

超越极限

TRANS
LANTAU
HONG KONG

BY UTMB®

08 - 10 NOVEMBER 2024

RACE GUIDE

100M M

100K M

50K M

20K M

UTMB®
WORLD SERIES

HOKA
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CONTENT

Event Schedule	P.3
Race Rules - Mandatory Gear	P.4
Race Rules - Penalties	P.5
Race Information - TRANSLANTAU 120	P.7
Race Information -TRANSLANTAU 100	P.9
Race Information -TRANSLANTAU 50	P.11
Race Information -TRANSLANTAU 25	P.13
Food & Beverages	P.15
Awards & Map	P.17

Event Schedule

Date/Time	Event	Location
1 to 5 Nov (13:30-20:30 Daily)	Race pack collection (by reservation before 28th Oct 2024 only)	HOKA Concept Store 55 Patterson Street, Causeway Bay
7 Nov (15:00)	Press Conference & Elite Presentation	Central Market, Central District
8 Nov (14:00-22:00)	Race Pack Collection	Mui Wo River Silver Garden
8 Nov (14:00-22:00)	Ultra-Trail Expo	Mui Wo River Silver Garden
8 Nov (22:00)	TransLantau120 Start	Mui Wo River Silver Garden
9 Nov (07:00-20:00)	Race Pack Collection	Mui Wo River Silver Garden
9 Nov (08:00-20:00)	Ultra-Trail Expo	Mui Wo River Silver Garden
9 Nov (09:00)	TransLantau100 Start - Wave #1	Mui Wo River Silver Garden
9 Nov (09:15)	TransLantau100 Start - Wave #2	Mui Wo River Silver Garden
9 Nov (10:00)	TransLantau50 Start - Wave #1	Mui Wo River Silver Garden
9 Nov (10:15)	TransLantau50 Start - Wave #2	Mui Wo River Silver Garden
9 Nov (10:30)	TransLantau50 Start - Wave #3	Mui Wo River Silver Garden
9 Nov (12:30)	Expected first finisher for 120km (male)	Mui Wo River Silver Garden
9 Nov (14:15)	Expected first finisher for 50km (male) & first finisher for 120km (female)	Mui Wo River Silver Garden
9 Nov (14:45)	Expected first finisher for 50km (female)	Mui Wo River Silver Garden
9 Nov (19:30)	Expected first finisher for 100km (male)	Mui Wo River Silver Garden
9 Nov (20:30)	Expected first finisher for 100km (female)	Mui Wo River Silver Garden
9 Nov (23:30)	Last finisher for 50km (13h)	Mui Wo River Silver Garden
10 Nov (07:00-17:30)	Race Pack Collection	Mui Wo River Silver Garden
10 Nov (08:00-17:30)	Ultra-Trail Expo	Mui Wo River Silver Garden
10 Nov (09:00)	TransLantau25 Start - Wave #1	Mui Wo River Silver Garden
10 Nov (09:15)	TransLantau25 Start - Wave #2	Mui Wo River Silver Garden
10 Nov (09:30)	TransLantau25 Start - Wave #3	Mui Wo River Silver Garden
10 Nov (10:00)	Last finisher for 120km (36h)	Mui Wo River Silver Garden
10 Nov (11:15)	Expected first finisher for 25km (male and female)	Mui Wo River Silver Garden
10 Nov (13:00-13:30)	Awards for TransLantau120/100/50/25 (overall top 5 men & women; Winners of each age category)	Mui Wo River Silver Garden
10 Nov (17:15)	Last finisher for 100km (32h)	Mui Wo River Silver Garden
10 Nov (17:30)	Last finisher for 25km (8h)	Mui Wo River Silver Garden

MANDATORY EQUIPMENT CHECKLIST

Athletes must carry the mandatory gear at all times during the race. You should be prepared for random checks on the course, and if you are missing any item you will receive a time penalty and may not be allowed to continue the race.

