



DRAGON SLAYER GUIDE

PRESENTED BY:   RaceBase



**A LIFE FUEL BY PASSION IS LIKE
RIDING A DRAGON BACK.**

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INTRODUCTION

The 9 Dragons Ultra Malaysia is an international collaboration between Race Base Asia who is the principal organizer of The 9 Dragons Ultra in Hong Kong and MMTF Consultant who organizes the regionally famed Malaysia Mountain Trail Festival.

The 9 Dragons Ultra Malaysia is supported by and co-organized with Langkawi Development Authority (LADA). The 2022 edition is scheduled for 28 – 30 October 2022 and will start and finish at Resort World Langkawi, an island resort in the state of Kedah, West Malaysia.

The 9 Dragons Ultra Malaysia will take runners through 10KM, 25KM, 50KM and 50 Miles of pristine trails in Langkawi with elevation gains of 290m, 900m, 1810m and 3500m (+)(-) respectively. The race will give every runner a chance of a lifetime to experience running through mixed and forgotten trails whilst covering most of the peaks in Langkawi.

The 9 Dragons Ultra Malaysia will have the race format similar to the principal's race in Hong Kong. The ultimate challenge will be running the 50 Miles and 50KM races spread over 2 days. Runners can also opt to run the 50 Miles, 50KM, 25KM or 10KM only. Subsequently, one can also do the 50 Miles or 50km race and thereafter the 25KM or the 10KM at a special rate for the shorter distance. Unlike the 50/50 & 25/10 challenge, these are considered separate races all together.

The 9 Dragons Ultra Malaysia is certified by International Trail Running Association (ITRA) and one of the Ultra Trail Mont Blanc (UTMB) World Series Qualifiers. The 25KM, 50KM, 50 Miles and 50/50 race is accorded 1 point, 3 points, 4 points and 5 points respectively by ITRA. The 9 Dragons Ultra Malaysia is also an Asia Trail Master 2023 Candidate Race.



RUNNER'S INFORMATION

	Details
Date	28 October, 10am – 6pm : Race Entry Kit Collection/ REPC
	28 October, 5pm – 6pm : Race Briefing
Race Entry Kit Collection	28 October, 10am – 6pm (all categories)
	29 October, 4am - 5am (10KM & 50KM Only)
Event Venue	Resort World Langkawi, Kedah, Malaysia
Distances (Race)	10KM; 25KM; 50KM; 50 Miles; 50/50
Event Page	https://www.facebook.com/events/804480086674003/
Website	https://mmtf.my/events/the9dragonsultramalaysia
Email Address	info@mmtf.my

RUNNER'S INFORMATION



RACE VENUE/ VILLAGE

- Resort World Langkawi will play host to THE 9 DRAGONS ULTRA MALAYSIA 2022.
- The race will START/ FINISH at Resort World Langkawi.
- REPC will be held at Resort World, Langkawi.
- To enjoy a special discount when you stay at Resort World Langkawi during the race weekend, use the following code **RWL-MMTF2022** (book via whatsapp +6019 – 4464511 (Available 24 hours) / +6010 - 5374700 (Office hours)

REMINDERS

- Runners are advised to keep the noise down after 10.00pm.
- Runners are advised to park vehicles at designated area at the hotel so as not to create any inconvenience to the hotel guests.
- Runners are advised to discard rubbish responsibly and do not leave bags unattended within the hotel vicinity.
- Runners are advised to follow the rules that hotel facilities are only for hotel guests.
- Camping is not allowed in the compound of the hotel.



RUNNER'S INFORMATION

FLAG OFF/ CUT OFF TIME (COT)

Distance	Flag off Time	Cut Off Time	Duration
50 Miles	11pm, 28/10/2022 (Friday)	9pm, 29/10/2022 (Saturday)	22 Hours
50 KM	6am, 30/10/2022 (Sunday)	6pm, 30/10/2022 (Sunday)	12 Hours
25 KM	8am, 29/10/2022 (Saturday)	4pm, 29/10/2022 (Saturday)	8 Hours
10 KM	8am, 30/10/2022 (Sunday)	1pm, 30/10/2022 (Sunday)	5 Hours

REPC

- Runners only need to present a soft copy of identification to collect their entitlements
- Runners who can't collect their entitlements in person have to issue a letter of authorization in writing to the person who is collecting on behalf.

RUNNERS BIB

- No unauthorized transfer of bib allowed and runners must run with their own bib no.
- Tampering with the race bib in any way (e.g. obscuring/removing sponsor's identification) will result in your disqualification. The organizer shall immediately disqualify any participants, if this rule is not strictly observed.

SUPPORT CREW

- Support crew is not needed for the challenge.
- Support crew is not allowed beyond 50 meters of the CPs.
- Support crew is not allowed to help themselves to food and beverages that are provided to runners at the CPs.
- Runners may not use the service of a pacer who are not registered as a participant to the event.

WITHDRAWAL FROM RACE

- You may withdraw from the race at anytime by informing the event team of your decision.

NO PETS ON THE COURSE

- No pets are allowed on the race course..



RUNNER'S INFORMATION

EVENT CATEGORIES

Distance	Category	Age Group
50M/50KM	Men & Woman Open Men & Woman Veteran	18 – 39 40 & above
50 Miles	Men & Woman Open Men & Woman Veteran	18 – 39 40 & above
50KM	Men & Woman Open Men & Woman Veteran	18 – 39 40 & above
25KM	Men & Woman Open Men & Woman Veteran	18 – 39 40 & above
10KM	Men & Woman Open Men & Woman Veteran	18 – 39 40 & above

DROP BAGS

- Drop bags deposit counter will be open from 9.30pm, 28 October 2022 at the START/ FINISH AREA.
- Runner's responsibility to ensure that all bags deposited are properly packed and water-proofed.
- Event team will not be responsible for any damage/ loss of items deposited.
- All items deposited, if not recovered after 7pm 30 October 2022 will be discarded.

PARKING

- Runners may only park their vehicle at designated parking area at Resort World Langkawi.
- Please ensure that your vehicles are locked and do not block the drive way.

CONSERVATION OF NATURE RULING

- Take nothing but memories, leave nothing but footprints and kill nothing but time.



