

TTF Check Point Schedule

Ver 4.3

	Location	Distance	Cut Off Time	Drinks	Food
Start Point	Tsuen King Circuit	0.00 km		Water, Sport Drinks	n/a
SCP 1	Shek Lung Kung	5.20 km		n/a	n/a
CP 1	Farm Milk	13.00 km	20:00 (Jan 04)	Farm Milk, Coke, Water, Sports Drinks, Hot Water	Swiss-rolls, Bread, Chocolate, Bananas.
SCP 2	Tai Lam Forest Trail Lockout Section	22.50 km		n/a	n/a
CP 2	Sham Tseng	30.90 km	00:30 (Jan 05)	Water, Sports Drinks, Hot Coffee, Hot Chinese Tea.	Roast Duck Rice Noodle in soup, Swiss-rolls, Bread, Chocolate, Bananas.
SCP 3	Tai Tong Shan Road	39.90 km		n/a	n/a
CP 3	Tai Lam Chung Road	48.10 km	04:45 (Jan 05)	Water, Sports Drinks, Hot Coffee, Hot Chinese Tea.	Fish Ball, Swiss-rolls, Small Cake, Chocolate, Bananas. Oranges
SCP 4	Lam Tei Reservoir	58.10 km		n/a	n/a
CP 4	Tai Tong	65.50 km	09:45 (Jan 05)	Water, Sports Drinks, Hot Chocolate, Hot Chinese Tea.	Ham, Egg, Noodles, Bread, Chocolate, Bananas.
SCP 5	Sze Pai Shek Shan	73.00 km		n/a	n/a
CP 5	Fung Kat Heung	78.00 km	14:00 (Jan 05)	Water, Sports Drinks, Hot Coffee, Hot Chinese Tea.	Noodles, Bread, Chocolate, Bananas.
SCP 6	Ta Shek Wu	85.00 km		water	n/a
CP 6	Kadoorie Farm and Botanic Garden	93.00 km	19:00 (Jan 05)	Water, Sports Drinks, Hot Chocolate, Hot Chinese Tea.	Swiss-rolls, Small Cake, Chocolate, Bananas. Oranges.
SCP 7	Sze Fong Shan	99.30 km		n/a	n/a
CP 7	Wun Yiu	105.00 km	22:45 (Jan 05)	Water, Sports Drinks, Hot Coffee, Hot Chinese Tea.	Fried Rice, Fried Noodle, Bread, Chocolate, Bananas, Oranges.
SCP 8	Grassy Hill	108.80 km		n/a	n/a
Finish Point	Fo Tan	115.00 km	02:00 (Jan 06)	n/a	n/a