ITEMS	TL120	TL100	TL50	TL25
Running Pack	✓	✓	✓	✓
Smartphone with HK50S app installed	✓	✓	✓	✓
Minimum water supply: 1 liter (2 liters recommended)	✓	✓	✓	✓
Food reserve	✓ (800KCAL)	✓ (800KCAL)	✓ (400KCAL)	○
Reusable cup	✓	✓	✓	✓
Reusable bowl & utensils	○	○	○	○
Headlamp(s)	2 (with replacement batteries)	2 (with replacement batteries)	✓	✗
Survival blanket (1.30m x 2m minimum)	✓	✓	✓	○
Whistle	✓	✓	✓	✓
Self-adhering elastic bandage (for strapping, minimum 80 cm x 2 cm)	✓	✓	✗	✗
Waterproof jacket with hood	✓	✓	✓ (Windproof mandatory)	○ (Windproof recommended)
Min. \$200 cash	✓	✓	✓	✓

✓ : Mandatory

○ : Highly recommended

NOTE: If you decide to use hiking poles, you must keep them throughout the whole race. It is not allowed to start without poles and recover them up along the way.

Other recommended equipment (including but not limited to):

- ID – passport/ID card (digital copies accepted)
- Survival blanket of 1.30m x 2m minimum / 51.2 inches x 78.8 inches
- Self-adhering elastic bandage for bandaging or strapping (minimum 80 cm x 2 cm / 31.5 inches x 0.8 inches)
- An external battery is highly recommended
- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Hiking poles
- Vaseline or anti-heat cream
- GPS watch
- Knife or scissors for cutting elastic bandage
- Emergency sewing kit

PENALTIES: TIME PENALTIES AND DISQUALIFICATION

If a runner breaks the rules, race directors and aid stations' / security points' team leaders can instantly apply (*) a penalty according to the following chart:

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATION (TL120&100)	PENALTIES (*) – DISQUALIFICATION (TL50&25)
Short-cutting the route	At Race Director's discretion	At Race Director's discretion
Missing item(s) of the mandatory equipment checklist (e.g. no water supply of a volume of a minimum of 1 liter)	Disqualification	Disqualification
Absence of other mandatory equipment items (only one torch light, whistle, self-adhesive elasticated bandage, food reserve, collapsible cup)	1 hour penalty	30 mins penalty
Refusal to have mandatory equipment checked	Disqualification	Disqualification
Smartphone turned off or in airplane mode	15 mins penalty	15 mins penalty
Discarding of rubbish/trash (voluntary act) by a competitor or a member of their entourage	1 hour penalty	30 mins penalty
Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification	Disqualification
Not assisting a person in need (in need of care)	Disqualification	Disqualification
Receiving assistance outside of authorized zones	1 hour penalty	30 mins penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	15 mins penalty	10 mins penalty
Cheating (e.g., use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life	Immediate disqualification for life
Lack of visible race-bib	15 mins penalty	10 mins penalty
Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators)	15 mins penalty	10 mins penalty
No timing chip	At Race Director's discretion	At Race Director's discretion
No passage through a check point	At Race Director's discretion	At Race Director's discretion
Refusal to comply with an order from the race directors, race stewards/ marshals, aid station team leader, doctors or search and rescue staff.	Disqualification	Disqualification
Departure from a check point after the time barrier	Disqualification	Disqualification
Use of poles not carried from the beginning of the race	1 hour penalty	10 mins penalty

**MANY
TRAILS.
ONE
GOAT.**



SPEEDGOAT 6

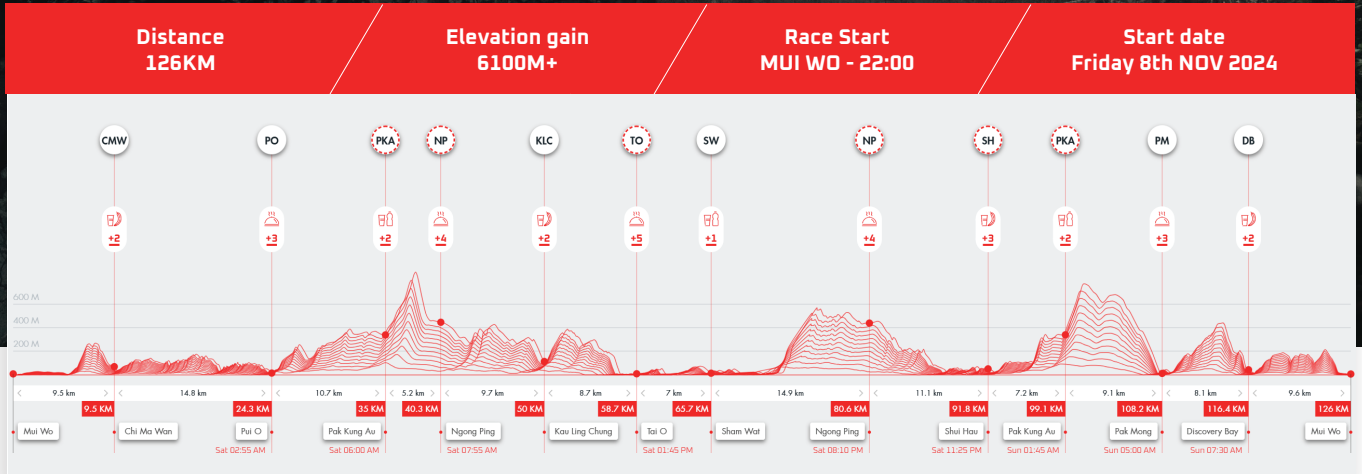
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RACE CATEGORY