EVENT SCHEDULE

28 OCTOBER 2022 (FRIDAY)

DESCRIPTION	TIME	REMARK
Race Entitlement Pack Collection (REPC)	10:00am - 06:00pm	Games Room Area, Resort World Langkawi (All Category)
Race Briefing	05:00pm – 06:00pm	Games Room Area, Resort World Langkawi
Drop Bag Counter Opens	09:30pm	Resort World Langkawi
Race Start	11:00pm	Resort World Langkawi (50 Miles)

29 OCTOBER 2022 (SATURDAY)

DESCRIPTION	TIME	REMARK
Race Pack Entitlement Collection (REPC)	10:00am - 06:00pm	Race Village, Resort World Langkawi (50KM and 10KM Category Only)
Race Start	08:00am	Resort World Langkawi (25KM)
Expected Arrival 1st Runner	08:10am	Resort World Langkawi (50 Miles)
	10:35am	Resort World Langkawi (25KM)
Cut Off Time (COT)	04:00pm	Resort World Langkawi (25KM)
	09:00pm	Resort World Langkawi (50 Miles)
Prize Giving Ceremony	06:00pm - 07:00pm	Resort World Langkawi (50 Miles and 25KM)



EVENT SCHEDULE

30 OCTOBER 2022 (SUNDAY)

DESCRIPTION	TIME	REMARK
Race Start	06:00am	Resort World Langkawi (50 KM)
	08:00am	Resort World Langkawi (10 KM)
Expected Arrival 1st Runner	09:00am	Resort World Langkawi (10 KM)
	11:00am	Resort World Langkawi (50 KM)
Cut Off Time (COT)	01:00pm	Resort World Langkawi (10 KM)
	06:00pm	Resort World Langkawi (50 KM)
Prize Giving Ceremony	11:00am-12:00pm	Resort World Langkawi (10KM)
	05:00pm-06:00pm	Resort World Langkawi (50KM/ 50-50)
Finish Line Drop Bag Counter Close	07:00pm	Resort World Langkawi

Note :

1. Schedule is subjected to change when deemed necessary by organizer.
2. Mandatory gears check will be conducted during REPC and at selected Aid Station.
3. Please follow the instructions of signages and event crews at all times.
4. No Vaccine No Race Rule
5. No Race Bib No Race Rule
6. All drop bags must be retrieved with RUNNER'S BIB at the respective drop bag counters by 07:00pm (30 October 2022) either by runners themselves or a representative. Any drop bags not collected after 07:00pm may be disposed of. The organizer will not be held responsible for any loss or damage to any item in the drop bag.



MANDATORY ITEMS

Items	10 KM	25 KM	50 KM	50 Miles
Headlamp			1 set	2 sets
Extra Batteries For Headlamp			1 set	2 sets
Emergency Blankets	Yes	Yes	Yes	Yes
Reflective Safety Vest/ Blinker Light	Yes	Yes	Yes	Yes
Mobile Phone (with contactable number provided to organizer during registration. Must be able to call out.)	Yes	Yes	Yes	Yes
Whistle	Yes	Yes	Yes	Yes
Basic First Aid Kit **			Yes	Yes
Personal Drinking Cup	Yes	Yes	Yes	Yes
Water Bottle/ Bladder	500ml	500ml	1.0Litre	1.0Litre
Cap/ Bandana	Yes	Yes	Yes	Yes
Ziplock Bag For Personal Rubbish	Yes	Yes	Yes	Yes
Energy Gel/ Bar (Energy Food Source)	Yes	Yes	Yes	Yes
Spoon and Bowl	Yes	Yes	Yes	Yes
Trail Shoes	Yes	Yes	Yes	Yes
GPX File (Watch/ Phone)	Yes	Yes	Yes	Yes

