



ROAD ULTRAMARATHON

RACE GUIDE

1 June 2022



RACE DETAILS

Date:

4 June 2022 (06:00 AM) until 5 June 2022 (12:00 PM)

Venue:

Perkarangan Stadium Sultan Mizan Zainal Abidin,
Kuala Terengganu.

Sport: Road Ultra

Categories:

100 Miles / 100km / 50km / 25km / 10km

FLAG OFF TIME

Race Category	Day	Flag Off	Cut off time	Cut off
100 MILES	Saturday	4 June, 6:00 AM	5 June, 12:00 PM	30 hours
10 KM Fun Run	Saturday	4 June, 6:30 AM	4 June, 8:30 AM	2 Hours
25 KM	Saturday	4 June, 7:00 AM	4 June, 12:00 PM	5 Hours
100 KM	Saturday	4 June, 6:00 PM	5 June, 12:00 PM	18 Hours
50 KM	Sunday	5 June, 3:00 AM	5 June, 12:00 PM	9 Hours

*Note: New Flag-Off Time for 10km. Now at 6:30 AM

REPC (Race Entry Pack Collection)

Date: 3rd June 2022 (Friday)

Time: 10:00 am - 6:00 pm

Venue: Race Village, Sultan Mizan Zainal Abidin Stadium (Stadium Gong Badak). Directly across the street from Raia Hotel & Convention Centre Terengganu (previously TH Hotel).

Please bring your confirmation slip & identification. For manual registration you only need to bring your identity card.

For those unable to come for the REPC on Friday, we will set up a booth for bib pick up at Race Village on Saturday. Please come and pick up your bib at least one hour before the flag off for respective categories.

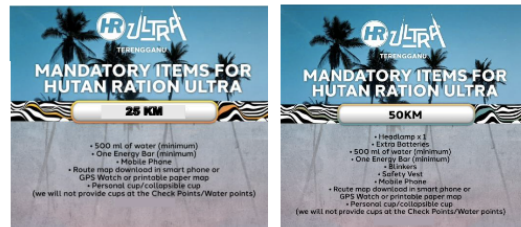
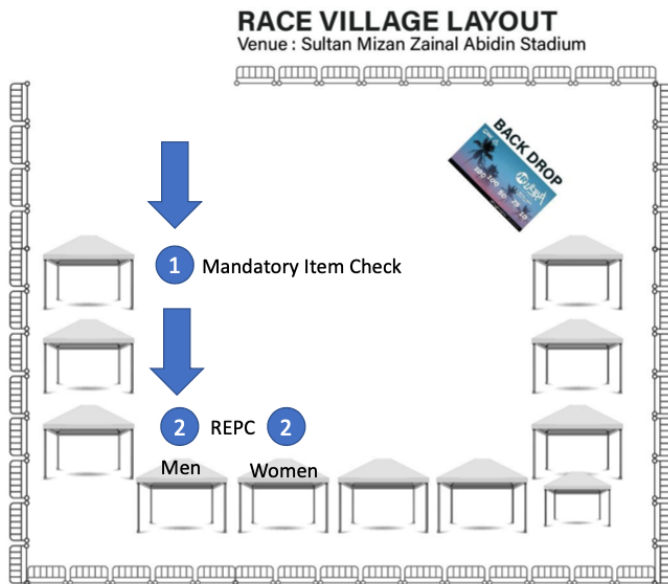


HR ULTRA 2022 : RACE VILLAGE



There will be mandatory items check before participants are allowed to collect their race bib and event t-shirt.

HR Ultra 2022 : Mandatory Items Check and REPC



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

2. Any participants who fail to adhere to the list above will incur penalty, where time will be added to their finishing time based on the severity of the omission, and in some cases will not be allowed to take part by the organizer. Any decision made is at the organizer's discretion and it will be final.

1. MySejahtera check-ins is not compulsory, but participants must still use the app to update and show their risk status before entry. Only participants with low risk is allowed to enter the race village.



