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# TIOMAN ULTRA

AIR BATANG | TIOMAN

50KM | 25KM | 10K

**TU50**

2023

## RACE GUIDE



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# CONTENT

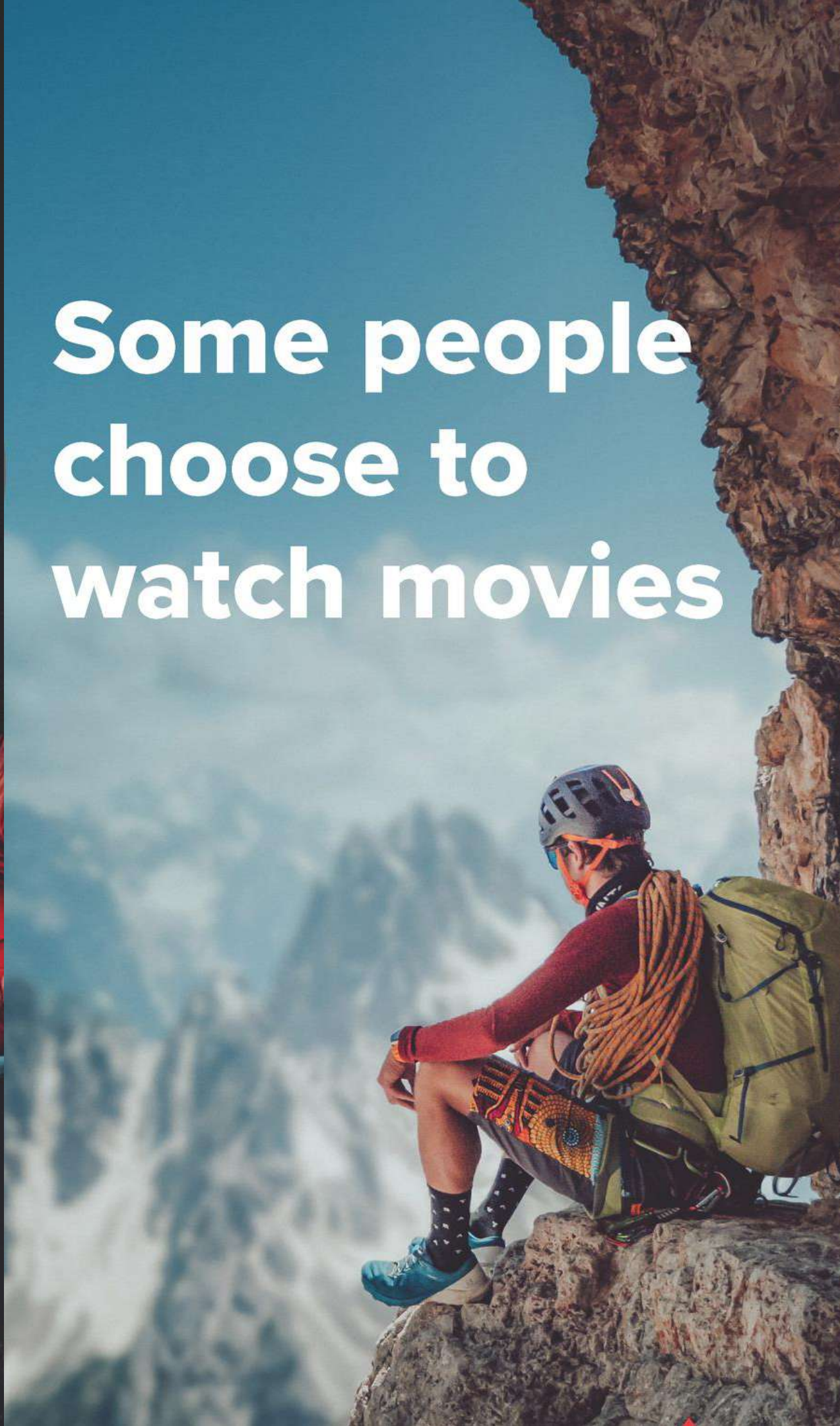
5. INTRODUCTION KAILAS TIOMAN ULTRA (TU50)
7. INTRODUCTION MMTF CONSULTANT
9. OBJECTIVES
11. AN INTERNATIONAL RACE
13. GIVING BACK TO COMMUNITY
14. CONTRIBUTION TO NATIONS ECONOMY
15. RULES AND REGULATIONS
16. EVENT SCHEDULE
19. GETTING TO TIOMAN
20. TU50 AT KAMPUNG AIR BATANG
21. WHERE TO STAY
22. RACE ENTITLEMENT PACK COLLECTION (REPC)
23. MANDATORY ITEMS
24. RACE DETAILS
30. RUNNER'S ENTITLEMENT
31. AFTER PARTY
32. THINGS TO DO IN TIOMAN
33. DO & DON'T
34. SPONSORS & PARTNERS



**Some people  
choose a  
crowded club**



**Some people  
choose to  
watch movies**



**Some people  
choose a gym  
in the basement**



**SUUNTO**

# INTRODUCTION

- Kailas Tioman Ultra (TU50) is co-organized by MMTF Consultant and Kelab Gunung Pulau Tioman.
- Kailas Tioman Ultra (TU50) will be the 1st ultra-trail running event in Tioman.
- Kailas Tioman Ultra (TU50) is the 2nd #loseyourminddiscoveryour soul project by MMTF Consultant after Malaysia Mountain Trail Festival in Taiping, Perak.
- #LoseYourMindDiscoverYourSoul are trail running projects where runners will be taken to exotic locations and provided with challenges which fits the tag - Lose Your Mind Discover Your Soul; whilst to the organiser, it signifies projects that are able contribute back to the community surrounding the race.



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**NSB**

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## INTRODUCTION

# MMTF Consultant

- MMTF Consultant is a company that specializes in International Sporting Event Management (most notably in the sports of running/ trail running).
- MMTF Consultant is a member of the International Trail Running Association (ITRA) and International Skyrunning Federation (ISF).
- •Most recent completed projects - EcoTrail AlUla 2022 (Saudi Arabia), Salomon X-Trail Putrajaya 2022, The 9 Dragons Ultra Malaysia 2022 , Malaysia Mountain Trail Festival 2022 (Taiping, Perak), Taiping Endurance Challenge 2023 and Melaka International Marathon 2023.
- Project pipeline - The North Face Malaysia Mountain Trail Festival 2023, Endau Rompin International Challenge 2024, The 9 Dragons Ultra Malaysia 2024
- MMTF Consultant has also been accorded the rights to host the 1 of the 25 Skyrunner World Series 2024 in Malaysia.



