

# RUNNER'S GUIDE

THIS GUIDE SHOULD BE READ AND FOLLOWED BY ALL PARTICIPANTS OF THE BATTLE OF BUKIT CENDANA ULTRA CHALLENGE



**BATTLE OF  
BUKIT CENDANA**  
ULTRA CHALLENGE  
Presented by  
**TEAMWEAR**

**!! TRAIL OF DE RUINS !!**  
**5KM | 10KM | 50KM**

**6-7 August 2022**

9.30PM  
Taman Belia Majlis Perbandaran Pulau Pinang

  **TEAMWEAR**

## **RACE INFO**

DATE :	6-7 August 2022
Flag Off :	9.30 PM
Venue :	Jalan Kebun Bungah(Youth Park), Pulau Pinang
Cut Off :	50KM 18 HRS (9.30PM – 6.30PM+1) 10KM 5 HRS (10.30PM – 3.30AM) 5KM 3 HRS ( 10.00PM – 1.00AM)
Registration Starts :	01 June 2022 Time 7.00 AM
Closing Date :	31 June 2022
Available Slot :	700 (overall)
Organizer :	OFRA Ventures (main) Majlis Bandaraya Pulau Pinang (co-organizer) Teamwear

### **1.REPORTING STATION – ALL CATEGORIES**

- 1.1 All categories to report on Saturday 6 Aug 2022 at Jalan Kebun Bungah from 8.00 pm to 9.15 pm.
- 1.2 Unregistered participants and those without running bibs will not be allowed to participate in the race.
- 1.3 5KM will start at 10PM , 10KM will start at 10.30PM & 50KM will start at 9.30PM

### **STARTING TIME AND PLACE FOR ALL CATEGORIES**

Time : 9.30 pm

Place: Jalan Kebun Bungah(Youth Park), Pulau Pinang

### **2. RACE BIBS**

- 2.1 Only one (1) piece of run race bib will be issued and it must be pinned at all four corners and **MUST** be worn on the chest and visible from a distance by the route marshals, and race officials.
- 2.2 Race bibs must be visible at all times on the outside of clothing (front of the body). Do not modify, cut or fold the race bib.
- 2.3 Do not deface the race bibs with stickers, markers or any writing.
- 2.4 Participants using race bibs other than the one assigned to them would be disqualified.
- 2.5 Details of the participant will be in the bibs and will be useful to the Organisers in case of emergencies.
- 2.6 Bib numbers are not transferable. Participants found guilty of transferring their bib numbers will be disqualified.
- 2.7 Participants who have been mistakenly issued Race bib of the wrong category are required to bring it to the attention of the Registration Officials at the Race Secretariat.

### **3. PARKING AREAS**

Due to limited parking areas you are requested to come in car pool. The Organisers are unable to provide parking area for the participants.

#### 4. BAGGAGE FACILITIES

##### 50KM –

- Drop bag will be available at starting line and CP3 (Taman Rimba)
- Please drop us on REPC day

##### 5KM & 10KM –

- Drop bag available at starting line only

Drop bag tag will be issue according to Bib number.

#### 5. TOILET

5.1 There will be 2 mobile toilets at the Start and Finish.

#### 6. ROUTE

##### 50KM

START AND FINISH at Jalan Kebun Bungah (Youth Park), Pulau Pinang.

Start – at Jalan Kebun Bungah (Youth Park Penang, Mount Olivia, Stn.46, 3V Dam , Taman Rimba, Moniot Trail and Youth Park.