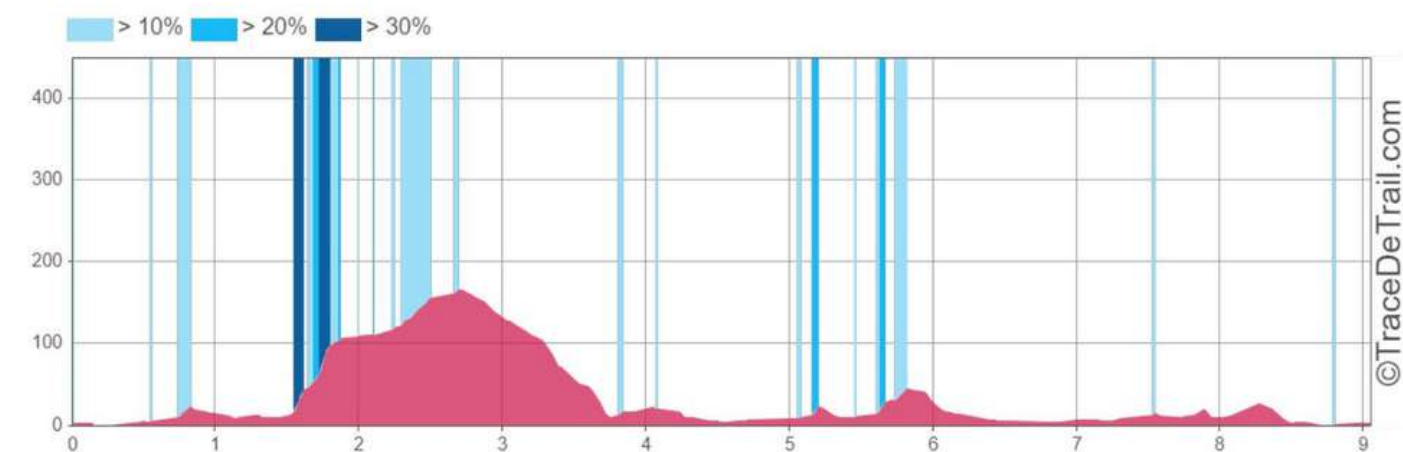
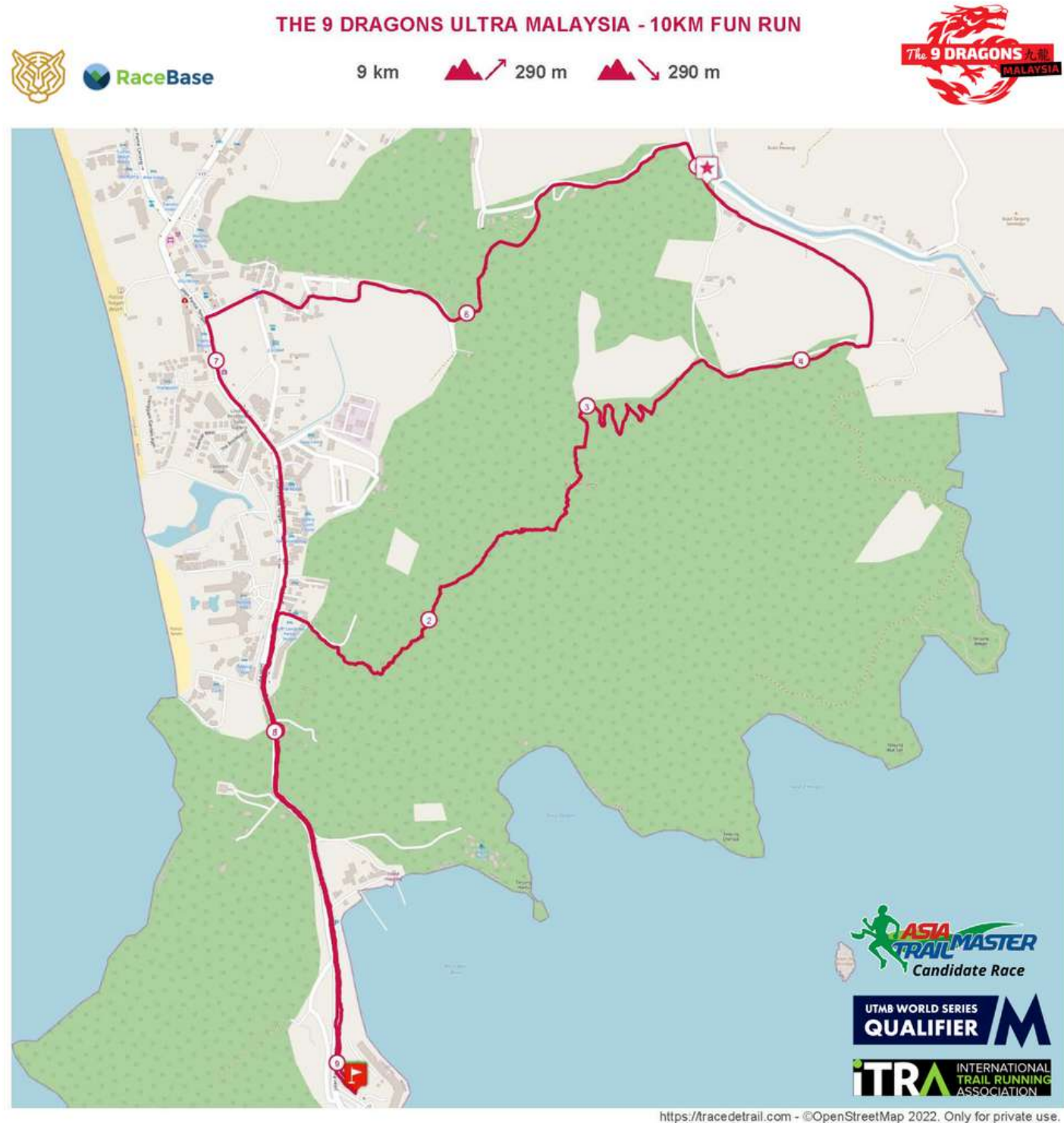
RECOMMENDED ITEMS

- Anti-chafing cream/ vaseline; spare socks; sunblock/ sunscreen; hiking pole; sunglass; spare shoes; spare clothes.

MANDATORY GEAR CHECKS

- Mandatory gear check will be conducted prior to Race Pack Collection and randomly during the race.

- Any runners who fail to adhere to the list below will incur penalty, where time will be added to their finishing time based on the severity of the omission, and in some cases will give the organizer the right to penalize the said runner. Any decision made is at the organizer's discretion and it will be final.



COURSE INFORMATION

10KM

Time/ Date - 8:00am/ 30 October 2022

Start/ Finish - Resort World Langkawi

Cut Off Time (COT) - 5 hours (1:00pm/ 30 October 2022)

Maximum Altitude - 172m

Longest Ascent - 160m

Longest Descent - 180m

No of AS/ CP - 1 no

This course is suited for trail runners of all level. There will be a short technical climb at KM1-2. Thereafter the main path is >1m. Runners will be guided by trail markers/ gpx.

Conditions are expected to be humid though runners will have the forest and trees providing the much needed shades.

Runners are reminded to exercise extra caution on the road segments.