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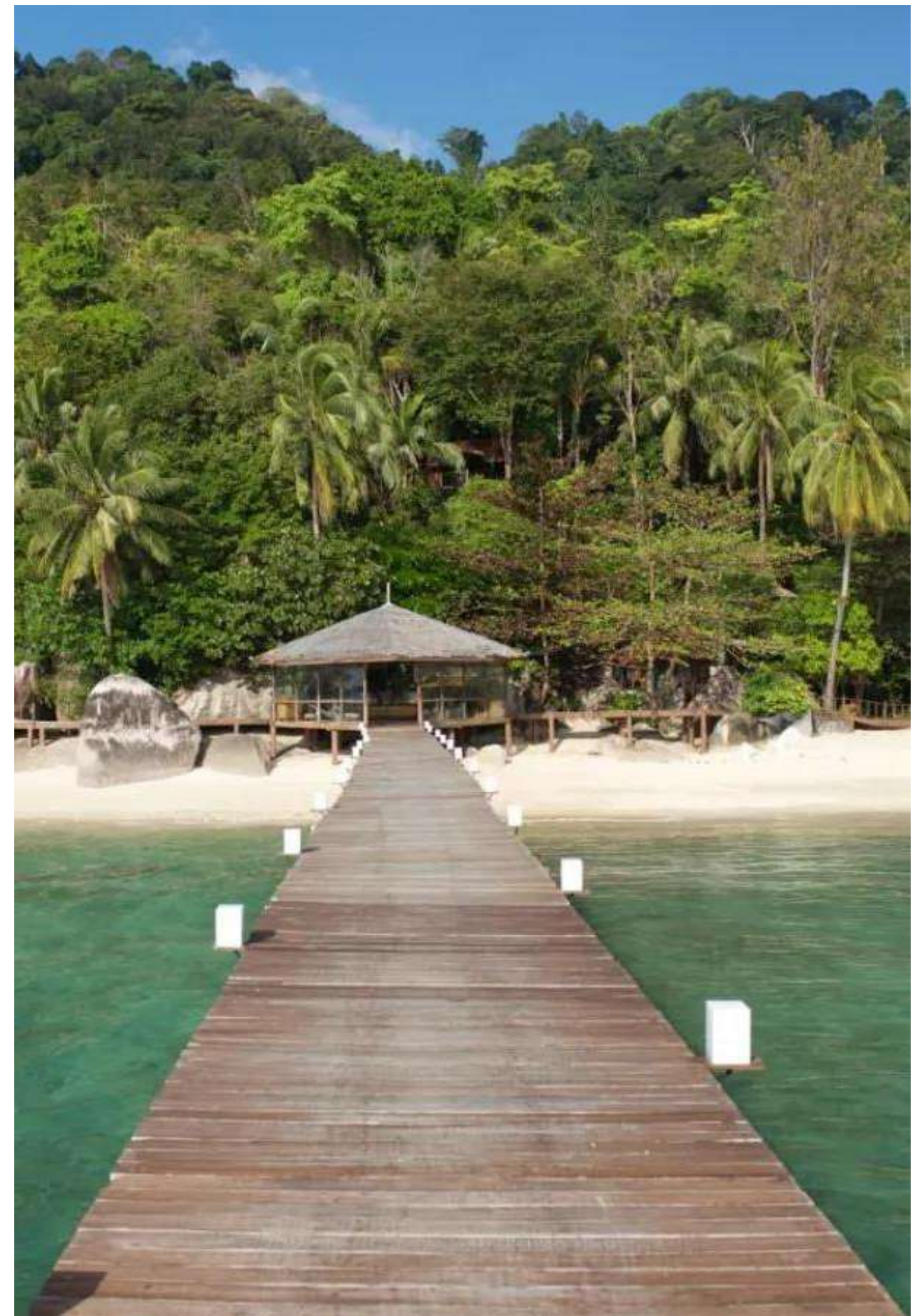


# OBJECTIVES

- To build and create a permanent trail around the island that islanders to use to guide tourist for that additional income outside the race period and especially during the monsoon season when income from the sea is scarce.
- To organise an internationally certified and recognised race.
- To promote Tioman as a new trail running destination.
- To cultivate and promote trail running as a sport and medium to attain an active and healthy lifestyle.
- To bring together trail running community from around the world for a weekend filled with trail running, music and local food.
- To create opportunities for the local community; to contribute to the social economy of Tioman and to promote Tioman as a new trail running destination.
- To raise awareness of conservation of nature



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**BOOM+**

Be Thirsty.

# AN INTERNATIONAL RACE

- Kailas Tioman Ultra (TU50) 2023 will be an Asia Trail Master (ATM) Championship Series 2024 Candidate Race.
- Kailas Tioman Ultra (TU50) is certified by International Trail Running Association (ITRA).
- Kailas Tioman Ultra (TU50) is part of ITRA National League 2023.
- Kailas Tioman Ultra (TU50) is part of Ultra Trail Mont Blanc (UTMB) Index Race.



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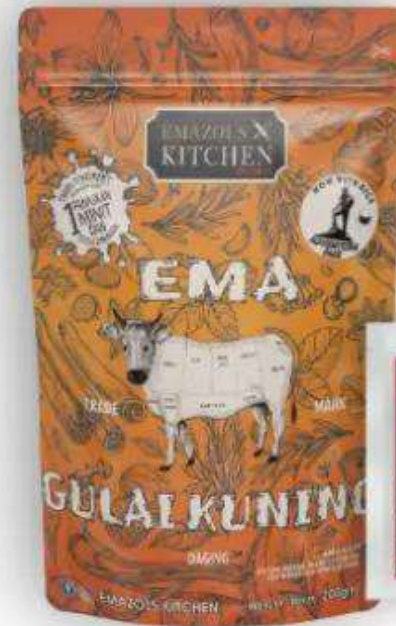
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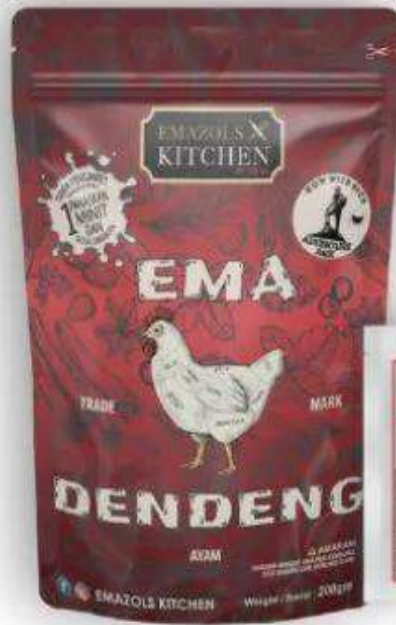
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# ADVENTURE PACK



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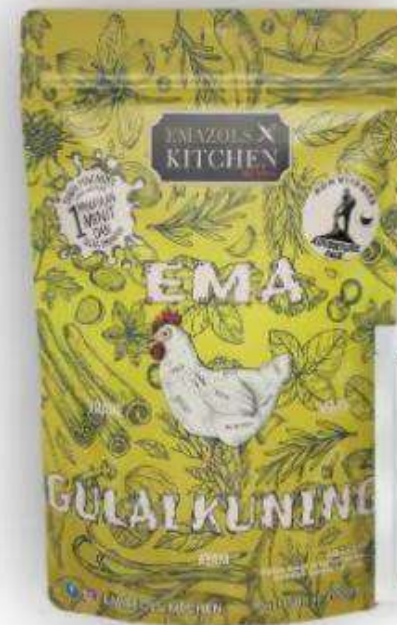
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# GIVING BACK TO COMMUNITY