100M **M**



Point	Altitude	Dist. inter	Dist	Elevation	Elevation	Fastest	Slowest	Cut Off	Services
Mui Wo	5	0	0	0	0	Fri 10:00 PM	Fri 10:00 PM		
Chi Ma Wan	67	9.5	9.5	376	304	Fri 10:42 PM	Fri 11:45 PM		
Pui O Long Coast Seaports	12	24.3	14.8	912	905	Fri 11:56 PM	Sat 02:42 AM	Sat 02:55 AM	
Pak Kung Au	338	35.2	10.7	1602	1276	Sat 01:06 AM	Sat 05:42 AM	Sat 06:00 AM	
Ngong Ping	446	40.4	5.1	2150	1707	Sat 01:54 AM	Sat 07:42 AM	Sat 07:55 AM	
Kau Ling Chung	101	50.3	9.8	2547	2449	Sat 03:05 AM	Sat 10:20 AM		
Tai O	3	58.4	8	2871	2872	Sat 04:01 AM	Sat 12:35 PM	Sat 01:45 PM	
Sham Wat	3	65.9	7.4	3027	3027	Sat 04:43 AM	Sat 02:21 PM		
Ngong Ping	439	80.8	14.7	3894	3462	Sat 06:36 AM	Sat 07:09 PM	Sat 08:10 PM	
Shui Hau	14	93.1	12.2	4193	4189	Sat 07:55 AM	Sat 10:37 PM	Sat 11:25 PM	
Pak Kung Au	339	99.3	6.1	4656	4327	Sat 08:46 AM	Sun 12:50 AM	Sun 01:45 AM	
Pak Mong	9	108.4	9	5187	5184	Sat 10:07 AM	Sun 04:16 AM	Sun 05:00 AM	
Discovery Bay	40	116.5	8.1	5689	5661	Sat 11:18 AM	Sun 07:07 AM	Sun 07:30 AM	
Mui Wo	4	126.2	9.6	6075	6074	Sat 12:29 PM	Sun 09:57 AM		