MANDATORY ITEMS FOR HUTAN RATION ULTRA

25KM HRU

- 500 ml of water (minimum)
- One Energy Bar (minimum)
 - Mobile Phone
- Route map download in smart phone or GPS Watch or printable paper map
 - Personal cup/collapsible cup

(we will not provide cups at the Check Points/Water points)

3-5 JUNE 2022




MANDATORY ITEMS FOR HUTAN RATION ULTRA

50KM

- Headlamp x 1
- Extra Batteries
- 500 ml of water (minimum)
- One Energy Bar (minimum)
 - Blinkers
 - Safety Vest
 - Mobile Phone
- Route map download in smart phone or GPS Watch or printable paper map
 - Personal cup/collapsible cup

(we will not provide cups at the Check Points/Water points)

3-5 JUNE 2022






MANDATORY ITEMS FOR HUTAN RATION ULTRA

100 MILES & 100KM

- Headlamp x 2
- Extra Batteries
- 1 liter of water (minimum)
- One Energy Bar (minimum)
 - Blinkers
 - Safety Vest
 - Mobile Phone
- Route map download in smart phone or GPS Watch or printable paper map
- Personal cup/collapsible cup
(we will not provide cups at the Check Points/Water points)

3-5 JUNE 2022



EVENT ITINERARY

<u>DATE</u>	<u>TIME</u>	<u>DAY</u>	<u>AGENDA</u>
3 JUNE 2022	10:00 – 18:00	FRIDAY	REPC at Stadium Sultan Mlzan Zainal Abidin
4 JUNE	5:00	SAT	DROP BAG COUNTER OPEN FOR 100 MILER
	6:00	SAT	FLAG OFF – 100 MILER
	6:30	SAT	FLAG OFF – 10 KM FUN RUN
	7:00	SAT	FLAG OFF – 25 KM
	8:30	SAT	CUT OFF TIME – 10 KM FUN RUN
	9:30	SAT	AWARD CEREMONY – 25 KM
	12:00	SAT	CUT OFF TIME – 25 KM
	17:00	SAT	DROP BAG COUNTER OPEN FOR 100KM
	18:00	SAT	FLAG OFF – 100 KM
5 JUNE	3:00	SUN	FLAG OFF – 50 KM
	10:00	SUN	AWARD CEREMONY – 50 KM / 100 KM / 100 MILER
	12:00	SUN	CUT OFF TIME – 100 MILER / 100 KM / 50 KM



BAGGAGE BAG - DEPOSIT AT RACE VILLAGE

Participants can keep their baggage before the race at “Baggage Tent” at the race village on event day.

Please make sure you write your name and bib number on your baggage for easier identification.

Disclaimer. We are not responsible for any missing valuables or baggage during the event. We suggest that you keep valuables items at your hotels/guesthouse.

DROP BAG FOR 100 Miler & 100km

Participants for 100 miles and 100km will be given Drop Bag facilities at CP6 (Dewan KRT, Kg. Gong Balai, Merchang Marang).

100 miler participants can submit their drop bag at baggage tent before flag off (6:00 Saturday).

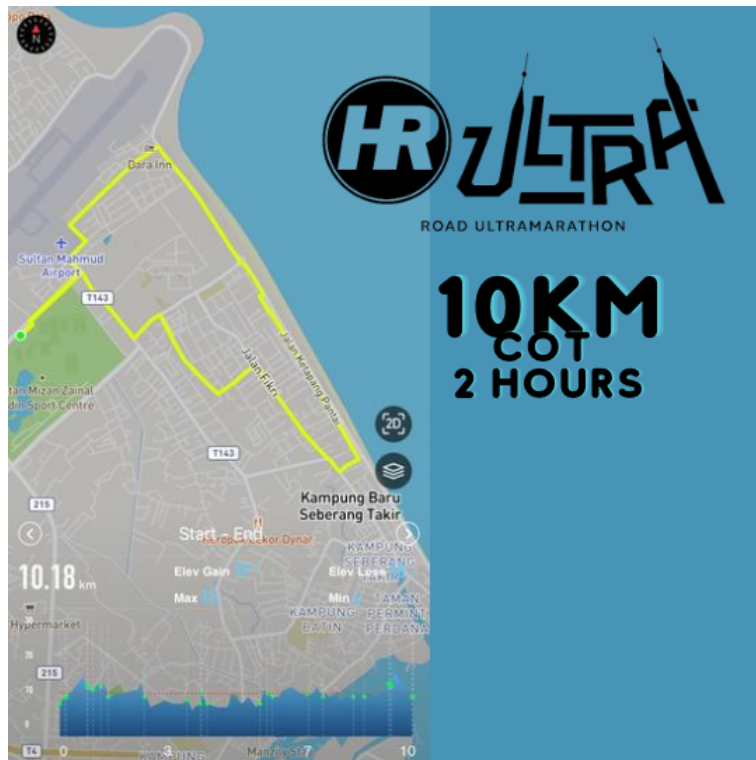
100km participants can submit drop bag before flag off (18:00 Saturday).