IN LINE WITH #LOSEYOURMINDDISCOVERYOURSOUL INITIATIVES

- We are not your everyday event and race organizer albeit we don't organize events or races for the sake of organizing them. We organize events and races to give back to the community since 2018.
- The main objectives of the race is to create a permanent trail in and around Tioman with the purpose that the locals are able to use them to guide tourist outside the race period and especially during the monsoon season when income from the sea is scarce.
- We hope to share knowhow and lead the youth from Persatuan Gunung Tioman with objective that they are able take over the race management from 2026 onwards



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7



# CONTRIBUTION TO NATIONS ECONOMY

- Kailas Tioman Ultra promotes domestic and international tourism.
- Kailas Tioman Ultra promotes tourism-related products in Tioman; our community; our multi-racial food and the customs and culture of our multi-racial society
- Kailas Tioman Ultra help stimulate and contribute to the economic growth of gross domestic product (KDNK) as well as able to generate returns and increase gross national income (GNI) which helps in the advancement of our country.
- Kailas Tioman Ultra does not only contribute to the sporting product manufacturing industry but also to various other components in terms of services, medicine, sports science, athlete-based tourism, community-based tourism and sports tourism activities.
- MMTF Consultant took the lead in 2021 to roll out the 1st biggest sporting event in Malaysia post pandemic and executed the race to perfection with strict Standard Operating Procedure (SOP) with ZERO CLUSTER



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# RULES & REGULATIONS

- All participants must register online by providing their name, NRIC/Passport number, gender, contact number, email address, and emergency contact details.
- Upon successful registration, each participant will receive a confirmation slip via email. The confirmation slip serves as the only valid evidence of registration. All participants are required to present their respective confirmation slips and, or identity cards and; or passports during Race Entry Pack Collection Day. A confirmation slip displayed through mobile/smartphone at the REPC counter will also suffice.
- The Event is open to participants who are 18 years of age and above. Age is calculated based on 7 October 2023.
- Participants must place their race bibs facing forward, prominently as high as possible on the front of their Running Tee. Do not place your race bib on the side of your hips, on your back, or tucked away in your jacket. Runners found without their race bib numbers may be penalized or disqualified. Please ensure that the race bib number is visible.
- Tampering with the race bib in any way (e.g. obscuring/removing the sponsor's identification) will result in your disqualification. The organizer shall immediately disqualify any participants if this rule is not strictly observed.
- A runner is not allowed to be supported by any 3rd Party or participant in the race, other than at the Checkpoints/ Water Stations provided by the organizer along the course.
- If you withdraw from the race, you must report to the closest aid station. This will ensure that you will be safely removed from the race course and transported back to the race venue.
- If you need First Aid assistance on the course, you must contact the emergency number which will be provided to you during the Race Briefing on 6 October 2023 as stipulated in the EVENT GUIDE to be shared prior to race weekend.
- You must carry your own mandatory gear at all times during the race. Random gear checks will be conducted during the race. Runners without mandatory items will not be able to proceed until they arrange for the missing items to be replaced.
- You must obey the instructions given by the aid station's officials, or course "Trail Masters" and withdraw from the race if you miss any cut-off time at the aid station or on the course.
- Littering is prohibited. Kindly dispose of all litter at the nearest aid-station.
- Please respect the locals and their culture.
- Do not leave any human faeces on the track. If you need to poo, use a toilet, a wag bag or get off track and "Leave No Trace".
- You must obey any information signs and markers along the race course.
- Leave the gates as you find them. If closed, you may open the gate to pass through but please ensure that you close them back after you.
- The organizer reserves the right to discourage and/or penalize behaviour that is considered unsporting.
- The organizer reserves the right to postpone or cancel or suspend the race for any reason it deems fit to do so.



# EVENT SCHEDULE

05 OCTOBER 2023 (THURSDAY)

DESCRIPTION	TIME	REMARKS
Depart Kuala Lumpur – Mersing	10:00pm	Putrajaya Palace of Justice(POJ) Parking Area

06 OCTOBER 2023 (FRIDAY)

DESCRIPTION	TIME	REMARKS
Ferry Depart Mersing – Tioman	06:00 am	Mersing Jetty Terminal
Race Entitlement Pack Collection (REPC)	10:00 am – 06:00 pm	Nazri 1, Air Batang, Tioman
Race Briefing	06:00 pm	Race Village, Nazri 1, Air Batang, Tioman/ by Ewegene Tan of MMTF

NOTE : THE EVENT TEAM WILL CO-ORDINATE FINAL PICK UP POINT FOR THE TRANSPORT FROM KUALA LUMPUR TO MERSING.



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# EVENT SCHEDULE

07 OCTOBER 2023 (SATURDAY)		
DESCRIPTION	TIME	REMARKS
Finish Line Drop Bag Counter Opens	01:00 am	Nazri 1, Air Batang, Tioman.
Race Start	03:00 am	50KM (Nazri 1, Air Batang, Tioman)
	08:00 am	25KM (Nazri 1, Air Batang, Tioman)
	09:00 am	10KM (Nazri 1, Air Batang, Tioman)
Expected Arrival of 1st Runner	09:30 am	Nazri 1, Air Batang, Tioman (50KM)
	11:30 am	Nazri 1, Air Batang, Tioman (25 KM)
	10:30 am	Nazri 1, Air Batang, Tioman (10 KM)
Cut Off Time (COT)	07:00 pm	Nazri 1, Air Batang, Tioman (50KM)
	04:00 pm	Nazri 1, Air Batang, Tioman (25 KM)
	01:00 pm	Nazri 1, Air Batang, Tioman (10 KM)
Prize Presentation/ After-Party	08:00 pm – late	Nazri 1, Air Batang, Tioman
Finish Line Drop Bag Counter Close	08:00 pm	Nazri 1, Air Batang, Tioman.



# EVENT SCHEDULE

08 OCTOBER 2023 (SUNDAY)

08 OCTOBER 2023 (SUNDAY)		
Ferry Depart Tioman – Mersing	07:00 am	Kampung Air Batang Jetty
Depart Mersing – Kuala Lumpur	10:00 am	Mersing Jetty Terminal

## NOTE:

- Schedule is subjected to change when deemed necessary by the organizer.
- The organizer reserves the right to suspend, cancel or change the design of the course when deemed necessary for runner's safety.
- Mandatory gears check will be conducted during REPC and randomly at selected Aid Station (AS).
- Please follow the instructions of signages and event crews at all times.
- After-Party is only for runners and registered guests only (Please check the add-on options to purchase AFTER-PARTY TICKETS for your support crew or guests).
- No Race Bib No Race Rule
- All drop bags must be retrieved with RUNNER'S BIB at the respective drop bag counters by 08:00pm (7 October 2023) either by runners themselves or a representative. Any drop bag not collected after 08:00pm may be disposed of. The organizer will not be held responsible for any loss or damage to any item in the drop bag.
- For runners who opted for Bus Transfer and Ferry Transfer, please ensure that you are at the boarding area 30 minutes before departure time provided.



