UTAB® WORLD SERIES

MALAYSIA ultra • trail BY UTMB

RACE BRIEFING 15 – 17 November 2024

WELCOME TO MALAYSIA ULTRA-TRAIL by UTMB.

Thank you for joining us for the inaugural Malaysia Ultra-Trail by UTMB®.

The team is excited to welcome you to the historical town of Taiping located on the northern Peninsular Malaysia state of Perak.

We look forward to sharing our trails with the global trail running community where runners will be taken on a journey through our rainforest, said to be the oldest in the world. Runners in the MYVK, MY50 and MY100 will further gain an experience of a lifetime running through the Virgin Jungle Reserves (VJR) which are only accessible during the race. The MYVK is the only VK race in the country. MY13 and MY25 course have been designed to cater for beginners and mid-level trail runners. Doesn't matter which distance you will be running, we are sure that you will benefit from the "forest bathing ritual" presented by mother nature.

They say that "family that runs together sticks together"; hence, we are making the event inclusive for all with the introduction of MYKIDS race. Get your kids to the starting line and guide them to the finish line.

As you know the conditions in this tropical rainforest environment are highly changeable, so please be mindful that the weather can, and does, change here incredibly quickly so keep your eyes on the sky as much as possible and do follow the instructions of our fellow team members out on the course.

Enjoy your time on the trails and I look forward to seeing you on the finish line.



RUNNER GUIDE



BY UTMB 15-17 NOVEMBER 2024 https://malaysia.utmb.world | malaysiauhratrail@service.byutmb.world UTMB HCKA . SUUNTO näak FLY HUMAN FLY

2024 RUNNER GUIDE

This is a key document for your race week - containing all the important information you need to know pre, during and post-race.



https://malaysia.utmb.world/runners/runners-guide

KEY EVENT TIMINGS



Please familiarise yourself with the full event schedule which can be found in the Runner Guide and on our website (https://malaysia.utmb.world/)

EVENT	DATE	ТІМЕ	LOCATION	REMARKS	
RACE CHECK IN	14 NOVEMBER 2024 15 NOVEMBER 2024 16 NOVEMBER 2024	2.00PM – 6.00PM 10.00AM – 6.00PM 10.00AM – 6.00PM	DATARAN WARISAN	 ALL DISTANCES ALL DISTANCES UNTILL 12PM (MY25) & 10AM 6PM (MY13) 	MYKIDS OOOOO First Name Lat NAME
ELITE INTRODUCTION/ RACE DIRECTOR Q&A SESSION	15 NOVEMBER 2024	5.00PM	DATARAN WARISAN		MY13 OOOOO First Name
WELCOME DINNER	15 NOVEMBER 2024	6.30PM	DATARAN WARISAN		
PRIZE PRESENTATION	17 NOVEMBER 2024	8.30AM - 10.00AM (collection at prize collection tent) 11.30AM – 12.30PM (on stage presentation)	DATARAN WARISAN	Age Group 1 st – 3 rd Place (all categories) 4 th -10 th Place Overall MYVK/MY13/MY25/MY50 1 st – 3 rd Place Overall MYVK/MY13/MY25/MY50 & Top 10 MY100	

RACE/ COURSE INFO



Category	Dist/ Elevation	Start Format	Start Date/ Time	Cut Off Time	Running Stones	
MY100	97.3KM/ 4937m	Mass	3am/ 16 Nov	32hrs 11am/ 17 Nov	3	
MY50	51KM/ 2801m	Waves (2) (10mins Interval)	10am/ 16 Nov	17hrs 3.10am/ 17 Nov	2	
MY25	25.7KM/ 1252m	Waves (3) (10mins Interval)	3pm/ 16 Nov	9hrs 12.20am/17 Nov	1	
MY13	14KM/ 419m	Mass	7am/ 17 Nov	4hrs 11am/ 17 Nov	-	
MYVK	5.7KM/ 998m	Rolling (5sec Interval)	8am/ 15 Nov	2.5hrs 11am/15 Nov COT based on Last Departure	-	
MYKIDS JR	1.1KM/ 0m	Mass	4pm/ 15 Nov	1hr 5pm/ 15 Nov		
MYKIDS SR	1.9KM/ 0m	Mass	4pm/ 15 Nov	45mins 5pm/ 15 Nov	-	