ROUTE MAP

Download GPX Map

<https://www.dropbox.com/scl/fo/4x84laz6b7sy7f1a6drtn/h?dl=0&rkey=w92rw84zkn99byu tz6osapm22>





CHECK POINTS, WATER STATIONS & COT

HUTAN RATION ULTRA					
10 KM CHECKPOINT (4th June 2022)					
STATION	LOCATION	DISTANCE (KM)	NEXT CP	TIME OF DAY	CUT OFF TIME
START	STADIUM SULTAN MIZAN ZAINAL ABIDIN	0	5	6:30 AM	
WATER POINT		5	5		
FINISH	STADIUM SULTAN MIZAN ZAINAL ABIDIN	10		8:30 AM	2:00 HOURS

HUTAN RATION ULTRA					
25 KM CHECKPOINTS (4th June 2022)					
STATION	LOCATION	DISTANCE (KM)	NEXT CP	TIME OF DAY	CUT OFF TIME
START	STADIUM SULTAN MIZAN ZAINAL ABIDIN	0	10	7:00 AM	
CP1	PANTAI BATU BUROK	10	2.5	9:00 AM	2:00 HOURS
U-TURN		12	2.5		
CP1	PANTAI BATU BUROK	15	11	10:00 AM	3:00 HOURS
FINISH	STADIUM SULTAN MIZAN ZAINAL ABIDIN	26		12:00 PM	5:00 HOURS

HUTAN RATION ULTRA					
50 KM CHECKPOINTS (5th June 2022)					
STATION	LOCATION	DISTANCE (KM)	NEXT CP	TIME OF DAY	CUT OFF TIME
START	STADIUM SULTAN MIZAN ZAINAL ABIDIN	0	10	3:00 AM	
CP1	PANTAI BATU BUROK	10	7		
CP2	MASJID SULTAN ISMAIL, KG CENERING K.TERENGGANU	17	8		
CP3	MASJID SULTANAH NUR ZAHIRAH	25	8	7:00 AM	4:00 HOURS
CP2	MASJID SULTAN ISMAIL, KG CENERING K.TERENGGANU	33	7		
CP1	PANTAI BATU BUROK	40	10		
FINISH	STADIUM SULTAN MIZAN ZAINAL ABIDIN	50		12:00 PM	9:00 HOURS



HUTAN RATION ULTRA					
100 KM CHECKPOINTS (4th June 2022)					
STATION	LOCATION	DISTANCE (KM)	NEXT CP	TIME OF DAY	CUT OFF TIME
START	STADIUM SULTAN MIZAN ZAINAL ABIDIN	0	10	6:00 PM	
CP1	PANTAI BATU BUROK	10	7		
CP2	MASJID SULTAN ISMAIL, KG CENERING K.TERENGGANU	17	8		
CP3	MASJID SULTANAH NUR ZAHIRAH	25	10		
CP4	KLINIK DESA PULAU KERENGGGA	35	7		
CP5	SURAU HJ ABDULLAH, KG KUALA TENGAH	42	8		
CP6	DEWAN KRT KG. GONG BALAI, MERCHANG MARANG	50	8	2:30 AM	8:30 HOURS
CP5	SURAU HJ ABDULLAH, KG KUALA TENGAH	58	7		
CP4	KLINIK DESA PULAU KERENGGGA	65	10		
CP3	MASJID SULTANAH NUR ZAHIRAH	75	8	7:15 AM	13:15 HOURS
CP2	MASJID SULTAN ISMAIL, KG CENERING K.TERENGGANU	83	7		
CP1	PANTAI BATU BUROK	90	10		
FINISH	STADIUM SULTAN MIZAN ZAINAL ABIDIN	100		12:00 PM	18:00 HOURS