# GETTING TO TIOMAN

- One may save time by flying direct to Tioman. The flights are operated by SKS Airways. Do book in advance as there are limited seats available and the flights are on alternate days. For further information kindly visit [www.sksairways.com](http://www.sksairways.com).
- One may also take a ferry to Tioman from the port town of Mersing or Tanjung Gemok. Buses from Kuala Lumpur to Mersing take around 6 hours and once you get to Mersing, the bus terminal is about 15-minutes walk from the jetty where ferries leave for Tioman.
- DO TAKE NOTE THAT FERRY TIMING CHANGES FROM MONTH TO MONTH DEPENDING ON SEA TIDE. DO CHECK WITH BLUE WATER EXPRESS TIOMAN IN ADVANCE BEFORE YOU EMBARK ON YOUR TRIP.
- THE FERRY TIMING TO TIOMAN ON 6 OCTOBER 2023 IS AS FOLLOW:  
MERSING - TIOMAN - 06:00 AM  
TANJUNG GEMUK - TIOMAN - 07:00 AM & 12:00 PM
- THE FERRY TIMING FROM TIOMAN ON 8 OCTOBER 2023  
TIOMAN - MERSING - 07:00 AM (PLEASE BE AT AIR BATANG JETTY AN HOUR IN ADVANCE)  
TIOMAN - TANJUNG GEMUK - 10:00 AM & 03:00 PM (PLEASE BE AT AIR BATANG JETTY AN HOUR IN ADVANCE)
- IF YOU HAVE ADD-ON THE FERRY SERVICE DURING THE REGISTRATION PROCESS, KINDLY BE AT MERSING JETTY TERMINAL BY 05:00 AM - 05:30 AM ON 6 OCTOBER 2023. IF YOU MISS THE FERRY, YOU ARE ADVISED TO HEAD TO TANJUNG GEMUK (30 MINS DRIVE) TO CATCH THE 07:00 AM or 12:00 PM FERRY.
- Kindly contact BADRUL IHSAN +60125212040 / BEN IZWAN +60173951164 upon arriving at Mersing Jetty Terminal on 6 October 2023 if you have add-ons the ferry service in your registration (REMINDER - BE THERE AT 05:00 AM - 05:30 AM)



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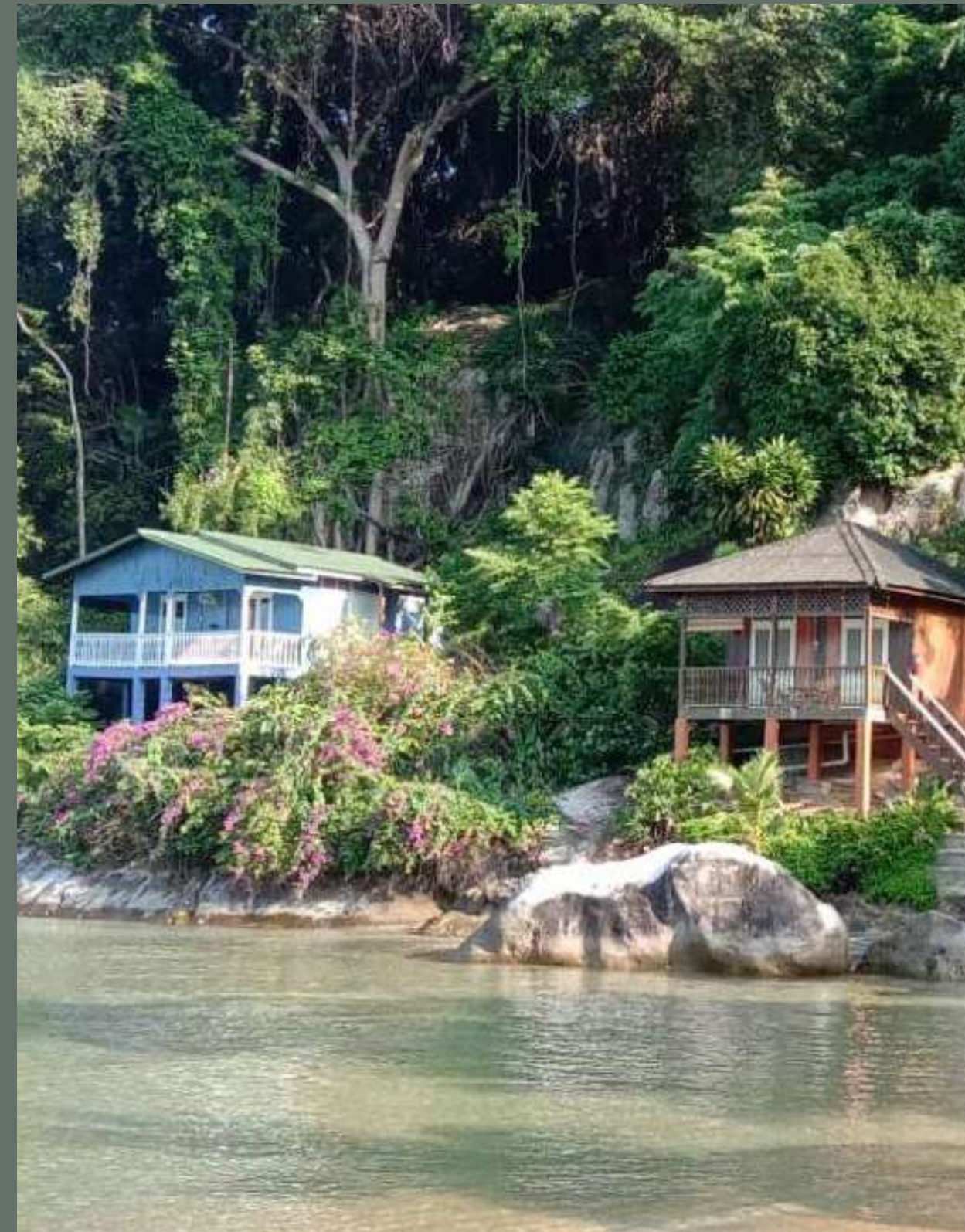
# KAILAS TIOMAN ULTRA AT KAMPUNG AIR BATANG

- The 1st edition of KAILAS TIOMAN ULTRA 2023 will take place at Nazri's Place, Kampung Air Batang, Tioman.
- Please inform the ferry attendants that you would like to alight at Kampung Air Batang or ABC.
- THE RACE VILLAGE IS LOCATED ON THE RIGHT END OF KAMPUNG AIR BATANG.
- You are highly advised to stay at Kampung Air Batang or Kampung Tekek for your convenience during the race weekend. You would have to put up with a lot of inconvenience if you stayed in other areas of the island as you would either have to put up with long land transport or boat rides to get to the race village at Kampung Air Batang.
- Kindly contact BADRUL IHSAN +60125212040 / BEN IZWAN +60173951164 upon arriving at Mersing Jetty Terminal on 6 October 2023 if you have add-ons the ferry service in your registration (REMINDER - BE THERE AT 05:00 AM - 05:30 AM)