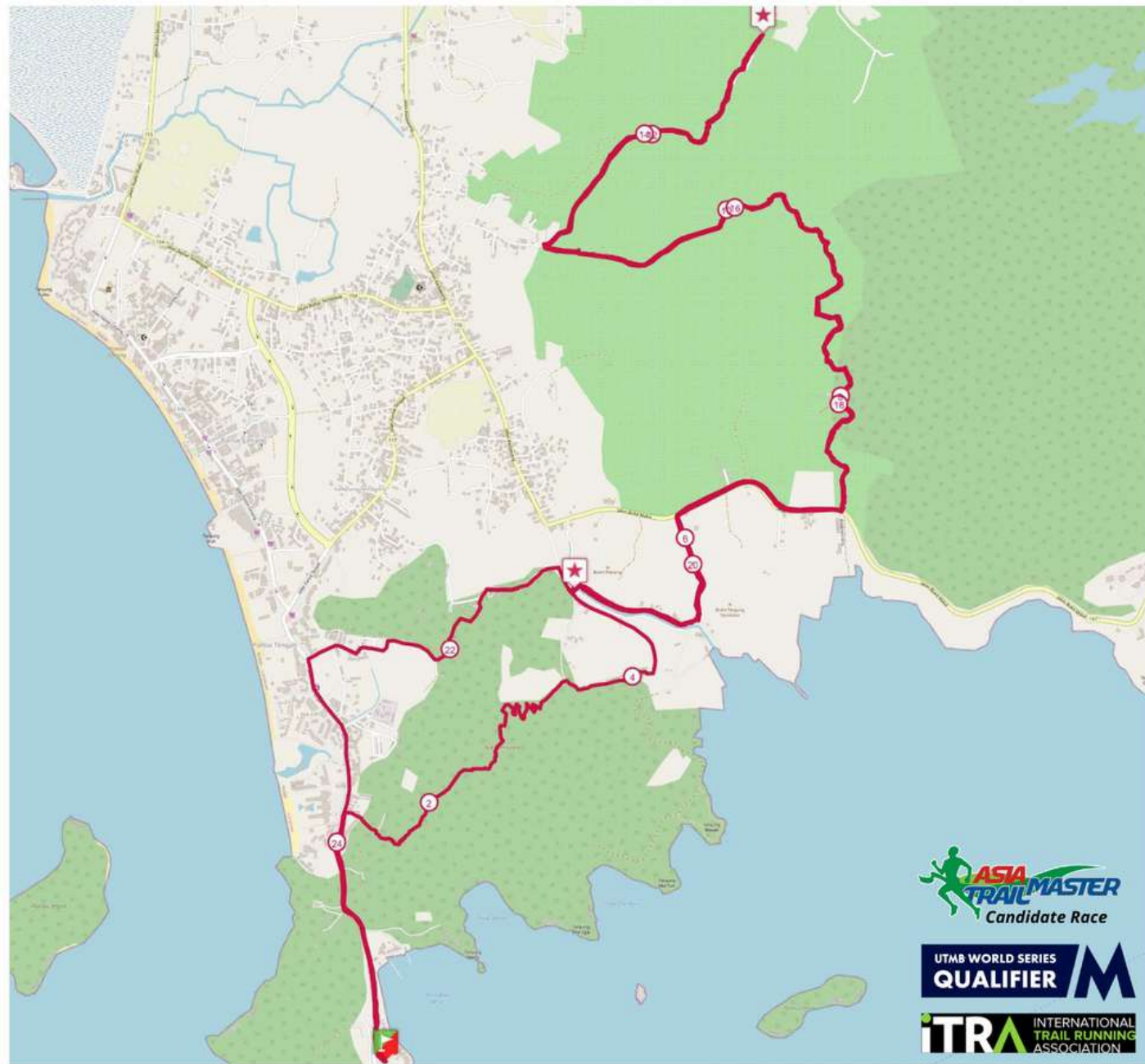
Trail road ratio for this race is 60/40.



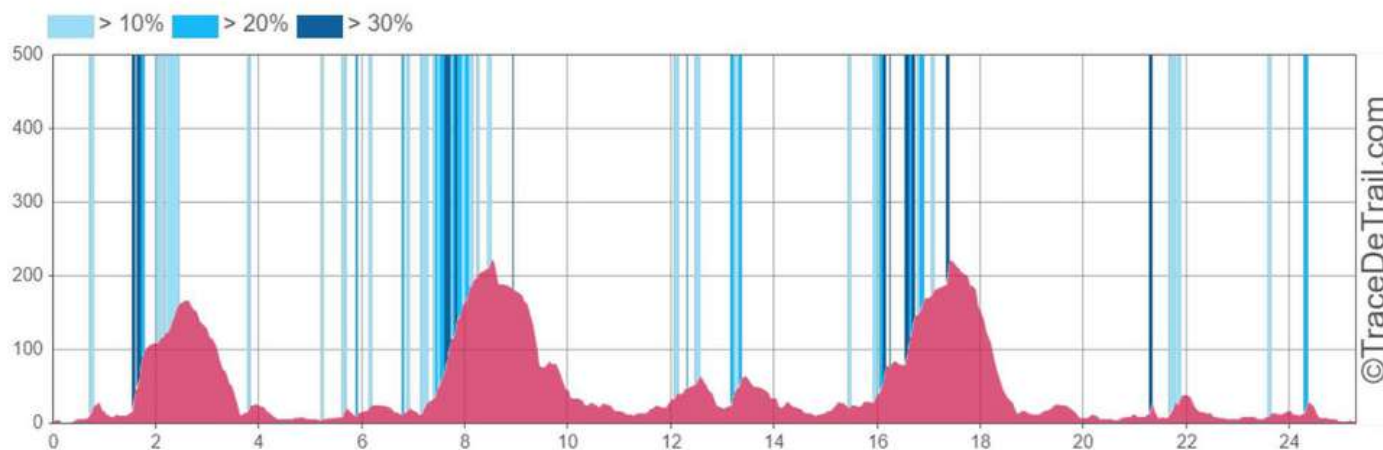


THE 9 DRAGONS ULTRA MALAYSIA 2022 10KM CHALLENGE TIME LINE											
LOCATION	AS TO AS COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	AS TO AS ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		AS TRIPOLOGY
									IN	OUT	
START RESORT WORLD LANGKAWI	0		0		0	0				8.00am 30-Oct	Race Base
AS1	3	3	4.8	4.8	202	202	8.35am 30-Oct	11.00am 30-Oct		11.00am 30-Oct	Timing Control/ Medic/ Light Refreshments
FINISH RESORT WORLD LANGKAWI	2	5	9.2	4.4	88	290	9.00am 30-Oct	1.00pm 30-Oct		1.00pm 30-Oct	Race Base/ Light Refreshments - Meals

10KM AID STATIONS (AS) PROFILE



<https://tracedettrail.com> - ©OpenStreetMap 2022. Only for private use.



COURSE INFORMATION

25KM

Time/ Date - 8:00am/ 29 October 2022

Start/ Finish - Resort World Langkawi

Cut Off Time (COT) - 8 hours (4:00pm/ 29 October 2022)

Maximum Altitude - 221m

Longest Ascent - 230m

Longest Descent - 240m

No of AS/ CP - 3 no

This course is suited for trail runners of all level. There will be a short technical climb at KM1-2. Thereafter the main path is >1m. Runners will be guided by trail markers/ gpx.

Runners to exercise extra caution KM6-7 and KM18.5-19.5 road section of the course. Do run against traffic in single line and look left/right/left before crossing the road.

Please be wary of loose rocks KM8.5-9KM downhill section and KM16.9-17.4 uphill section.

All runners to u-turn at AS2 (KM12.8).

Conditions are expected to be humid though runners will have the forest and trees providing the much needed shades.

Runners are reminded to exercise extra caution on the road segments.

Trail road ratio for this race is 70/30.