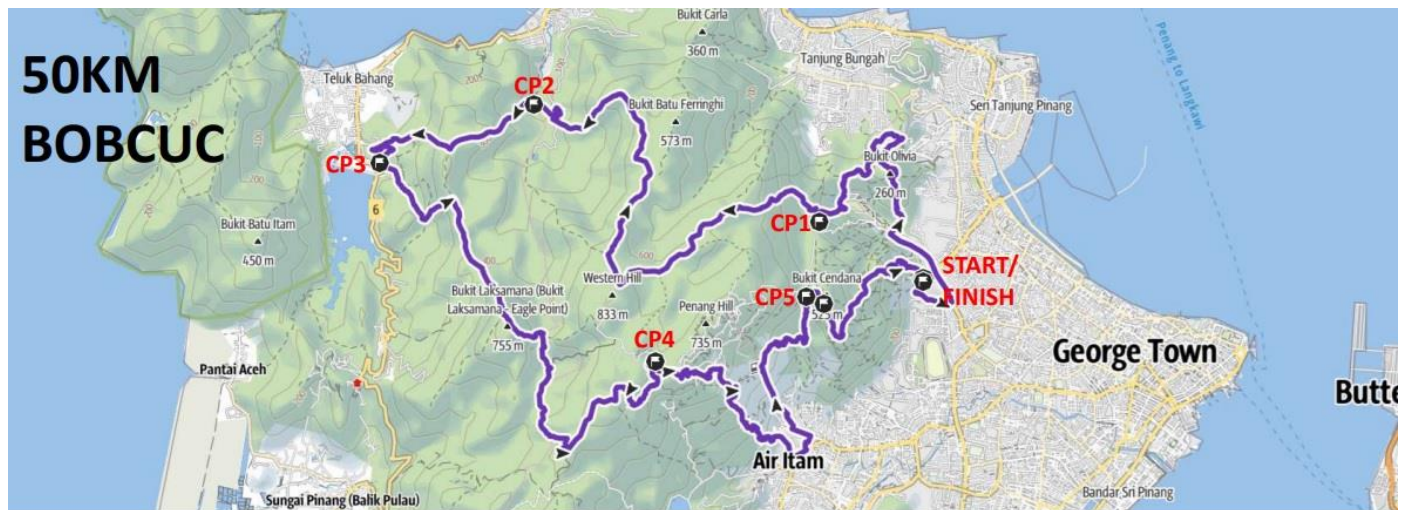
Elevation – 3,247 M

Route markers will be positioned to guide the participants. The crew will be on duty to control the race course flow.

GPX will be provided

Failure to keep to the correct route or failure to obey directions signs may result in your disqualification.

Runners leaving the route without any official permission will be disqualified.





START AND FINISH at Jalan Kebun Bungah(Youth Park), Pulau Pinang.

Start – at Jalan Kebun Bungah (Youth Park Penang, Mount Olivia, Stn.84 and Youth Park.