# WHERE TO STAY

- All runners/ visitors to Kailas Tioman Ultra 2023 are highly advised to stay at Kampung Air Batang (ABC) or at Kampung Tekek.
- This is owed to the fact that other villages on the island are either connected by 'sea taxis' or you would need to take a 13 KM drive from Kampung Juara to the race village at Kampung Air Batang.
- Having said the above; the best village to stay in during the race weekend is at Kampung Air Batang (ABC) which is located on the 1.6 KM stretch of beach front.
- Runners who has booked ACCOMODATIONS ADD-ON may collect the keys to their accommodations at Race Entitlement Pack Collection (REPC) at Nazri's Place, Kampung Air Batang (ABC).



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# RACE ENTITLEMENT PACK COLLECTION (REPC)

- Race Entitlement Pack Collection (REPC) for the 1st edition of Kailas Tioman Ultra 2023 will take place at Nazri's Place, Kampung Air Batang, Tioman.
- The REPC will be in operation between 10:00 AM – 06:00 PM.
- Every runner is required to collect their own race entitlement pack. No collection on behalf is allowed unless a runner is not starting (in which case, he/ she would need to provide a letter of acknowledgement authorising a friend to collect his/her race entitlement pack). In this case the bib no will not be included in the race entitlement pack to prevent unlawful start.
- All runners will need to check their registration confirmation at Counter A before a race confirmation slip is provided. Please present your registration confirmation slip or your ID/ Mykad/ Passport for facial recognition.
- All runners will be subjected to a mandatory gear check at COUNTER B and upon passing the mandatory gear checks, may proceed to collect their race entitlement pack at COUNTER C.



# MANDATORY ITEMS

MANDATORY ITEMS RULES AND PENALTIES					
ITEMS	10KM	25KM	50KM	PENALTY	REMARKS
Headlamp		No	Yes	DQ	Automatic
Emergency/ Space Blanket		Yes (x1)	Yes (x1)	30 Minutes	
Waterproof/ Windproof Jacket			Yes	30 Minutes	
Mobile Phone	Yes	Yes	Yes	DQ	Automatic
Whistle		Yes	Yes	15 Minutes	
Basic First Aid Kit		Yes	Yes	30 Minutes	
Personal Drinking Cup	Yes	Yes	Yes	15 Minutes	
Water Bottle/ Bladder	500ml	1.5 litre	1.5 Litre	DQ	Automatic
Ziplock bag For Personal Trash	Yes	Yes	Yes	30 Minutes	
Energy Gel/ Bar (Energy Food Source)		Yes	Yes	15 Minutes	
Buff/ Cap		Yes	Yes	15 Minutes	
Spoon/ Bowl			Yes	15 Minutes	Min. Drinking Cup / No Hotmeals
Shoes	Yes	Yes	Yes	DQ	Automatic
<b>Recommended Items</b>					
Anti Chafing Cream/ Vaseline					
Gloves					Highly recommended for 25KM/ 50KM
Sunglasses					
ID and Money					
Hiking Poles					

## Notes :-

1. Mandatory items will be checked during REPC and randomly during the race.
2. Automatic = dismissal from the race course

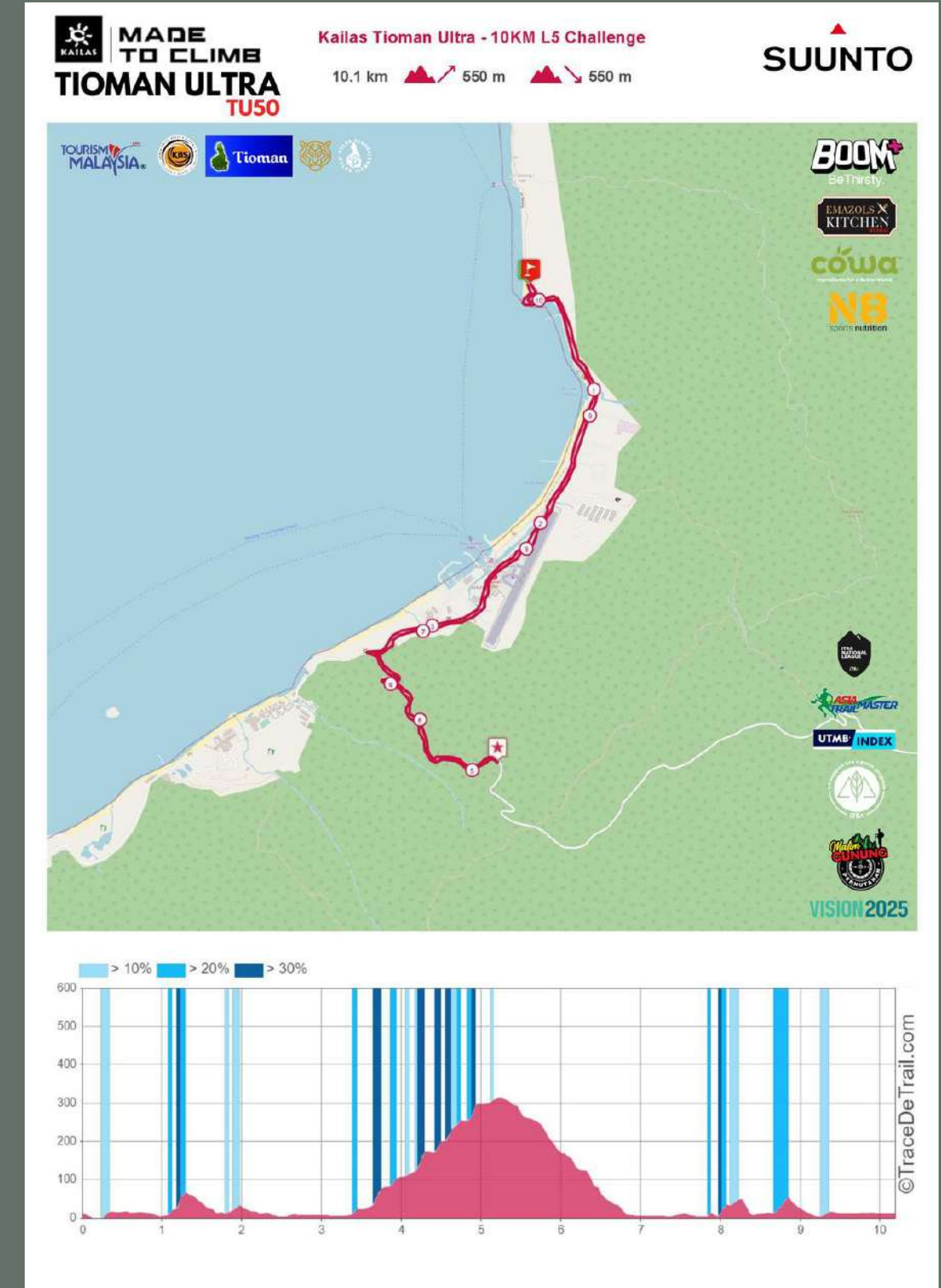
## NOTES:

