

# GIANT'S CUP UNCUT GCU65



| 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 |
|----------------|------------------|----------|----------|----------|----------|-------------------|-------------------|-----------|----------|---------------------|-----------|----------|--------------|-----------|----------|--------------------------------------|------------|----------|-----------------|---------|------------|---------|
| START          | SILVERSTREAMS    | 0        | 0        | 0        | 0        | 13.2              | -                 | 0         | 07H00    | -                   | 0         | 07H00    | -            | 0         | 07H00    | START                                | SAT 26     | X        |                 |         |            | WC      |
| AID            | SWIMAN           | 13.2     | 13.2     | 544      | 544      | 12.7              | 1:10              | 1:10      | 08H10    | 1:20                | 1:20      | 08H20    | 2:50         | 2:50      | 09H50    |                                      |            |          | X               |         | X          | X       |
| AID            | CASTLEBURN       | 12.7     | 25.9     | 290      | 834      | 11.4              | 1:00              | 2:10      | 09H10    | 1:20                | 2:40      | 09H40    | 2:40         | 5:30      | 12H30    | 13H00 CUT OFF                        | SAT 26     |          |                 |         |            | WC      |
| AID            | MZIMKULWANA HUT  | 11.4     | 37.3     | 420      | 1254     | 8.4               | 1:05              | 3:15      | 10H15    | 1:15                | 3:55      | 10H55    | 3:15         | 8:45      | 15H45    |                                      |            |          | X               | X       | X          | WC      |
| AID            | COBHAM           | 8.4      | 45.7     | 521      | 1775     | 9.8               | 0:55              | 4:10      | 11H10    | 0:55                | 4:50      | 11H50    | 2:10         | 10:55     | 17H55    |                                      |            |          |                 |         | X          | WC      |
| AID            | SANI VALLEY GATE | 9.8      | 55.5     | 35       | 1810     | 8.2               | 1:00              | 5:10      | 12H10    | 1:10                | 6:00      | 13H00    | 2:15         | 13:10     | 20H10    |                                      |            |          |                 |         |            | WC      |
| FINISH         | GLENCAIRN FARM   | 8.2      | 63.7     | 87       | 1897     | 0                 | 0:40              | 5:50      | 12H50    | 0:45                | 6:45      | 13H45    | 1:20         | 14:30     | 21H30    | CUT OFF 14:30hrs                     | SAT 26     |          |                 |         |            | WC      |
| TECHNICAL DATA |                  |          |          |          |          |                   | MALE LEAD RUNNERS |           |          | FEMALE LEAD RUNNERS |           |          | BACK RUNNERS |           |          | AID KEY:  WATER  DRINKS  FOOD DRINKS |            |          |                 |         |            |         |

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