THE 9 DRAGONS ULTRA MALAYSIA 2022 25KM CHALLENGE TIME LINE											
LOCATION	AS TO AS COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	AS TO AS ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		AS TRIPOLOGY
									IN	OUT	
START RESORT WORLD LANGKAWI	0		0		0	0				8.00am 29-Oct	Race Base
AS1	2	2	4.8	4.8	202	202	8.35am 29-Oct	10.00am 29-Oct		10.00am 29-Oct	Timing Control/ Medic/ Light Refreshments
AS2	2.5	4.5	12.8	8	308	510	9.20am 29-Oct	12.30pm 29-Oct		12.30pm 29-Oct	Timing Control/ Medic/ Light Refreshments
AS3	2.5	7	20.8	8	302	812	10.10am 29-Oct	3.00pm 29-Oct		3.00pm 29-Oct	Timing Control/ Medic/ Light Refreshments
FINISH RESORT WORLD LANGKAWI	1	8	25.2	4.4	88	900	10.35am 29-Oct	4.00pm 29-Oct		4.00pm 29-Oct	Race Base/ Refreshments - Meals

25KM AID STATIONS (AS) PROFILE



RaceBase

THE 9 DRAGONS ULTRA MALAYSIA - 50KM ULTRA CHALLENGE

50.4 km 1810 m 1810 m



COURSE INFORMATION

50KM

Time/ Date - 6:00am/ 30 October 2022

Start/ Finish - Resort World Langkawi

Cut Off Time (COT) - 12 hours (6:00pm/ 30 October 2022)

Maximum Altitude - 221m

Longest Ascent - 230m

Longest Descent - 240m

No of AS/ CP - 7 nos

This course is suited for trail runners of all level. There will be a short technical climb at KM1-2. Thereafter the main path is >1m. Runners will be guided by trail markers/ gpx.

Runners to exercise extra caution KM6-7, KM20.8-22.3, KM29-30.5 and KM44-45 road section of the course. Do run against traffic in single line and look left/right/left before crossing the road.

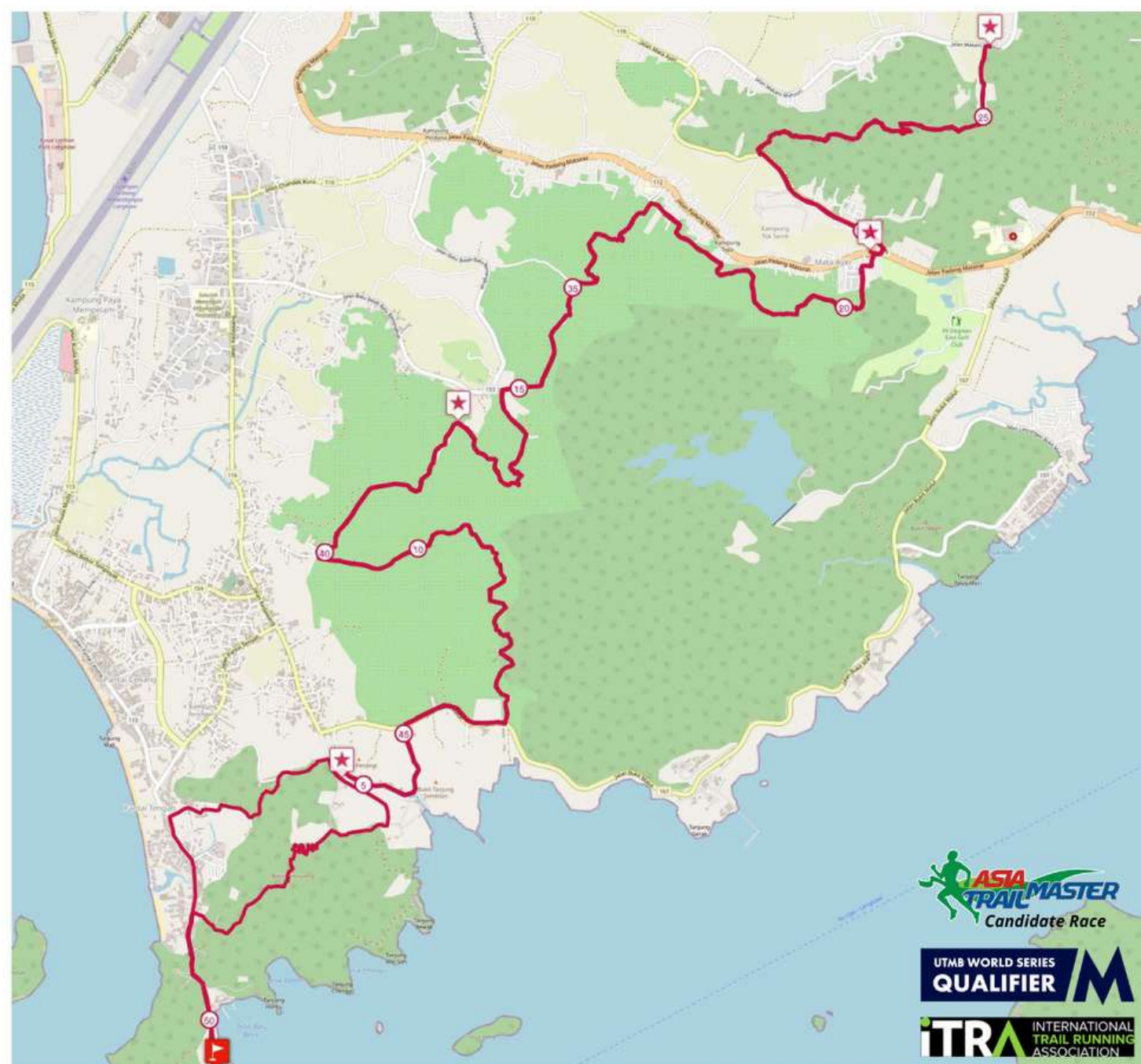
Please be wary of loose rocks KM8.5-9KM downhill section and KM42-42.5 uphill section.

All runners to u-turn at AS4 (KM25.4).