- 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 a 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.
- The organizer has ZERO tolerance toward runners who fail Mandatory Gear checks



# RACE DETAILS – 10KM L5 CHALLENGE

- The 10KM L5 Challenge will START/ FINISH at Nazri's Place, Kampung Air Batang (ABC) at 09:00 AM on 7 October 2023.
- The Cut Off Time (COT) is 4 hours and runners will be challenge with a combined ascent/ descent of +550m/-550m.
- 99% of the route will be on cemented path and asphalt.
- This challenge is suitable for runners of all levels
- MANDATORY FOR ALL RUNNERS TO COLLECT WRIST BAND AT ASI JALAN LAMA JUARA ENROUTE TO FINISH LINE AT KAMPUNG AIR BATANG.



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# TIMELINE – 10KM L5 CHALLENGE

KAILAS TIOMAN ULTRA 2023 10KM L5 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											
NAZRI PLACE - AIR BATANG	0		0		0	0				9.00am 7-Oct	Race Base
AS1 JALAN LAMA JUARA	2	2	5	5	422	422	9.30am 7-Oct	11.00am 7-Oct		11.00am 7-Oct	Timing Control/ Medic/ Light Refreshments
FINISH											
NAZRI PLACE - AIR BATANG	2	4	10	5	128	550	10.00am 7-Oct	1.00pm 7-Oct		1.00pm 7-Oct	Race Base/ Light Refreshments

UTMB INDEX RACE 20K



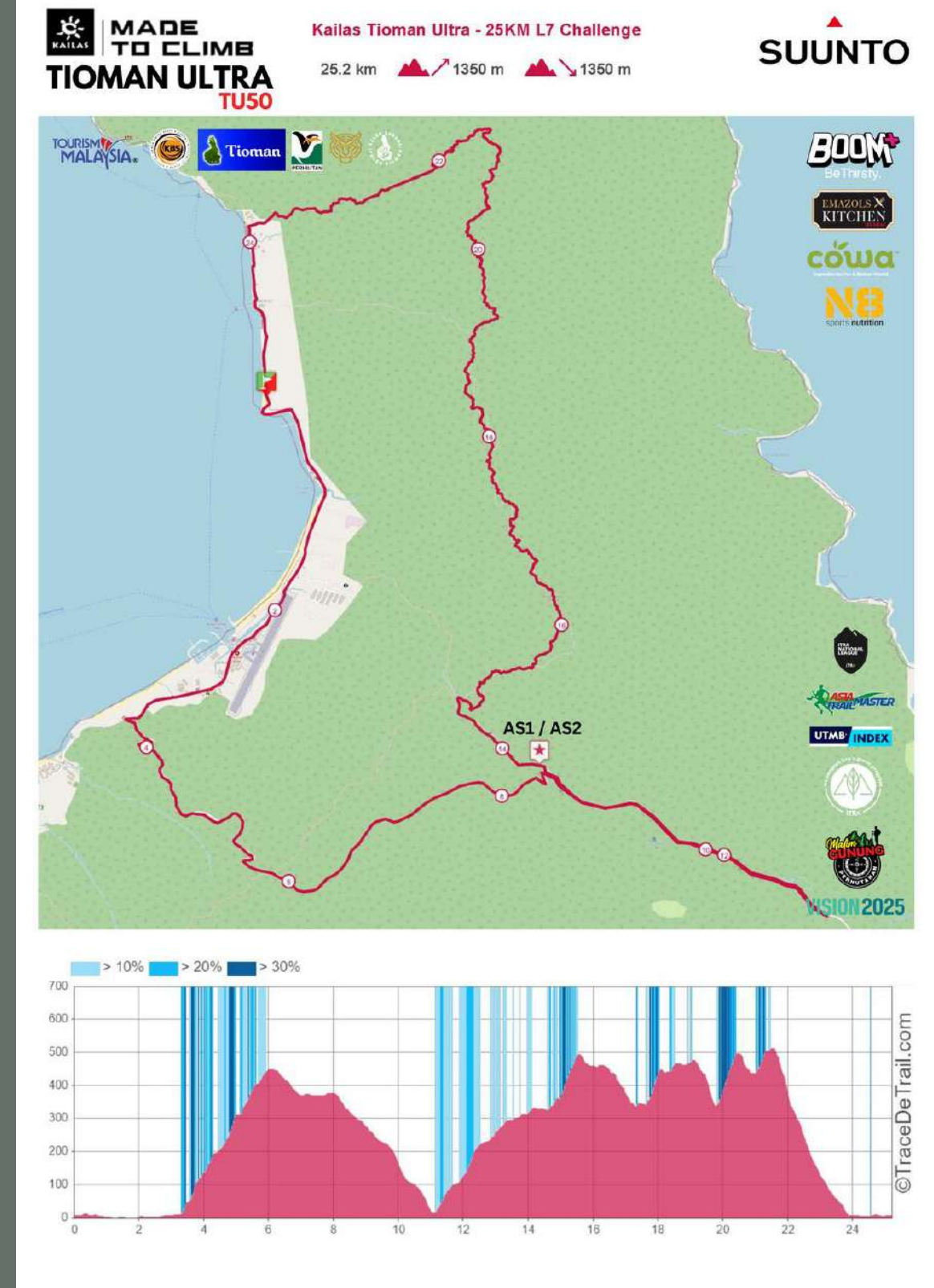
**UTMB** INDEX



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# RACE DETAILS – 25KM L7 CHALLENGE

- The 25KM L7 Challenge will START/ FINISH at Nazri's Place, Kampung Air Batang (ABC) at 08:00 AM on 7 October 2023.
- The Cut Off Time (COT) is 8 hours (04:00 PM 7 October 2023) and runners will be challenged with a combined ascent/ descent of +1350m/-1350m.
- The route will cover 50% of cemented path and asphalt and 50% in the forested path (secondary wildlife reserves).
- Runners are highly advised to rest and load up at AS2 – Jalan Lama Juara Peak before heading into the forested path towards the finishing line at Kampung Air Batang.
- Runners are advised to exercise extra care running through the forested path.
- MANDATORY FOR ALL RUNNERS TO COLLECT WRIST BAND AT JALAN LAMA JUARA ENROUTE TO AS2 – JALAN LAMA JUARA.



