 | Needle Hill | 6.90 km | | n/a | n/a |
| CP 1 | Keng Hau Road | 12.50 km | 11:00 (Jan 05) | Water, Sport Drinks | Bread, Chocolate, Oranges, Bananas |
| SCP 2 | The Lion Rock | 16.80 km | | n/a | n/a |
| CP 2 | Lung Cheung Road | 22.40 km | 14:00 (Jan 05) | Water, Sport Drinks | Rice Cake Tea Favor, Bread, Chocolate, Bread, Lemon, Bananas |
| SCP 3 | Kam Shan | 25.80 km | | n/a | n/a |
| CP 3 | Shing Mun Road | 35.70 km | 17:00 (Jan 05) | Coke, Water, Sport Drinks, Hot Coffee, Hot Chinese Tea | Swiss-rolls, Bread, Chocolate, Pears, Bananas |
| SCP 4 | Tai Mo Shan Road | 38.80 km | | n/a | n/a |
| CP 4 | Tsuen King Circuit | 47.30 km | 20:30 (Jan 05) | Coke, Water, Sports Drinks, Hot Coffee, Hot Chinese Tea. | Stuffed Dumplings, Swiss-rolls, Bread, Chocolate, Bananas. |
| SCP 5 | Shek Lung Kung | 52.50 km | | n/a | n/a |
| CP 5 | Farm Milk | 60.30 km | 00:00 (Jan 06) | Farm Milk, Coke, Water, Sports Drinks, Hot Water. | Swiss-rolls, Bread, Chocolate, Bananas. |
| SCP 6 | Tai Lam Forest Trail Lockout Section | 69.80 km | | n/a | n/a |
| CP 6 | Sham Tseng | 78.20 km | 04:00 (Jan 06) | Water, Sports Drinks, Hot Coffee, Hot Chinese Tea. | Roast Duck Rice Noodle in soup, Swiss-rolls, Bread, Chocolate, Bananas. |
| SCP 7 | Tai Tong Shan Road | 87.20 km | | n/a | n/a |
| CP 7 | Tai Lam Chung Road | 95.40 km | 07:45 (Jan 06) | Water, Sports Drinks, Hot Coffee, Hot Chinese Tea. | Fish Ball, Swiss-rolls, Small Cake, Chocolate, Bananas. Oranges |
| SCP 8 | Lam Tei Reservoir | 105.40 km | | n/a | n/a |
| CP 8 | Tai Tong | 112.80 km | 12:15 (Jan 06) | Water, Sports Drinks, Hot Chocolate, Hot Chinese Tea. | Ham, Egg, Noodles, Bread, Chocolate, Bananas. |
| SCP 9 | Sze Pai Shek Shan | 120.30 km | | n/a | n/a |
| CP 9 | Fung Kat Heung | 125.30 km | 16:00 (Jan 06) | Water, Sports Drinks, Hot Coffee, Hot Chinese Tea. | Noodles, Bread, Chocolate, Bananas. |
| SCP 10 | Ta Shek Wu | 132.30 km | | water | n/a |
| CP 10 | Kadoorie Farm and Botanic Garden | 140.30 km | 20:00 (Jan 06) | Water, Sports Drinks, Hot Chocolate, Hot Chinese Tea. | Swiss-rolls, Small Cake, Chocolate, Bananas. Oranges. |
| SCP 11 | Sze Fong Shan | 146.60 km | | n/a | n/a |
| CP 11 | Wun Yiu | 152.30 km | 23:30 (Jan 06) | Water, Sports Drinks, Hot Coffee, Hot Chinese Tea. | Fried Rice, Fried Noodle, Bread, Chocolate, Bananas, Oranges. |
| SP 12 | Grassy Hill | 156.10 km | | n/a | n/a |
| Finish Point | Fo Tan | 162.30 km | 02:00 (Jan 07) | n/a | n/a |