HUTAN RATION ULTRA					
100 MILES CHECKPOINTS (4th June 2022)					
STATION	LOCATION	DISTANCE (KM)	NEXT CP	TIME OF DAY	CUT OFF TIME
START	STADIUM SULTAN MIZAN ZAINAL ABIDIN	0	10	6:00 AM	
CP1	PANTAI BATU BUROK	10	7		
CP2	MASJID SULTAN ISMAIL, KG CENERING K.TERENGGANU	17	8		
CP3	MASJID SULTANAH NUR ZAHIRAH	25	5		
U- TURN	KG. POTOT KELULUT	30	5		
CP3	MASJID SULTANAH NUR ZAHIRAH	35	8		
CP2	MASJID SULTAN ISMAIL, KG CENERING K.TERENGGANU	43	7		
CP1	PANTAI BATU BUROK	50	10		
START	STADIUM SULTAN MIZAN ZAINAL ABIDIN	60	10	4:30 PM	10:30 Hours
CP1	PANTAI BATU BUROK	70	7	6:15 PM	12:15 Hours
CP2	MASJID SULTAN ISMAIL, KG CENERING K.TERENGGANU	77	8		
CP3	MASJID SULTANAH NUR ZAHIRAH	85	10	9:00 PM	15:00 Hours
CP4	KLINIK DESA PULAU KERENGGGA	95	7		
CP5	SURAU HJ ABDULLAH, KG KUALA TENGAH	102	8		
CP6	DEWAN KRT KG. GONG BALAI, MERCHANG MARANG	110	8	2:00 AM	20:00 Hours
CP5	SURAU HJ ABDULLAH, KG KUALA TENGAH	118	7		
CP4	KLINIK DESA PULAU KERENGGGA	125	10		
CP3	MASJID SULTANAH NUR ZAHIRAH	135	8	7:00 AM	25:00 Hours
CP2	MASJID SULTAN ISMAIL, KG CENERING K.TERENGGANU	143	7		
CP1	PANTAI BATU BUROK	150	10		
FINISH	STADIUM SULTAN MIZAN ZAINAL ABIDIN	160		12:00 PM	30:00 Hours



RACE SAFETY

There will be **NO ROAD CLOSURE** for this event. It's important that all participants run on shoulder of the road.

All participants in the categories of 100 Miles, 100km and 50km are required to wear reflective vest/safety vest at all time during the race and are required to turn on their blinker and headlamp during the hours of 7:00 PM until 8:00 AM.

Participants in the 25km and 10km are encourage to wear safety vest although not a mandatory.

DNF PROCEDURE

Participants can only DNF at checkpoints, please inform the crew of your intention to DNF. The crew will cut your race bib in half thus deactivate your timing chip.

Failure to inform any race official that you are ending the race, you are considered to still be an active participant of the event. At the end of the race, we will activate a rescue procedure to find you and any cost incurred for such a rescue operation is to be borne by you.

There will no transport provided for DNF participants, you need to arrange for your transport to get back to start line or your hotel.

FINISHER ENTITLEMENT

PODIUM TROPHIES

	100M	100KM	50KM	25KM
MALE	5	10	10	10
FEMALE	3	3	10	10

- Finisher Tee (finish within cut off time) for 25KM, 50KM, 100KM and 100 Miles.
- Finisher Buckle – 100 Miles
- Finisher Medal (finish within cut off time for all categories)
- E-cert



OFFICIAL RULES

1. Equipment: All runners must carry all mandatory gears at all times. Race officials have the right to perform random gear checks on any participants at any point of the race. Should a runner be found without the possession of a mandatory gear, he/she will not be allowed to continue on the course and will be DISQUALIFIED (DQ) from the race.
2. Cut-off times: Cut-off times will be strictly enforced throughout the race. Runners must check out from a water station before the designated cut-off time of the station. All decisions by race officials are final and non-negotiable.
3. No short-cutting: All runners must follow the marked path along the race course without taking any shortcuts (unless instructed by the volunteers). Any runners caught violating this rule by taking a shortcut or hopping on a vehicle will be DISQUALIFIED (DQ).
4. Strictly no pacers are allowed throughout the entire race. If you're caught with a pacer (either on foot or on any vehicles) you will be DISQUALIFIED (DQ).
5. No unauthorized aid stations: To ensure race fairness to all runners, no unauthorized aid stations should be set up by anyone throughout the race course. We welcome all supporters to setup their aid stations at all the designated water stations.
6. Do not litter: Kindly carry your trash and dispose them at the bins provided at each water station.
7. Road use and crossing: There will be no road closure for this race. There will be vehicles using the same road as you during the race. Please be courteous to the other vehicles and let them pass through before continuing your journey. Always run on the shoulder on the road and BE CAREFUL of fast approaching vehicles. You are responsible for your own safe being on the race course.
8. Instructions from volunteers: At certain points of the race, volunteers may redirect you from the race course for safety purposes. Always follow the instructions of the volunteers to avoid untoward incidence.
9. The Organizer reserves the right to disqualify or exclude any person from competition who gives incorrect personal data / details on the entry form, or who is suspected of having taken banned substances. No refund of entry fee will be arranged.
10. No result or certificate will be given to participants who do not start in the race time assigned to them by the Organizer.
11. Participants must retire from the race immediately, if asked / requested to do so by any member of the officials, medical staff, race director or security officers / marshals.

Pictures and Documentation

The organizer shall be entitled to use pictures and documentation of the participants taken during the event for purposes related with the event or any future events.