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# TIMELINE - 25KM L7 CHALLENGE

KAILAS TIOMAN ULTRA 2023 25KM L-7 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 NAZRI PLACE - AIR BATANG	0		0		0	0				8.00am 7-Oct	Race Base
AS1 JALAN LAMA JUARA	2	2	8.5	8.5	450	450	8.45am 7-Oct	10.00am 7-Oct		10.00am 7-Oct	Timing Control/ Medic/ Light Refreshments
AS2 JALAN LAMA JUARA	1	3	13.6	5.1	293	743	9.30am 7-Oct	11.00am 7-Oct		11.00am 7-Oct	Timing Control/ Medic/ Light Refreshments
FINISH NAZRI PLACE - AIR BATANG	5	8	25	11.4	607	1350	11.30am 7-Oct	4.00pm 7-Oct		4.00pm 7-Oct	Race Base/ Refreshments

ITRA 1 POINT  
UTMB INDEX RACE 20K



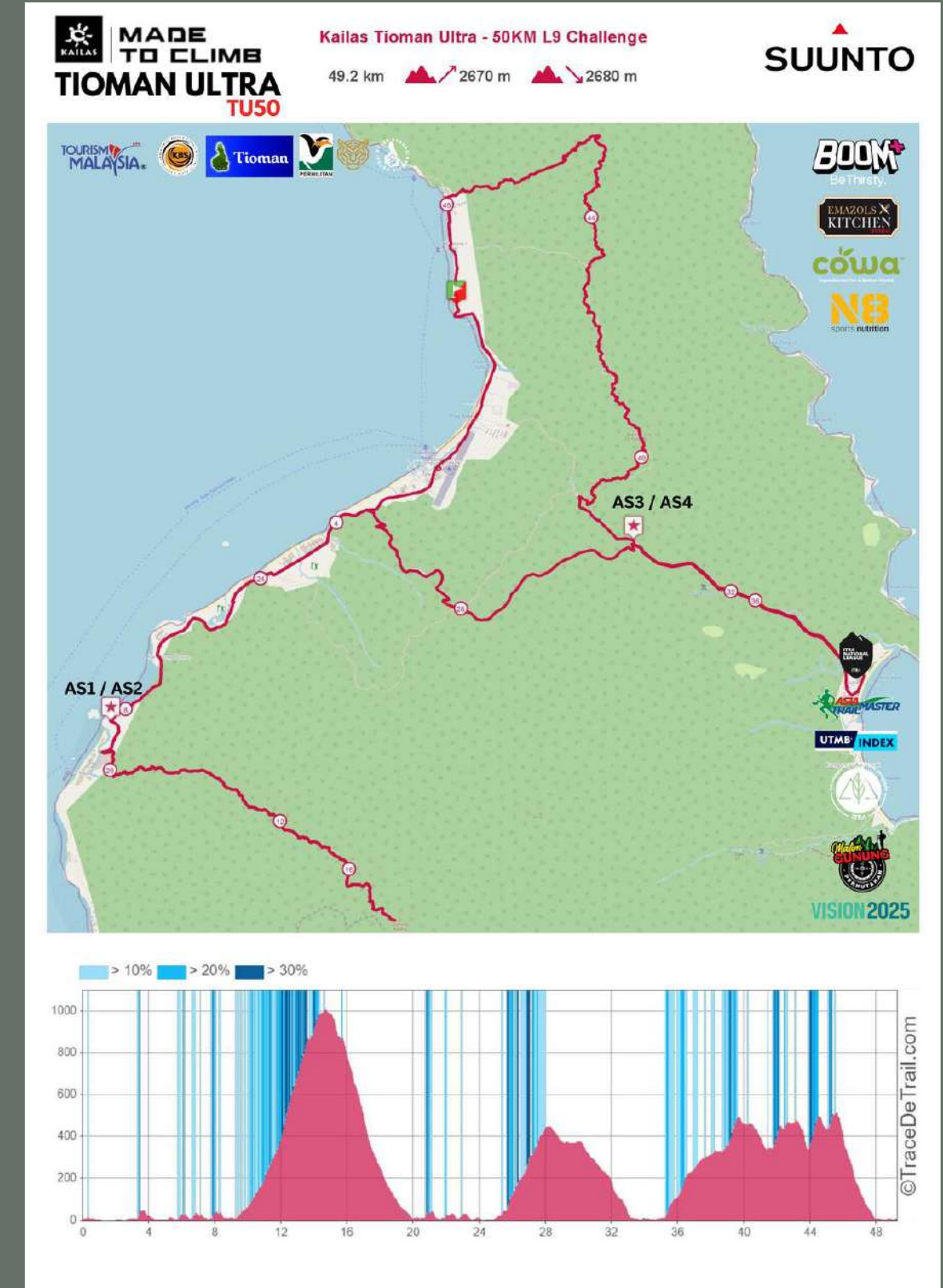
**UTMB** INDEX



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# RACE DETAILS – 50KM L9 CHALLENGE

- The 50KM L9 Challenge will START/ FINISH at Nazri's Place, Kampung Air Batang (ABC) at 03:00 AM on 7 October 2023.
- The Cut Off Time (COT) is 17 hours (07:00 PM 7 October 2023) and runners will be challenged with a combined ascent/ descent of +2670m/-2670m.
- The route will cover 40% of cemented path and asphalt and 60% of the forested path (secondary wildlife reserves) and white sandy beach.
- Runners are highly advised to rest and load up at AS1 – Kampung Paya before heading up Gunung Kajang and again at AS4 – Jalan Lama Juara Peak before heading into the forested path towards the finishing line at Kampung Air Batang
- This course is a highly demanding course and runners are advised to exercise additional care when descending down Gunung Kajang and when running through the forested path.
- MANDATORY FOR ALL RUNNERS TO COLLECT WRIST BAND AT PEAK OF GUNUNG KAJANG ENROUTE TO AS2 KAMPUNG PAYA AND AT MENTAWAK ENROUTE TO AS 4 JALAN LAMA JUARA.



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# TIMELINE - 50KM L9 CHALLENGE

KAILAS TIOMAN ULTRA 2023 50KM L9 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											
NAZRI PLACE - AIR BATANG	0		0		0	0				3.00am 7-Oct	Race Base
AS1 KAMPUNG PAYA	2	2	9	9	170	170	3.45am 7-Oct	5.00am 7-Oct		5.00am 7-Oct	Timing Control/ Medic/ Light Refreshments
AS2 KAMPUNG PAYA	5	7	21	12	1050	1220	6.45am 7-Oct	10.00am 7-Oct		10.00am 7-Oct	Timing Control/ Medic/ Light Refreshments Hot Meals
AS3 JALAN LAMA JUARA	3	10	31	10	539	1759	7.45am 7-Oct	1.00pm 7-Oct		1.00pm 7-Oct	Timing Control/ Medic/ Light Refreshments
AS4 JALAN LAMA JUARA	1	11	37.6	6.6	304	2063	8.30am 7-Oct	2.00pm 7-Oct		2.00pm 7-Oct	Timing Control/ Medic/ Light Refreshments
FINISH	6	17	49	11.4	607	2670	11.30am 7-Oct	7.00pm 7-Oct		7.00pm 7-Oct	Race Base/ Refreshments
NAZRI PLACE - AIR BATANG											