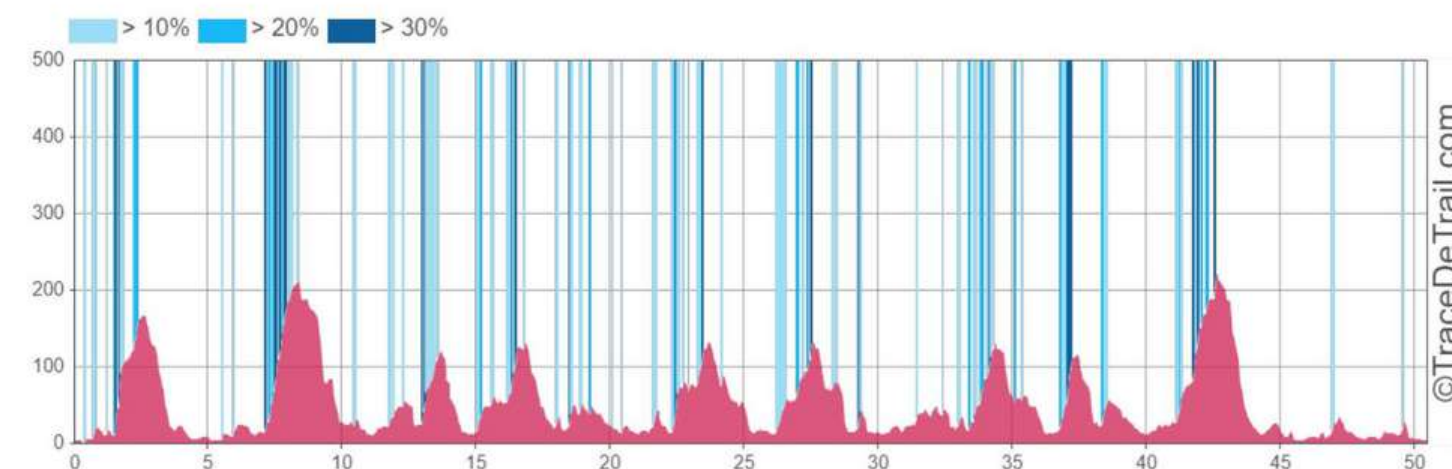
Conditions are expected to be humid though runners will have the forest and trees providing the much needed shades.

Runners are reminded to exercise extra caution on the road segments.

Trail road ratio for this race is 70/30.



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THE 9 DRAGONS ULTRA MALAYSIA 2022 50KM ULTRA CHALLENGE TIME LINE											
LOCATION	AS TO AS COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	AS TO AS ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		AS TRIPOLOGY
									IN	OUT	
START RESORT WORLD LANGKAWI	0		0		0	0				6.00am 30-Oct	Race Base
AS1	1.5	1.5	4.8	4.8	202	202	6.35am 30-Oct	7.30am 30-Oct		7.30am 30-Oct	Timing Control/ Medic/ Light Refreshments
AS2	2	3.5	12.8	8	308	510	7.20am 30-Oct	9.30am 30-Oct		9.30am 30-Oct	Timing Control/ Medic/ Light Refreshments Hot Meals
AS3	1.5	5	20.8	8	301	811	8.00am 30-Oct	11.00am 30-Oct		11.00am 30-Oct	Timing Control/ Medic/ Light Refreshments
AS4	1	6	25.4	4.6	176	987	8.30am 30-Oct	12.00pm 30-Oct		12.00pm 30-Oct	Timing Control/ Medic/ Light Refreshments
AS5	1	7	30	4.6	171	1158	9.00am 30-Oct	1.00pm 30-Oct		1.00pm 30-Oct	Timing Control/ Medic/ Light Refreshments
AS6	1.5	8.5	38	8	262	1420	9.40am 30-Oct	2.30pm 30-Oct		2.30pm 30-Oct	Timing Control/ Medic/ Light Refreshments
AS7	2.5	11	46	8	302	1722	10.30am 30-Oct	5.00pm 30-Oct		5.00pm 30-Oct	Timing Control/ Medic/ Light Refreshments
FINISH RESORT WORLD LANGKAWI	1	12	50.4	4.4	88	1810	11.00am 30-Oct	6.00pm 30-Oct		6.00pm 30-Oct	Race Base/ Refreshments - Meals

50KM AID STATIONS (AS) PROFILE



RaceBase

THE 9 DRAGONS ULTRA MALAYSIA - 50 MILES ULTRA CHALLENGE

84.6 km

3500 m

3500 m



COURSE INFORMATION

50 MILES

Time/ Date - 11:00pm/ 28 October 2022

Start/ Finish - Resort World Langkawi

Cut Off Time (COT) - 22 hours (9:00pm/ 29 October 2022)

Maximum Altitude - 811m

Longest Ascent - 830m

Longest Descent - 1090m

No of AS/ CP - 9 no (excluding bonus CP for the back runners)

This course is suited for trail runners of all level. There will be a short technical climb at KM1-2. Thereafter the main path is >1m. Runners will be guided by trail markers/ gpx.

Runners to exercise extra caution KM6-7, KM20.8-22.3, KM27.5-30, KM33-43, KM56-57.5, KM63-64.5 and KM78-79 road section of the course. Do run against traffic in single line and look left/right/left before crossing the road.