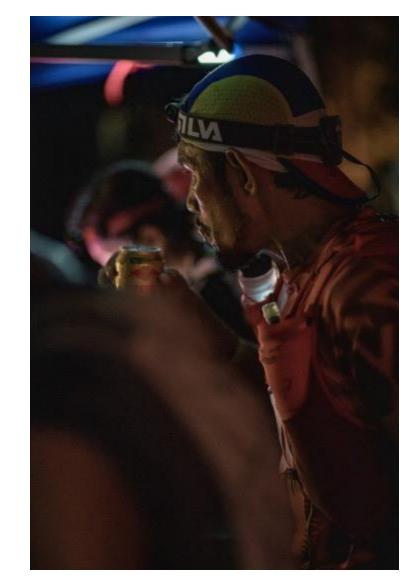
• The Runner Guide and event website contains all the information you need on the courses for each distance – including maps, information on course marking/signage and general safety tips for runners.

• GPX files are available for each course some mapping applications will show different results.

AID-STATIONS

- STRICT CUT-OFF-TIME at all Aid-Stations.
- There is sufficient supplies at all Aid-Stations for all runners. Please think of those behind you. Only take what you need and can consume.
- WARNING DO NOT SPLASH DRINKING WATER OVER YOUR HEAD. There is splash zone at selected Aid-Stations.
- **ONLY RUNNERS** may help themselves to the supplies at the Aid-Stations.
- Please always follow the instructions by the event team.





DROP BAGS

ALL DROP BAGS are to be deposited at the **DROP BAG ZONE** located at Esplanade, Taiping.

FINISH LINE DROP BAGS

Compulsory when deposit the bag :

- Use the bag and tag your bag provided by the race pack only !
- Sign in and out when deposit / collecting your bag before and after the race.
- Your bag only can be discharge by showing your race bib during collection after the race.

MID-WAY DROP BAGS

Only for MY100 category

Compulsory when deposit the bag :

- Use the bag and tag your bag provided by the race pack only !
- Deposit prior to race start at the Holding truck located in front of the finish line drop back zone.
- Mid-way bag only can be access at C5 U-turn Kuning Sari.
- Only runners may collect and deposit the bags.
- Your bag only can be discharge by showing your race bib during collection after the race.





SAFETY

Latest Updates before the race

- **NO UNAUTHORISED TRANSFER** of Race Bib. Runners will be subjected to prosecution and will be reported to authorities if found to have flaunt this rule.
- No nonsense approach regards MANDATORY ITEMS. All 50KM runners will be check before entering C5 U-Turn Kuning Sari whilst all MY100 runners will be inspected at C8 Maxwell BaseCamp (AS Suunto). NO GEAR CHECKS at Check-in.
- SAFETY RULES No sleeping in the trails/ exercise proper ettiquettes in the trails no pushing; do give a shout out if intend to overtake; give way to faster runners; follow markers, signages and instruction of event team at all times – do not divert off course; NO SHOE NO RACE RULE, and do not swim in the rivers.

WITHDRAWAL PROCESS

I) Can't proceed on course – Establish contact with EOC for help and wait for sweepers(help) to arrive.
 II) At Aid-Stations (proceed to nearest AS if withdrawal on course) – Inform event team of intention to withdraw.

- Technical Commissioners will carry out the withdrawal procedure who will arrange transport to send back to race site.
- All EMERGENCY CALLS should be made to the Event Operations Center : +6017 877 0591. (THE EMERGENCY NUMBER IS ON YOUR RACE BIB)
- In the spirit of TOGETHERNESS IN TRAILS, always **HELP RUNNERS IN NEED**.



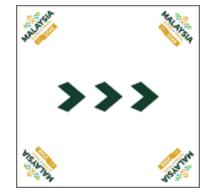


SIGNAGES



These are the signages that you need to understand and follow during the race :





ENVIRONMENT SIGNAGES

There will be do's & don'ts once entering this area

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ON ROAD DIRECTIONAL
Follow this arrow for the race route



ON TRAIL MARKER

- Follow this marker for the race route
- Two types of fabric. Cloth & plastic



COURSE DIRECTION / SPLIT POINT

- On racecourse, there will be split route for specific category.
- Do follow your race category once hit the split point.

