

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 04)	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 04)	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 04)	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 04)	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 05)	Farm Milk, Coke, Water, Sports Drinks, Hot	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 05)	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 05)	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 05)	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 05)	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 05)	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 05)	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 06)	n/a	n/a