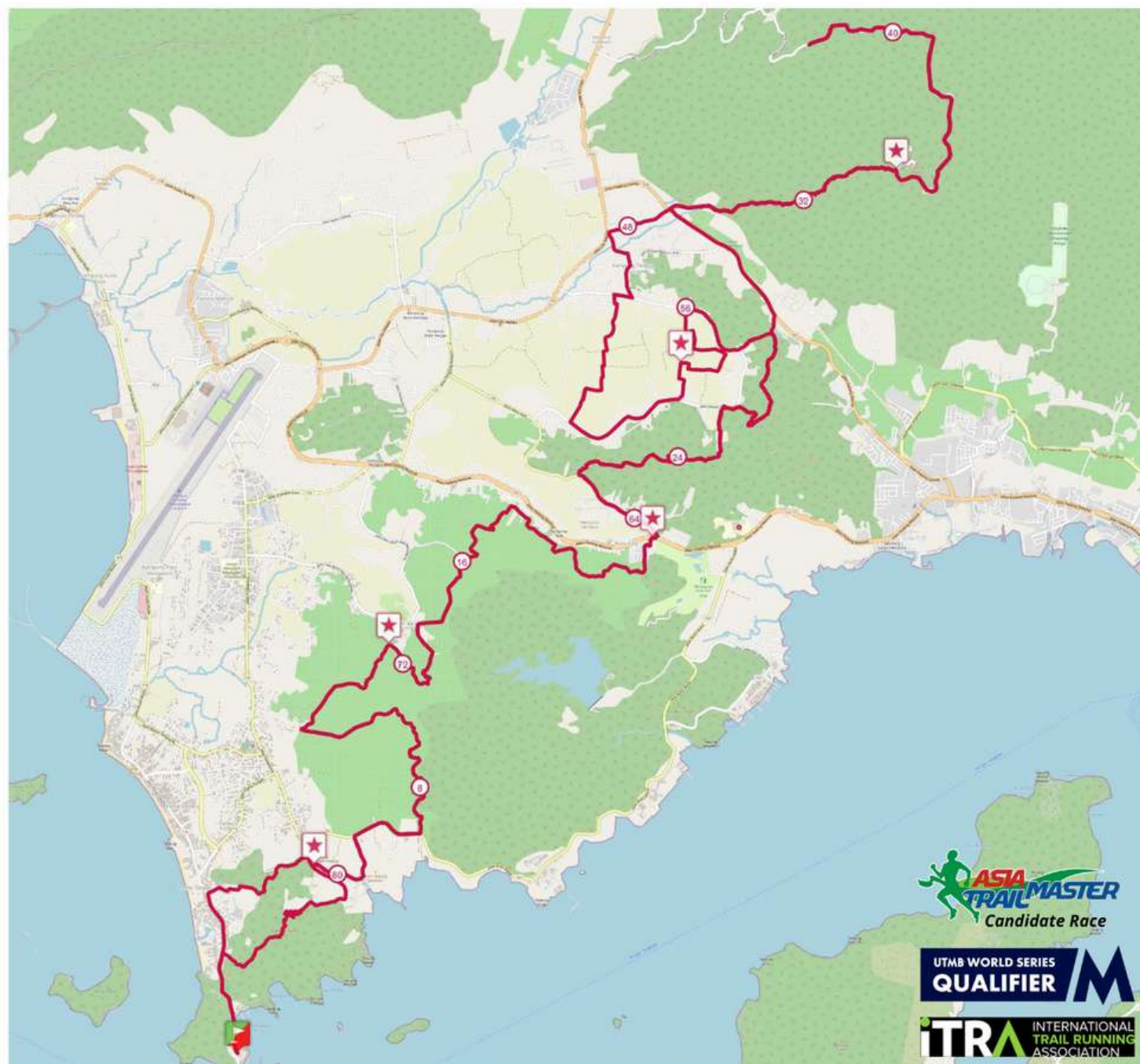
Please be wary of loose rocks KM8.5-9KM downhill section and KM76.5-77 uphill section.

All runners to u-turn at (KM38.8) between AS4-AS5.

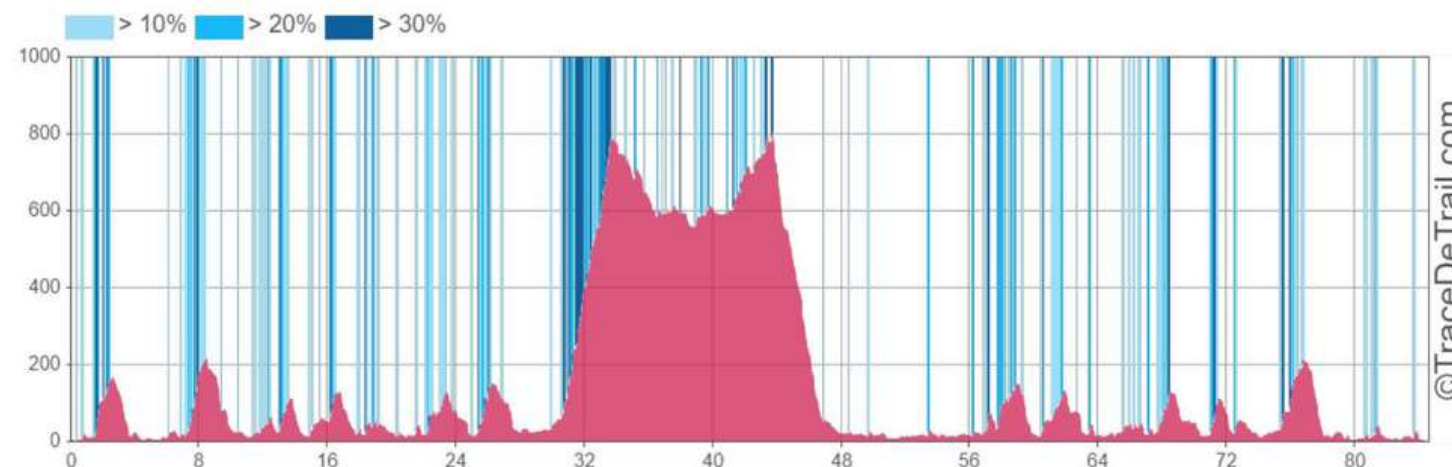
Conditions are expected to be humid in the day though runners will have the forest and trees providing the much needed shades.

Runners are reminded to exercise extra caution on the road segments.

Trail road ratio for this race is 65/35.