Amendments / Reservations / Acknowledgment

1. Organizer reserves the right to modify, supplement or waive all or part of the event rules.
2. Failure to follow these event rules, as may be amended, will result in immediate disqualification and loss of prize money.
3. The Organizer reserves the right to close entries before the deadline without any notice once the race quota is full.
4. Entry forms will only be processed upon receipt of full payment of entry fee.
5. The organizer reserves the right to limit and refuse entries without reason.
6. The Organizer reserves the right to contact and to interview applicants by phone or otherwise for additional information required for matters relating to their applications.



7. Entry fees are non-refundable. The Organizer reserves the right to refuse entries once the entry is accepted if any applicants provide false information, do not make the required payment, or fail to meet entry requirements as stated in the entry form.
8. Should the event be cancelled due to circumstances beyond the control of the Organizer (including heavy rain, thunder storm or disaster, public rally), no refund of the entry fee will be made and the Organizer shall have no further responsibility and/or liability thereafter.
9. Running is not a 'free risk' sport and therefore each runner must ensure his/her health condition is fit before participating and during the race. Each runner shall be responsible with his/her own health/condition. The Organizer shall be responsible for personal injury or death during or after the race due to gross negligence of the Organizer.
10. The Organizer reserves the right to disallow/ disqualify any person who is known or suspected to be physically unfit to participate in the event. Should a runner get injured during the race, on case by case basis as recommended by medical team as appointed by the Organizer to monitor the race, such runner may be treated in hospital as designated by the Organizer with a treatment cost not exceeding the amount agreed by the Organizer and the relevant hospital circumstances.
11. The organizer and its agents will not be held responsible for any issues relating to parking at the venue. Participants are advised to follow the instructions given by traffic personnel for proper parking. The organizer and its agent will not be held responsible due to losses suffered in the event of break in or vandalism to the vehicles of participants. Proper vigilance must be exercised by all participants when parking their vehicles.

Organizer Information

Malatra Events & Hutan Ration

Website:

malatraevents.com
hutanration.com

Contact:

info@malatraevents.com
hutanration@gmail.com



BUNTINGS – CHECK POINTS, DISTANCE MARKER, COT

PANTAI BATU BUROK



CP1: 25km
Next CP (Uturn) 2.5km
KM10 / Cut Off 9:00am / 2 hours



CP1: 50km
Next CP 7km
KM10



CP1: 100km
Next CP 7km
KM10



CP1: 100miles
Next CP 7km
KM70 / Cut Off 6:15pm / 12:15hours hours

MASJID SULTAN ISMAIL



CP2: 50km
Next CP 8km
KM17



CP2: 100km
Next CP 8km
KM17



CP2: 100miles
Next CP 8km
KM77

MASJID SNZ



CP3: 50km
Next CP 8km
KM25 / Cut Off 7:00am / 4 hours



CP3: 100km
Next CP 10km
KM25



CP3: 100miles
Next CP 10km
KM85 / Cut Off 9:00pm / 15 hours

KLINIK DESA P KERENGGGA

 **CP4: 100km**
Next CP 7km
KM35

 **CP4: 100miles**
Next CP 7km
KM95

SURAU HJ ABDULLAH

 **CP5: 100km**
Next CP 8km
KM42

 **CP5: 100miles**
Next CP 8km
KM102

DEWAN KRT, GONG BALAI

 **CP6: 100km**
Next CP 8km
KM50 / Cut Off 2:30am / 8:30 hours



 **CP6: 100miles**
Next CP 8km
KM110 / Cut Off 2:00am / 20:00 hours



SURAU HJ ABDULLAH

 **CP5: 100km**
Next CP 7km
KM58

 **CP5: 100miles**
Next CP 7km
KM118

KLINIK DESA P KERENGGGA

 **CP4: 100km**
Next CP 10km
KM65

 **CP4: 100miles**
Next CP 10km
KM125

MASJID SULTAN ISMAIL

 **CP2: 50km**
Next CP 7km
KM33

 **CP2: 100km**
Next CP 7km
KM83

 **CP2: 100miles**
Next CP 7km
KM143

MASJID SNZ

 **CP3: 50km**
Next CP 8km
KM25 / Cut Off 7:00am / 4 hours

 **CP3: 100km**
Next CP 8km
KM75 / Cut Off 7:15am / 13:15 hours

 **CP3: 100miles**
Next CP 8km
KM135 / Cut Off 7:00am / 25 hours

PANTAI BATU BUROK

 **CP1: 25km**
Next CP 10km
KM15

 **CP1: 50km**
Next CP 10km
KM40

 **CP1: 100km**
Next CP 10km
KM90

 **CP1: 100miles**
Next CP 10km
KM150