NEW

SUUNTO X UTMB WORLD SERIES

Limited Edition

Adventure
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SUUNTO

RACE CATEGORY

100KM



Point	Altitude	Dist. inter	Dist	Elevation	Elevation	Fastest	Slowest	Cut Off	Services
Mui Wo	5	0	0	0	0	Sat 09:00 AM	Sat 09:15 AM		[Icons: Drink, Aid, Emergency, Shower, Power]
Pui O Long Coast Seaports	12	6.4	6.4	122	115	Sat 09:24 AM	Sat 10:30 AM	Sat 10:40 AM	[Icons: Drink, Aid, Emergency, Shower, Power, NAAK]
Pak Kung Au	338	17.3	10.7	812	486	Sat 10:24 AM	Sat 01:40 PM	Sat 02:50 PM	[Icons: Drink, Aid, Emergency, Shower, Power, NAAK]
Ngong Ping	446	22.5	5.1	1360	917	Sat 11:08 AM	Sat 04:12 PM	Sat 04:25 PM	[Icons: Drink, Aid, Emergency, Shower, Power, NAAK]
Kau Ling Chung	106	32.3	9.6	1757	1646	Sat 12:07 PM	Sat 07:15 PM		[Icons: Drink, Aid, Emergency, Shower, Power, NAAK]
Tai O Fat Ho College	3	40.6	8.2	2080	2081	Sat 12:56 PM	Sat 09:47 PM	Sat 10:20 PM	[Icons: Drink, Aid, Emergency, Shower, Power, NAAK]
Sham Wat Kwun's cafe	11	48	7.4	2236	2236	Sat 01:34 PM	Sat 11:38 PM		[Icons: Drink, Aid, Emergency, Shower, Power, NAAK]
Ngong Ping	439	62.9	14.8	3103	2671	Sat 03:18 PM	Sun 04:54 AM	Sun 05:20 AM	[Icons: Drink, Aid, Emergency, Shower, Power, NAAK]
Shui Hau Fung Wong Store	18	74.6	11.6	3402	3384	Sat 04:31 PM	Sun 08:47 AM	Sun 09:05 AM	[Icons: Drink, Aid, Emergency, Shower, Power, NAAK]
Pak Kung Au	339	81.4	6.6	3865	3536	Sat 05:25 PM	Sun 11:28 AM	Sun 11:35 AM	[Icons: Drink, Aid, Emergency, Shower, Power, NAAK]
Pak Mong	9	90.5	9	4396	4393	Sat 06:44 PM	Sun 03:14 PM	Sun 03:25 PM	[Icons: Drink, Aid, Emergency, Shower, Power, NAAK]
Mui Wo	4	96.2	5.6	4616	4613	Sat 07:29 PM	Sun 05:12 PM		[Icons: Drink, Aid, Emergency, Shower, Power, NAAK]

- DRINK SUPPLY
 SPARE BAG
- AID STATION
 WC
- EMERGENCY
 REST AREA
- AID-STATION WITH WARM MEAL
 SHOWER
- POWER SUPPLY
- NAAK® PRODUCTS