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THE 9 DRAGONS ULTRA MALAYSIA 2022 50 MILES ULTRA CHALLENGE TIME LINE											
LOCATION	AS TO AS COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	AS TO AS ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		AS TRIPOLOGY
									IN	OUT	
START RESORT WORLD LANGKAWI	0		0		0	0				11.00pm 28-Oct	Race Base
AS1	1.5	1.5	4.8	4.8	202	202	11.35pm 19-Nov	12.30am 29-Oct		12.30am 29-Oct	Timing Control/ Medic/ Light Refreshments
AS2 -	2	3.5	12.8	8	308	510	12.20am 29-Oct	2.30am 29-Oct		2.30am 29-Oct	Timing Control/ Medic/ Light Refreshments
AS3	1.5	5	20.8	8	301	811	1.00am 29-Oct	4.00am 29-Oct		4.00am 29-Oct	Timing Control/ Medic/ Light Refreshments
AS4	4	9	33.8	13	1119	1930	3.20am 29-Oct	8.00am 29-Oct		8.00am 29-Oct	Timing Control/ Medic/ Light Refreshments
AS5	2	11	43.8	10	461	2391	4.10am 29-Oct	10.00am 29-Oct		10.00am 29-Oct	Timing Control/ Medic/ Hot Meals/ Drop Bags
AS6	3	14	54	10.2	61	2452	5.00am 29-Oct	1.00pm 29-Oct		1.00pm 29-Oct	Timing Control/ Medic/ Light Refreshments
AS7	3	17	64.2	10.2	396	2848	6.00am 29-Oct	4.00pm 29-Oct		4.00pm 29-Oct	Timing Control/ Medic/ Light Refreshments
AS8	1.5	18.5	72.2	8	262	3110	6.50am 29-Oct	5.30pm 29-Oct		5.30pm 29-Oct	Timing Control/ Medic/ Light Refreshments
AS9	2.5	21	80.2	8	302	3412	7.40am 29-Oct	8.00pm 29-Oct		8.00pm 29-Oct	Timing Control/ Medic/ Light Refreshments
FINISH RESORT WORLD LANGKAWI	1	22	84.6	4.4	88	3500	8.10am 29-Oct	9.00pm 29-Oct		9.00pm 29-Oct	Race Base/ Light Refreshments - Meals

50 MILES AID STATIONS (AS) PROFILE



RULES 50/50

- We understand that taking on an event such as The 9 Dragons can lead to injuries occurring during the races, or at the end of one and before the start of the next.
- If a participant of the 50/50 event, decides after the 50 miles day to DNF the 50/50 event, they will be eligible for a result from just the 50 miles event only.
- If you decide not to start the 50KM, you will not be eligible for any podium. As long as you inform the race base/ command center before the start of the 50KM event, you will still be classified as a 50 miles finisher. Otherwise, once the 50KM event starts - you will be classified as a DNF of the 50/50.
- To be eligible for the 50/50 finishing result - you MUST complete both events within the allocated time for each individual event. If you DNF one event, you DNF the 50/50.

RUNNER'S ENTITLEMENTS



FOOD &
BEVERAGE



insurance



EVENT TEE



FINISHER'S ENTITLEMENTS



FOOD &
BEVERAGE



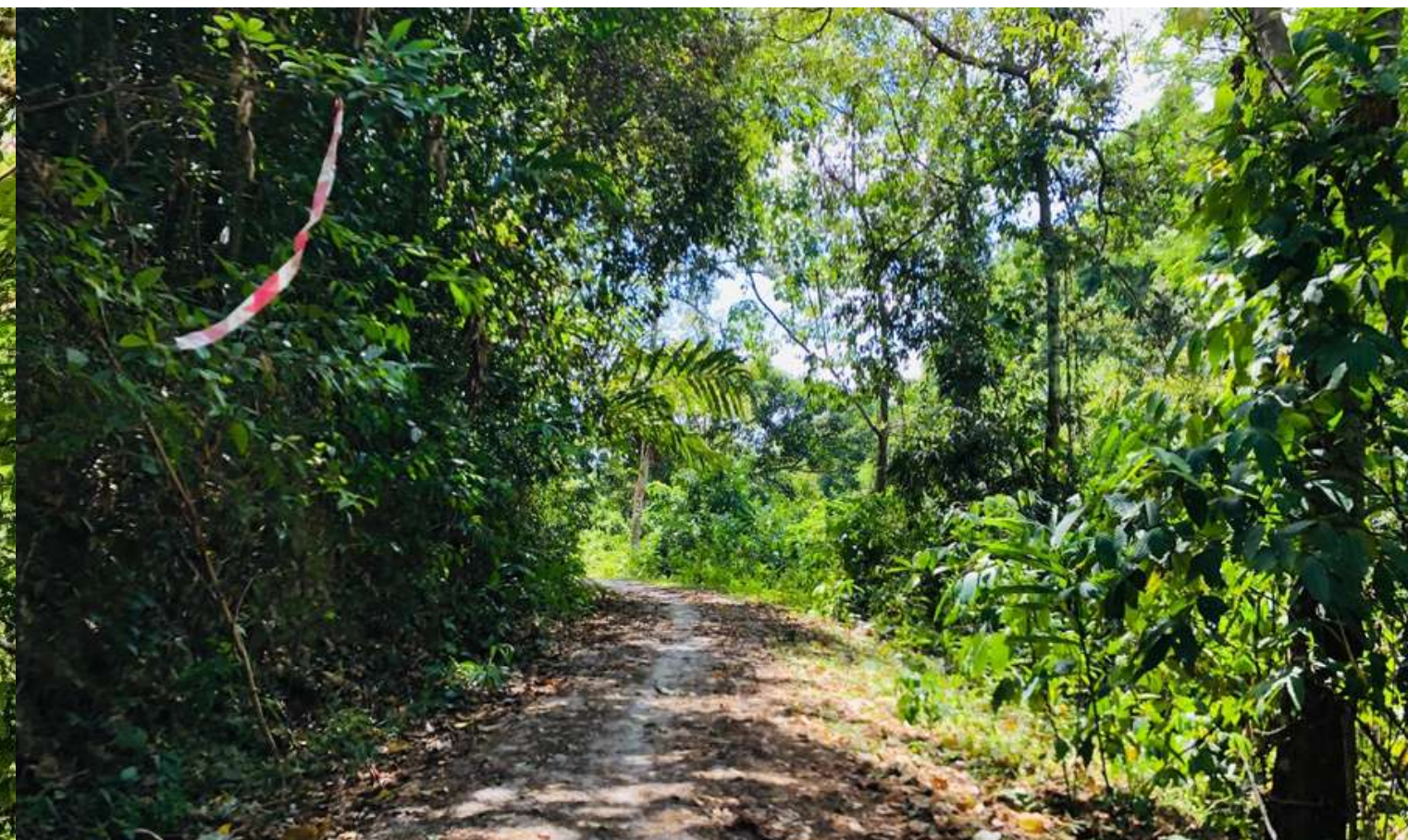
**FINISHER
TEE**

25KM | 50KM | 50 MILES | 50/50



















10KM | 25KM | 50KM | 50 Miles
50KM + 50Miles

THANK YOU

Presented By:
Race Base | Malaysia Mountain Trail Festival