

TAIPING24HR

TRANSCEND THE TEST OF TIME

3HOUR

6HOUR

12HOUR

24HOUR

15 -17 MAY 2026

DATARAN KEDAMAIAN, TAMAN TASIK TAIPING

RUNNER'S GUIDE

www.mmtf.my

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ABOUT

T24HR
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TAIPING 24-HOUR

-Push your limits at the TAIPING 24-HOUR 2026, a unique race set in the historic and scenic Taiping Lake Gardens —Malaysia's first public garden, established in 1880. Runners will take on 3H, 6H, 12H and 24H categories, looping around a breathtaking course featuring 10 lakes, 5 bridges, and a canopy of century-old rain trees.

-Why Taiping? It was named the 3rd Most Liveable City in the World (ITB Berlin), known for its cool climate, rich colonial heritage, and lush greenery. Located near Bukit Larut and the Taiping Zoo, the gardens are also home to wildlife like the endangered dusky leaf monkeys—a treat for nature lovers.

-While participants run, families can enjoy nearby attractions: zoo visits, paddle boats, cycling paths, stone gardens, and more.

Race hard. Breathe deep. Discover Taiping.



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EVENT SCHEDULE

Event / Activity	Date	Time	Location	Remark
Race Entitlement Pack Collection (REPC)	15 May 2026 (Friday)	10:00am – 06:00pm	mmtf shop @ Maxwell Basecamp , Taiping	For All Category
Late Race Entitlement Pack Collection (REPC)	16 May 2026 (Saturday)	10:00am – 7:00pm	Dataran Kedamaian, Taman Tasik Taiping	
Finish Line Drop Bag Counter Open	16 May 2026 (Saturday)	08:00am	Dataran Kedamaian, Taman Tasik Taiping	For All Category
Race Start (24 Hours)	16 May 2026 (Saturday)	09:30am	Dataran Kedamaian, Taman Tasik Taiping	24 Hours Flag-off
Race Start (12 Hours)	16 May 2026 (Saturday)	09:30pm	Dataran Kedamaian, Taman Tasik Taiping	12 Hours Flag-off
Race Start (6 Hours)	17 May 2026 (Sunday)	03:30am	Dataran Kedamaian, Taman Tasik Taiping	6 Hours Flag-off
Race Start (3 Hours)	17 May 2026 (Sunday)	06:30am	Dataran Kedamaian, Taman Tasik Taiping	3 Hours Flag-off
Cut Off Time (COT)	17 May 2026 (Sunday)	09:30am	Dataran Kedamaian, Taman Tasik Taiping	For All Category
Prize Giving Ceremony	17 May 2026 (Sunday)	10:30-12:00pm	Dataran Kedamaian, Taman Tasik Taiping	-
Finish Line Drop Bag Counter Close	17 May 2026 (Sunday)	After 12:00pm	Dataran Kedamaian, Taman Tasik Taiping	-

RUNNERS INFORMATION

REPC (Race Entitlement Pack Collection)

- Runners only need to present a soft copy of identification to collect their entitlements.
- Runners who are unable to collect their entitlements in person must provide a written letter of authorization to the person collecting on their behalf.

CHECKPOINTS (CP)

- There will be two checkpoints throughout the course: One located at Jalan Pekeliling, One at the Start/Finish area

SUPPORT CREW

- Support crew are not required for this challenge.
- Support crew are not allowed in the Runners Only zone.
- Support crew are not permitted to help themselves to food or beverages prepared by the event team for the challengers
- Challengers may not use the services of a pacer who is not registered as a challenger in the event

RUNNER'S BIB

- Unauthorized transfer of bibs is strictly prohibited.
- Runners must participate with their own bib number.

DROP BAGS

- Drop bag deposit counter will open at 8:00 AM on 16 May 2026 at the Start/Finish area.
- It is the runner's responsibility to ensure all deposited bags are properly packed and waterproofed.
- The event team will not be responsible for any damage or loss of items deposited.
- All unclaimed items after 12:00 PM on 17 May 2026 will be discarded.

PARKING

- Runners may only park at the designated parking area located at the public toilet across the road from the Start/Finish area.

CONSERVATION OF NATURE POLICY

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

WITHDRAWAL FROM CHALLENGE

- You may withdraw from the challenge at any time by informing a member of the event team.