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TRANSLANTAU 50

RACE CATEGORY

50K **M**

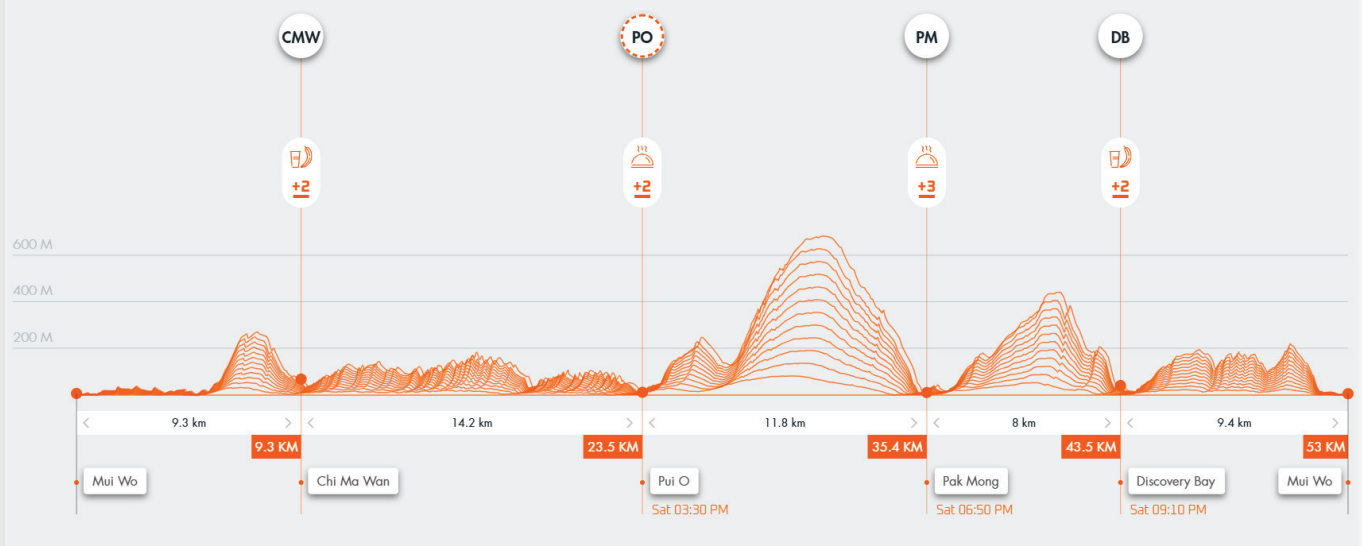


Distance
53KM

Elevation gain
2700M+

Race Start
MUI WO - 10:00

Start date
Saturday 9th NOV 2024



Point	Altitude	Dist. inter	Dist	Elevation	Elevation	Fastest	Slowest	Cut Off	Services
Mui Wo	5	0	0	0	0	Sat 10:00 AM	Sat 10:30 AM		☒☒
Chi Ma Wan	67	9.3	9.3	351	289	Sat 10:37 AM	Sat 12:16 PM		☒☒☒
Pui O Long Coast Seaports	10	23.5	14.2	992	987	Sat 11:41 AM	Sat 03:22 PM	Sat 03:30 PM	☒☒☒☒☒
Pak Mong	9	35.4	11.8	1800	1793	Sat 12:50 PM	Sat 06:42 PM	Sat 06:50 PM	☒☒☒☒☒
Discovery Bay	39	43.5	8	2321	2289	Sat 01:39 PM	Sat 09:02 PM	Sat 09:10 PM	☒☒☒☒☒☒
Mui Wo	4	53	9.4	2734	2740	Sat 02:30 PM	Sat 11:30 PM		☒☒☒☒☒☒☒

☒ DRINK SUPPLY

☒ AID STATION

☒ EMERGENCY

☒ AID-STATION WITH WARM MEAL

☒ SPARE BAG

☒ WC

☒ REST AREA

☒ SHOWER

☒ POWER SUPPLY

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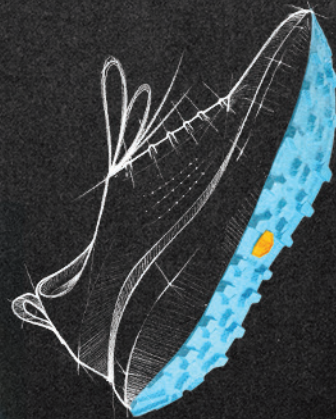
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TRANS LANTAU 25