ASIA TRAIL MASTER CHAMPIONSHIP - CANDIDATE RACE  
ITRA 3 POINTS  
UTMB INDEX RACE 50K



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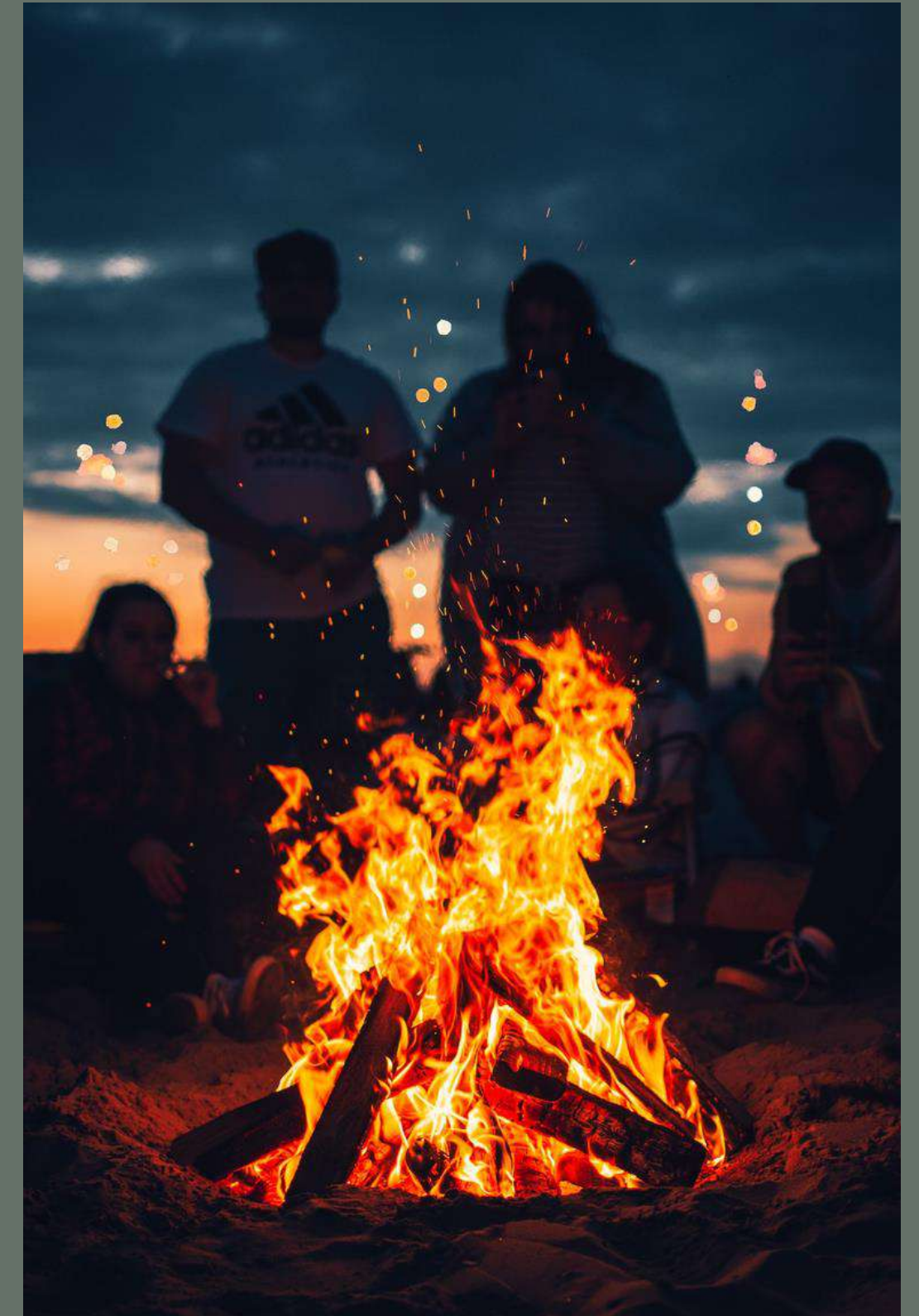
# RUNNER'S ENTITLEMENTS

- All runners will be provided with a bib no (with timing device), an event tee, personal insurance, refreshment and food on the course and entry to the after party.
- All runners who complete their race within Cut-Off-Time (COT) will receive an e-cert and limited edition finisher medal. All 25KM L5 Challenge and 50KM L9 Challenge who complete their race within Cut-Off-Time(COT) will receive a limited edition finisher tee.



# AFTER PARTY

- Kailas Tioman Ultra 2023's runners and visitors will be celebrated to an after party where top 10 runners of all distance categories (open/veteran) will be honored in an award ceremony during.
- The after party is only for runners, registered visitors and all event team members.
- The after party will start from 08:00 PM till late and will take place at the beach front at Nazri's Place, Kampung Air Batang.
- Please help us keep the event sustainable by not wasting any food. Take what you can eat and always think of those after you.
- Anyone acting unruly during the after party will be evicted from the after party.



# THINGS TO DO IN TIOMAN

- Lounge on 1 of the island's many beaches.
- Walk to ABC beach and go on a scenic trail.
- Hike from Monkey Beach to Monkey Bay.
- Beat the heat and go for a swim/ dive/ snorkelling.
- Educate yourself at the Marine Park Information Center and swim with the fishes at the marine park.
- Get certified for diving.
- Snorkle among the fish at Coral or Renggis Island.
- Kayak in the pristine water around Tioman.
- Explore Rafflesia trails.
- Surf on.
- Shop duty-free.
- Catch your own dinner on a fishing trip.
- Go island hopping.
- Spend the day at Coral Island.
- Golf and enjoy the views.
- Watch the glorious sunset on the beach.
- Visit the many watrefalls.
- See the traditional island village of Mukut.
- Breeze around on a bicycle.
- Hike up Gunung Kajang.
- See baby turtles or turtles eggs.



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## DO

- Always be punctual
- Respect the locals
- Discard your waste responsibly
- Be courteous
- Greet everyone that you meet
- Protect the wildlife
- Smile at all times
- Conserve the nature
- Try the local cuisine
- Support local tourism products
- Be tidy and hygienic at all times
- Follow instructions of the event team
- Practice basic trail running etiquette
- Read the event guide as a whole
- Practice extreme care.
- Take only what you need and what you can consume at AS
- Follow the race markers
- Get the right gear
- Wear trail running shoes

## DON'T

- Leave your waste in the trails
- Harm any wildlife
- Swear
- Damage others property
- Remove any race markers
- Sleep in the trail
- Waste supplies at AS
- Disrespect the locals/ others
- Remove any plants found on the race course
- Divert away from the race markers unless specifically instructed to do so by marshalls
- Damage the trails
- Run barefoot
- Be late
- Run without bib or bib belonging to others
- Carry other mandatory items



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INITIATIVES



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