RACE ENTRY PACK COLLECTION (REPC)



VENUE : Maxwell Basecamp , Kaki Bukit Larut , Taiping, Perak, West Malaysia

DATE & TIME : 15 MAY 2026 (10:00am-06:00pm)

STEP 01

•All participants must show their MyKad/passport, a softcopy of their Race Confirmation Slip and a printed copy of Indemnity Form (filled and signed) to collect their Race Entry Pack during the REPC period as stated above. **RM2 will be charged for Indemnity Form at REPC**

STEP 02

COLLECT RACE BIB & EVENT TEE

•Present your race confirmation slip obtained to collect your race entitlements.

**DOWNLOAD
INDEMNITY FORM**



**REPC
LOCATION**



MANDATORY ITEMS

Mandatory Items	3 Hours	6 Hours	12 Hours	24 Hours	Penalty
Headlamp (7pm-7am)	YES	YES	YES	YES	DQ
Extra Batteries / Headlamp Blinker (7pm-7am)	NO	YES	YES	YES	15 Minutes
Personal Drinking Cup	YES	YES	YES	YES	15 Minutes
Bowl & Spoon	YES	YES	YES	YES	30 Minutes
Shoes	YES	YES	YES	YES	DQ

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.
- No cups and bowl will be provided. Please bring your own cup and bowl.**
- Extra Batteries / Headlamp can be kept in drop bag and runners can access when required. For headlamp and blinker, runners need to carry during the race from 7PM - 7AM for safety measures.



COURSE INFORMATION

COURSE PROFILE

-35% Asphalt, 40% Concrete path, 25% Grass - 3.3KM/Loop

CHECKPOINT/ AID STATION

-2 checkpoints (1 at Jalan Pekeliling -1.8KM mark/ 1 at START FINISH)

-Food and Beverage station only at START/ FINISH area.

COURSE SUMMARY

-The course is considered FLAT by its standard and have ZERO difficulty.

- Runners should however practice caution when going up and down the 3 bridges (KM1.2/KM1.3/KM3) along the route as it can be slippery if it happens rain during the challenge.

-Runners will be running under the raintrees which would provide a perfect umbrella.

-Do expect to see and hear the calls of the wilds as the challenge takes you around the iconic Taiping Lake Garden which is also the home of Taiping Zoo.

-Do expect conditions to be chilly if it does rain as apart from being covered whilst running under the raintree, runners will practically run under the moon and stars/ rain.



RULES

Bib Rules

- No unlawful transfer of bib allowed.
- You must run with your own bib number.
- Your bib must always be visible.

Event Team

- Abide by the instructions of the event team at all times.

Signages & Course

- Pay extra caution to and follow strictly all event's markers and signages.
- No outside pacing or assistance allowed.

Finisher Criteria (3.3 KM per loop)

Challenge	Loops Required	Status
3 Hours	5 loops	3 Hours Finisher
6 Hours	10 loops	6 Hours Finisher
12 Hours	20 loops	12 Hours Finisher
24 Hours	40 loops	24 Hours Finisher

Prizes

Top 5 in each category:

- 3 Hours – Top 5 Men & Women (Open / Veteran)
- 6 Hours – Top 5 Men & Women (Open / Veteran)
- 12 Hours – Top 5 Men & Women (Open / Veteran)
- 24 Hours – Top 5 Men & Women (Open / Veteran)



RUNNER'S ENTITLEMENTS



EVENT TEE



BIB & TIMING CHIP



INSURANCE



F&B



FINISHER'S ENTITLEMENTS



FINISHER TEE



MEDAL



F&B



FOOD AND BEVERAGES

Time Slot	Supplies / Menu
9:30 AM - 9:30 AM (16/5/2026 -17/5/2026)	Water, Coke, Isotonic, Watermelon, Dates, Candy, Apollo Cakes, Potato Cracker
09:30 PM – 12:00 PM (16/5/2026)	French Toast, Banana Cake
12:00 PM – 6:00 PM (16/5/2026)	Rice, Vegetable, Ayam Masak Kicap, Pisang Goreng
6:00 PM – 9.30 PM (16/5/2026)	Chinese Fried Rice & Fried Egg, Vegetable Soup, Fried Chicken, Orange, Hot Coffee
9:30 PM - 6.30AM (16/5/2026 - 17/5/2026)	Porridge, Indo Mee Goreng, French Toast, Nugget, Mini Hashbrown,
6:30 AM - 9:30 AM (17/5/2026)	Singapore Fried Bihun



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THANK YOU

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