RACE CATEGORY

20K / M

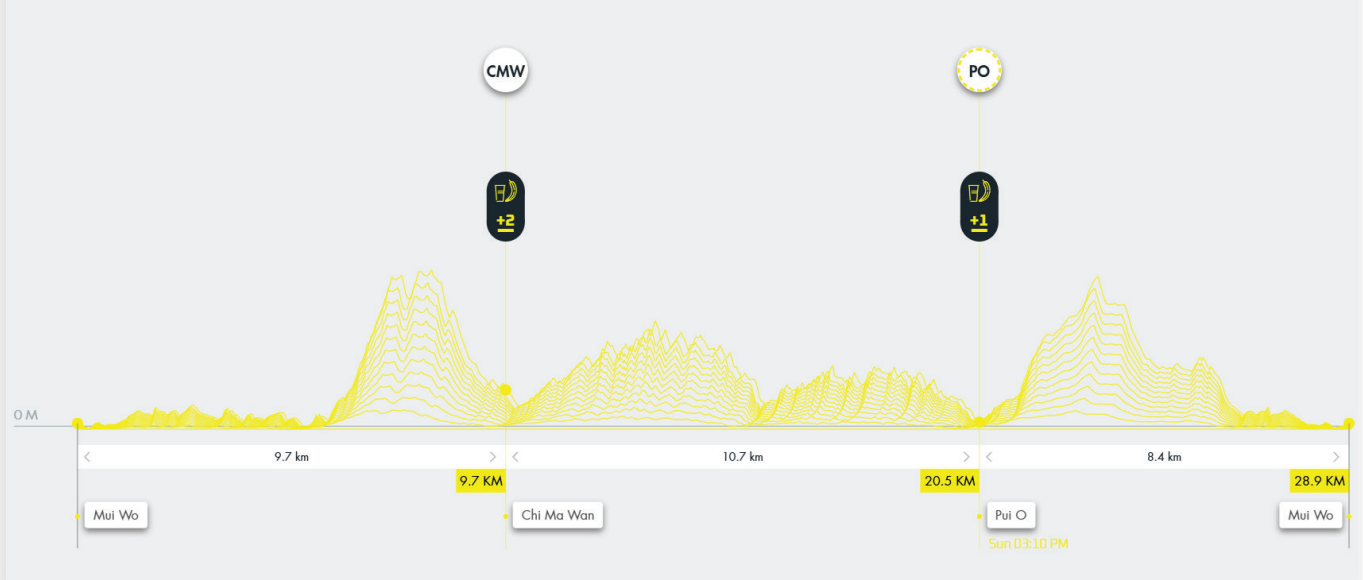


Distance
27KM

Elevation gain
1100M+

Race Start
MUI WO - 09:00

Start date
Sunday 10th NOV 2024



Point	Altitude	Dist. inter	Dist	Elevation	Elevation	Fastest	Slowest	Cut Off	Services
Mui Wo	5	0	0	0	0	Sun 09:00 AM	Sun 09:30 AM		
Chi Ma Wan	63	9.7	9.7	381	318	Sun 09:41 AM	Sun 11:56 AM		
Pui O Long Coast Seaports	7	20.5	10.7	787	780	Sun 10:32 AM	Sun 02:58 PM	Sun 03:10 PM	
Mui Wo	5	28.9	8.4	1082	1082	Sun 11:15 AM	Sun 05:30 PM		

DRINK SUPPLY

AID STATION

EMERGENCY

AID-STATION WITH WARM MEAL

SPARE BAG

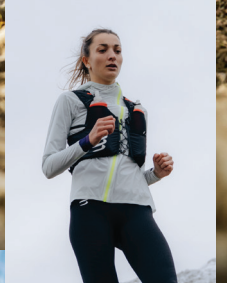
WC

REST AREA

SHOWER

POWER SUPPLY

NAAK® PRODUCTS







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Food & Beverages

LOCATION/ CATEGORY									Special Delicacy
START: MUI WO	100M M 100K M	50K M 20K M							
T1 : CHI MA WAN	100M M 100K M	50K M 20K M	✓		✓	✓	✓	✓	
T2 : PUI O	100M M 100K M	50K M 20K M	✓	✓	✓	✓	✓	✓	Fishball Noodles Iced Pineapple
T3 : PAK KUNG AU (1)	100M M 100K M		✓	✓	✓			✓	Salty lemon
T4 : NGONG PING (1)	100M M 100K M		✓	✓	✓	✓	✓	✓	Macaroni Congee Baked Sago Pudding
T5 : KAU LING CHUNG	100M M 100K M		✓	✓	✓	✓	✓	✓	Pork Jerky
T6 : TAI O	100M M 100K M		✓	✓	✓	✓	✓	✓	Hot Dog
T7 : SHAM WAT	100M M 100K M		✓		✓				Roselle Tea
T8 : NGONG PING (2)	100M M 100K M		✓	✓	✓	✓	✓	✓	Macaroni Congee Baked Sago Pudding
T9 : SHUI HAU	100M M 100K M		✓	✓	✓	✓	✓	✓	Sachima
T10 : PAK KUNG AU (2)	100M M 100K M		✓	✓	✓			✓	Potato Soup Salty lemon
T11 : PAK MONG	100M M 100K M	50K M	✓	✓	✓	✓	✓	✓	Sweet Soup Egg Roll
T12: DISCOVERY BAY	100M M 100K M	50K M	✓	✓	✓	✓	✓	✓	Congee Pudding Cake
FINISH: MUI WO	100M M 100K M	50K M 20K M	✓	✓	✓	✓			Finisher Meal



DRINKS: Water/ NAAK/Coca-Cola



HOT DRINKS : Coffee/Ginger Tea / Ovaltine / Soup



FRUITS : Bananas/Tangerines / Pears (1 of 3 at each cp)



FOOD : Bread with Jam/Nutella/Peanut butter



SNACKS : Chocolate/Chicken Breast /nuts /mixed fruit puree



Bar or Waffle



HOT FOOD



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Awards & Map

AWARDS

For each race, there is an overall ranking - men and women - and an age category ranking - men and women - (see below further details for each category).

Events : the first five (5) men and the first five (5) women in the general ranking, as well as the first runner man and women in each category receive a trophy. Awards and trophies are only distributed at the prize giving ceremony. It's mandatory to be present in order to receive them.

Age Categories	
16-17	55-59
18-19	60-64
20-34	65-69
35-39	70-74
40-44	75-79
45-49	80-84
50-54	85+

MAPS





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