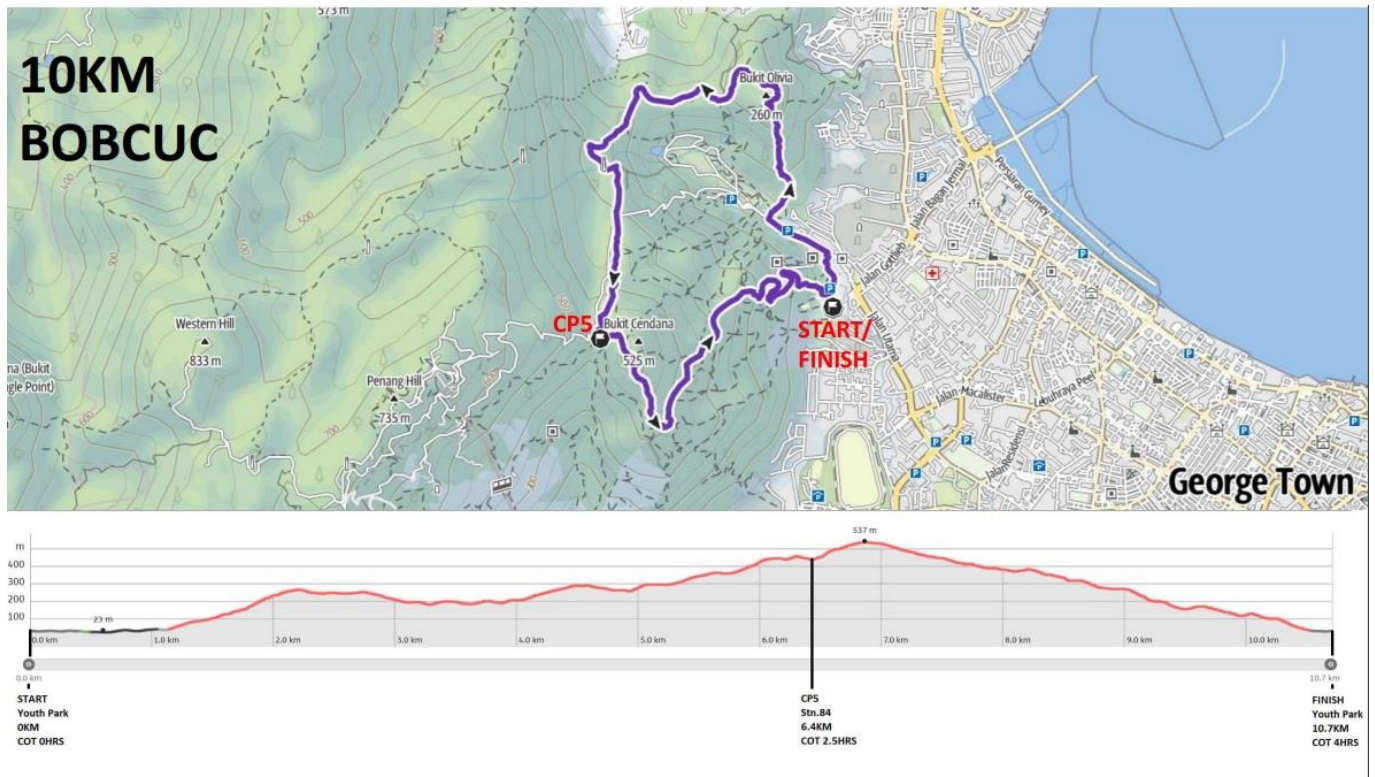
Elevation – 695 M

Route markers will be positioned to guide the participants. The crew will be on duty to control the race course flow.

GPX will be provided

Failure to keep to the correct route or failure to obey directions signs may result in your disqualification.

Runners leaving the route without any official permission will be disqualified.



## 5KM

START AND FINISH at Jalan Kebun Bungah(Youth Park), Pulau Pinang.

Start – at Jalan Kebun Bungah (Youth Park Penang, Mount Olivia, Strn.84 and Youth Park.

