



[WWW.BORNEOULTRA.COM](http://WWW.BORNEOULTRA.COM) – THE TRAIL EXPERTS

## Upcoming Events

### TMBT Ultra-Trail® Marathon

The TMBT is Malaysia's first and premier Ultra-Trail® Marathon and a qualifying event for the Ultra-Trail® du Mont Blanc.



### TMBT 2016 Closing Soon

Entries for the 2016 edition of the TMBT held on **October 29/30** will close by the end of September. Hurry if you want to join more than 1000 entries from 35 nations for Malaysia's original Ultra-trail® Marathon to be held on amended courses for 2016.



### Super Kerbau Trail Run Series

The Super Kerbau Trail Run series consists of 4 races with 3 categories designed to both introduce newcomers to trail runners and as solid training for longer events.

The second race in the series is scheduled for mid-December 2016 with entries closing in mid-November.

### Borneo Ultra-Trail® Marathon (BUTM)

The Borneo Ultra-Trail® Marathon has a similar format to the TMBT with categories around 15k, 30k, 50k and 100k with the 3 longer courses being qualifying event for the Ultra-Trail® du Mont Blanc. The course will be in the Kiulu Valley over a combination of trails and backroads, traversing ridges and remote villages.

The 2017 edition of the BUTM will be held on 18<sup>th</sup> and 19<sup>th</sup> February with registrations closing by mid-January.

Refer to [www.borneoultra.com](http://www.borneoultra.com) for further information

# Borneo Ultra Trails Newsletter



September 2016

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Get the latest on updates to the TMBT Ultra-Trail® Marathon courses. Routes have been amended to reduce sealed sections and for a more spectacular finish.

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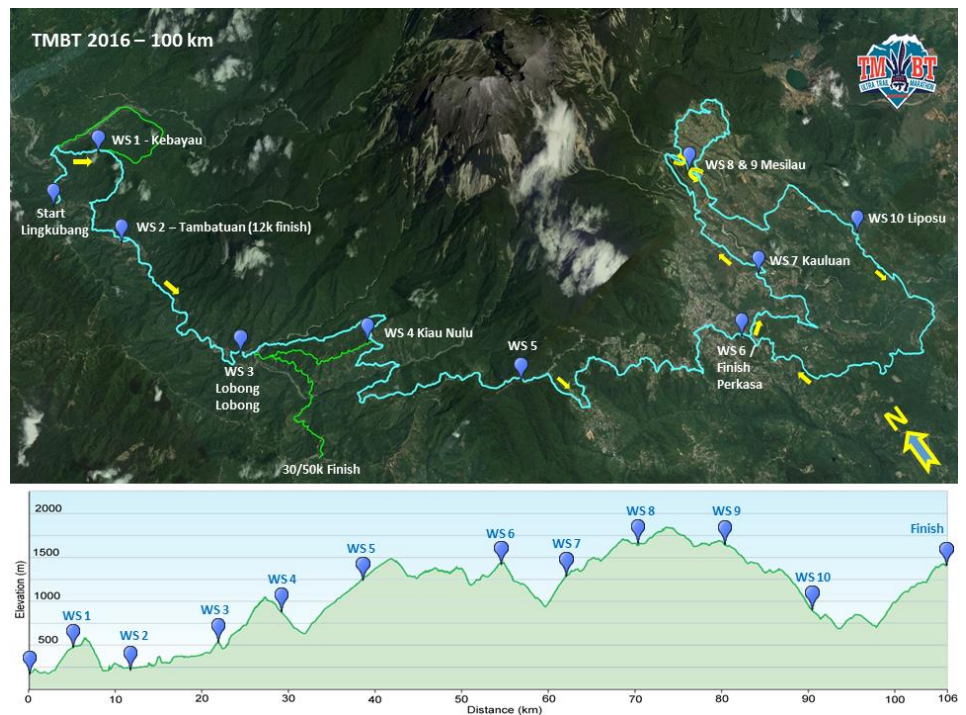
# TMBT Ultra-Trail® Marathon 2016 - Course Updates

The 6<sup>th</sup> edition of the Colourcoul TMBT Ultra-Trail® Marathon will be held at the end of October – please enter before end of September if you wish to join the more than 1000 competitors from more than 30 nations presently signed up.