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AID STATION MARKER

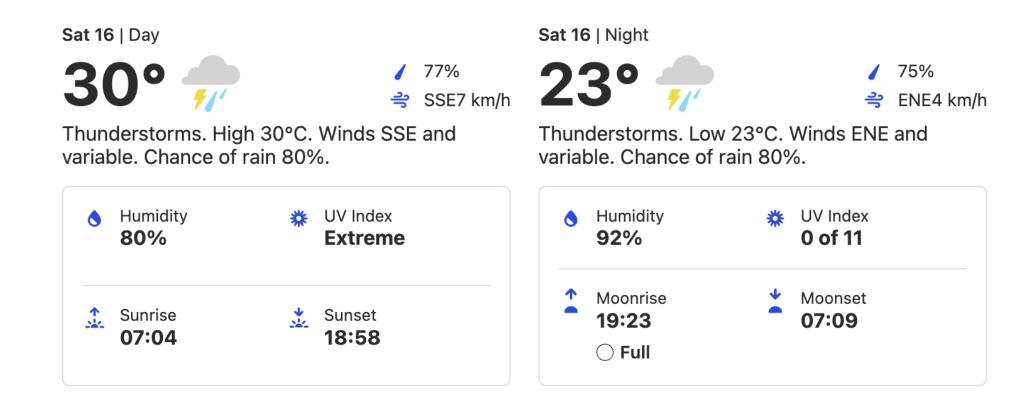
 Once you hit the Aid Station, most of the information regarding the specific station will be shown in this signage



- WAY FINDER
- On race site to show way to specific area

WEATHER UPDATE





We do expect a wet and hot weather throughout race day on 16th November. Please be prepared and ensure to carry all the key mandatory items. *updated as of 10 Nov 2024

REMINDERS



- **BEHAVIOUR DURING THE RACE** Respect the environment, the organization staff, the volunteers, the local population and the other runners.
- Please read the **RACE/ EVENT GUIDE** in totality for a better race experience.
- Please wear the **WRIST BAND** provided in the RACE PACK at all time during the event weekend as it will allow the event team to recognise your status in the event.
- Please ensure that your **RACE BIB** are visible at all time.
- **RACE BIB** are to be worn on the front and not on pin or tied to the backpack.
- Bring some CASH/ Keep your ID/ passport and your PHONE online during the race.
- **NO OUTSIDE SUPPORT** allowed on course allowed except for at C1 Tiger Temple/ C2 Ayer Kuning/ C4 Changkat Ibol Junction and C8 Maxwell BaseCamp.
- Please PLAN YOUR JOURNEY ahead of time.
- If you are a **SUUNTO USER**, you may download SUUNTO PLUS GUIDE to guide you through your respective race, sections by sections.
- Bring home nothing but memories and leave nothing but foot-print.





SPECTATORS/ SUPPORT CREW

SUPPORT CREW are generally not needed to complete the race.

However, runners may receive legal assistance at C1/C2/C4 and C8 with the following conditions:

- Runners can only be supported within 100m radius from the respective Aid stations (C1/C2/C4 and C8)
- Spectators and Support Crew are not allowed on course
- Spectators and Support Crew are not allowed to pace runners.
- Spectators and Support Crew to follow instructions of Event Team at all time.
- Spectators and Support Crew are not allowed to retrieve drop bags or refreshment on behalf of runners.





SPECTATORS/ SUPPORT CREW



SPECTATORS and **SUPPORT CREW** may follow runners' progress through:



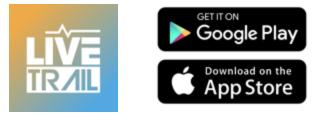
LIVE UTMB https://live.utmb.wo rld/fr/malaysia/2024



LIVE TRAIL https://livetrail.n et/home/malaysi

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Please do download the UTMB Live Trail application to follow the runners or visit the website.



POST-RACE

Finisher process:

- Celebrate you crossing the finish line with a BIG SMILE;
- Collect your Finish Line Entitlements for finishing within Cut Off Time
- Refuel at the Recovery Zone
- Collect your drop bags
- Freshen up at Kahf Refreshing Zone at Esplanade Taiping



EVENT RESULTS



SPORTOGRAF https://www.sportog

raf.com/en/event/13 303/subevents





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