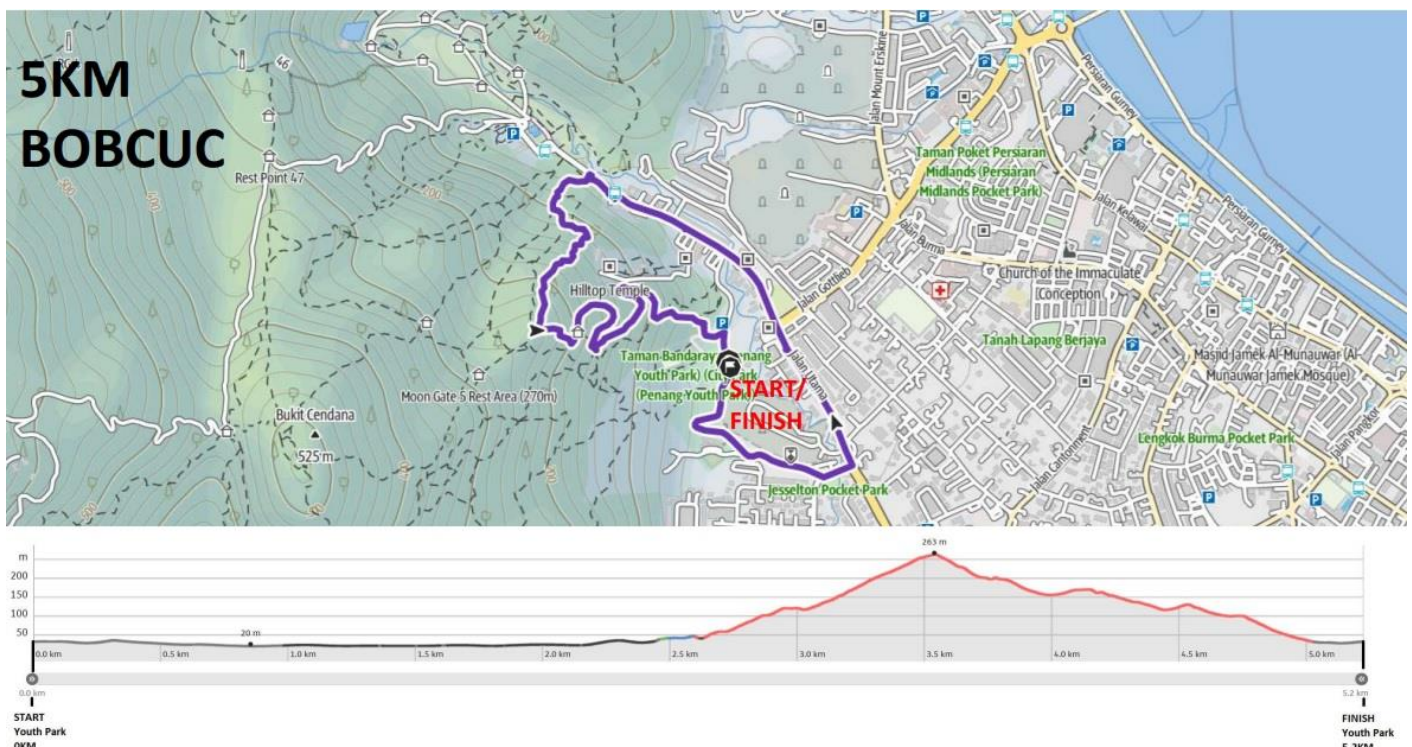
Elevation – 236 M

Route markers will be positioned to guide the participants. The crew will be on duty to control the race course flow.

GPX will be provided

Failure to keep to the correct route or failure to obey directions signs may result in your disqualification.

Runners leaving the route without any official permission will be disqualified.



## 7. 50KM REFRESHMENT STATION & CUT OFF TIME

Station	Location	Station	Refreshment	Toilet	Distance	Cut Off Time
START	Youth Park	Timing	-	Yes	0	-
CP1	Stn.46	Water Station / Timing	Yes	Yes	7.7KM	12:30 am (7 Aug)
CP2	3V Dam	Water Station Timing	Yes	Yes	18.2KM	03:30AM (7 Aug)
CP3	Taman Rimba	Water Station / Timing	Yes	Yes	22.1KM	03:30AM (7 Aug)
CP4	Moniot	Water Station / Timing	Yes	Yes	33.3KM	05:30AM (HARD CUT OFF) (7 Aug)
CP5	Stn.84	Water Station / Timing	Yes	Yes	42.6KM	1:30PM (7 Aug)
FINISH	Youth Park	Water Station / Timing	Yes	Yes	50KM	6:30PM (7 Aug)

\*RUNNERS WHO REACHED CP3 FROM 5:31AM ONWARDS WILL BE ELIMINATED FROM THE RACE

\*RUNNERS WHO REACH THE FINISHING POINT AT 6:31PM WILL LABEL AS DNF

## 7. 10KM REFRESHMENT STATION & CUT OFF TIME

Station	Location	Station	Refreshment	Toilet	Distance	Cut Off Time
START	Youth Park	Timing	-	Yes	0	-
CP1	Stn.84	Water Station / Timing	Yes	Yes	6.4KM	1:00 AM (HARD CUT OFF) (7 Aug)
FINISH	Youth Park	Water Station Timing	Yes	Yes	10.7KM	03:30AM (7 Aug)

\*RUNNERS WHO REACHED CP1 FROM 1:01AM ONWARDS WILL BE ELIMINATED FROM THE RACE

\*RUNNERS WHO REACH THE FINISHING POINT AT 3:31AM WILL LABEL AS DNF

## 8.MANDATORY ITEMS LIST (please bring for mandatory items check at REPC!!!)

BATTLE OF BUKIT CENDANA ULTRA TRAIL			
Mandatory Items			
ITEMS	5KM	10KM	50KM
Headlamp	Yes	Yes	Yes
Extra Batteries			Yes
Emergency Blanket			Yes
Waterproof jacket		Yes	Yes
Mobile Phone	Yes	Yes	Yes
Whistle			Yes
Basic Aid Kit			Yes
Personal Drink Cup	Yes	Yes	Yes
Water bottle bladder(500ml)	Yes	Yes	Yes
Ziplock bag for own thrash	Yes	Yes	Yes
Energy Gel/Bar		Yes	Yes
Buff Cap			Yes
Spoon/Bowl		Yes	Yes
Gloves			Yes
Shoes	Yes	Yes	Yes
Face mask	Yes	Yes	Yes

## ***Optional***

1. Foldable cup or container suitable for drinking at the water station points (NO cups will be provided! Go Green! Bring Your Own Bottle!
2. Sport foods & gels and rehydration salts or similar.
3. Sun Cap or similar and Sunblock/Sunscreen.
4. Change of clothes and running shoes. (CP3 drop bag via REPC drop bag counter)
5. Waterproof jacket or poncho.
6. Route Map.

## **9. MAGNETIC CARPET CHECK POINTS**

- 9.1 Your progress in the race will be monitored by timing chips.
- 9.2 Your time and bib number will register when you step on the magnet carpet as you run along the route.

## **10. CHECK POINT STATIONS**

- 10.1. START – Youth Park
- 10.2. C.P.1 – Stn.46
- 10.3. C.P. 2- ENTRANCE TO 3V Dam
- 10.4 C.P. 3 - Taman Rimba
- 10.5 C.P. 4- Moniot
- 10.6. C.P. 5- Stn.84
- 10.7. FINISH- Youth Park

## **RULES & REGULATION**

- Each runner must complete 1 full course 5km to entitle for the medal
- Each runner must complete 1 full course 10km to entitle for the medal
- Each runner must complete 1 full course 50km to entitle for finisher tee & medal

## **SUPPORT STATION**

- Located every CP
- The food and beverage at the aid station are only for participants and not for outsider.
- No cups Provide during the race day. Organizer provide food & drink at the station. BYOB "Bring your own bottle"

## **11. MEDICAL ASSISTANCE**

- 11.1 Runners who do not feel good or are unwell should immediately retire from the race and seek medical assistance from the First Aiders.
- 11.2 Runners who are injured or are not well and are advised by the Marshal not to continue with the race must strictly follow their instructions.
- 11.3 First Aiders will be on foot along the route.
- 11.4 If a runner is unable to continue with the race, or is critically ill should stop immediately and hand over your run number to the FIRST AIDERS or Race Marshalls and seek their help to get to the nearest hospital.
- 11.5 A medical bay will be set-up at the Start / Finish

## **12. GROUP PERSONAL ACCIDENT INSURANCE POLICY**

All Participants, Officials and Helpers will be covered by Group Personal Accident Insurance Policy and Liability Insurance. (TOKIO MARINE)

## **13. FINISHER MEDALS AND FINISHER TEE SHIRT**

- 13.1 Upon completing the race successfully please collect your finisher medal and the event tee shirt from the respective booth.

## **14. AGE VERIFICATION**

If required by the Race Referee for age verification purposes the winners MUST produce their Mykad (Malaysians) or Passports (Foreigners) to the Race Secretariat before collecting their prizes. Failure to do so will result in disqualification of the winner.

## **15. DETERMINATION OF WINNERS**

- 15.1 All runners should pass through all the check points. Failure to do so will be disqualified.
- 15.2 Any protest with regards to the results of the race should be made within 30 minutes of the official announcement in writing with a deposit of RM 300.00 to the Race Director
- 15.3 If the protest is invalid the deposit will be forfeited by the Organiser.

<b>Category</b>	<b>Age Group</b>	<b>Podium Trophy</b>
5KM Fun Hike	16 & Above	None
10KM Men Open	16-39	Top 10
10KM Women Open	16-39	Top 10
10KM Men Veteran	40 & Above	Top 10
10KM Women Veteran	40 & Above	Top 10
50KM Men Open	16-39	Top 10
50KM Women Open	16-39	Top 10
50KM Men Veteran	40 & Above	Top 10
50KM Women Veteran	40 & Above	Top 10



## **17. PRIZE GIVING CEREMONY**

TBC

## **18.CUT-OFF TIME**

All runner must pass the designated cut-off time based on their category. All participant will be transport from the nearest CP to finishing line after the cut-off time.

## **19. SWEEPER 4WD**

19.1 A sweeper 4WD will follow the end runner to pick-up anyone who voluntarily gives up the race.

19.2 Any participant who in the opinion of the Race Official will not be able to finish the race within the cut off after the half-way point will also be asked to stop the race and proceed to the nearest CP for transportation.

19.3 If you choose not to board the sweeper transportation you will be running at your own risk.

19.4 The Race Organisers seek your co-operation on the above matter.