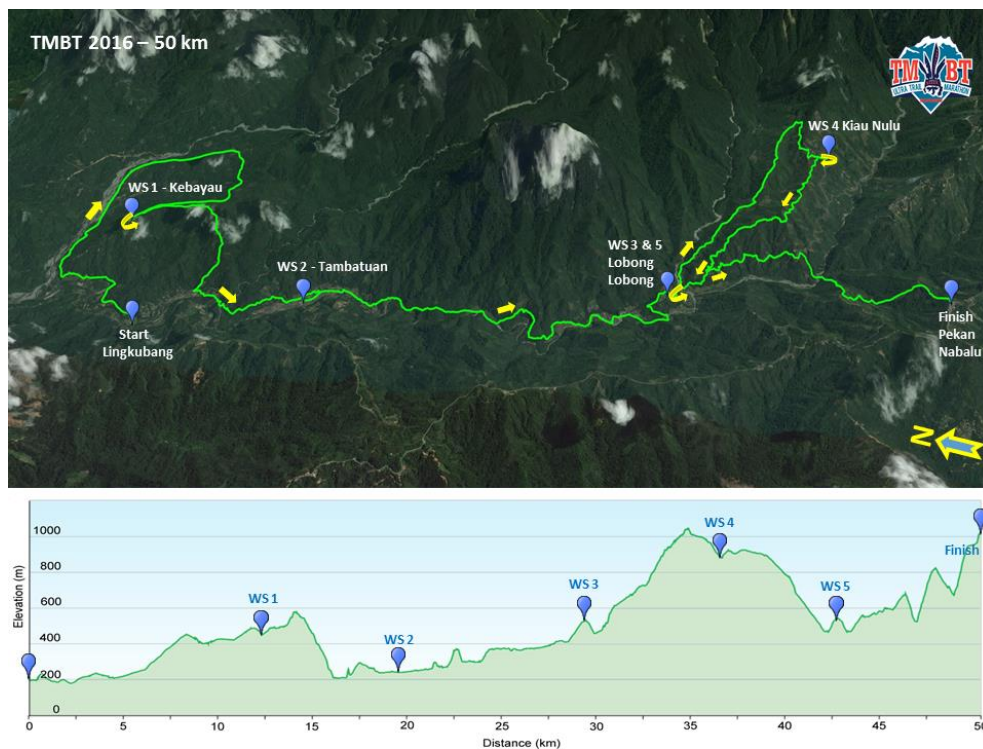
The 28 km, 50 km and 100 km courses have all undergone significant changes for the 2016 version. These changes are briefly described below – more details will follow and get updated on the web site within the next couple of weeks. We apologise for the relatively late notification of the changes which have been long underway, but can only be revealed now as we required the last permissions to pass through private land in place. The changes do not fundamentally change the courses, but are significant improvements in our opinion. But course preferences are obviously highly individual – some competitors prefer longer road sections with the possibility to run, while others prefer rougher trail sections.

## 100 km Course

The second half of the “100km” course will return to the “Cabbage Patch” at Mesilau, used during the 2012 and 2013 events – see figure to the right. This is to avoid increasing sealed road sections along the course of the past two years. The 100 km course will conveniently have both the “halfway” station with dropbag and the finish located at the Kinabalu Heritage Resort & Spa (formerly known as Perkasa). The total distance of the “100 km” course is about 106 km with a positive elevation gain of about 54,60 m. The course is rated by ITRA (new scale) to 5 endurance points and mountain rating of 6.



Updated 100 km route and course profile for TMBT 2016



Updated 50 km route and course profile for TMBT 2016

## 30 & 50 km Courses

The finish stretch of the 28 km (which has been extended to just under 30 km) and the 50 km courses (see figure on left) have likewise been changed to avoid tar sealed stretches and crossing the main highway on the way to the finish.

Instead of the arduous climbs of the 2015 course from the last water station up the sealed and gravel roads to finish above Pekan Nabal, we are pleased to introduce a new trail section that takes competitors via a river crossing and some steep trail sections to a more spectacular finish directly at the view point to Mt. Kinabalu at Pekan Nabal. Competitors in the 30 km and 50 km categories will be able to get glimpses of the finish high above from a fair distance to encourage the last push to the finish line. The ITRA rating is 3 points for the 50km course and 2 points for the 30km course

The 12 km route from 2015 has been maintained as we find this offers the right combination of hills, road and trail sections with a river crossing to give competitors on the shorter course a taste of trail running.

## Race Report: Super Kerbau Race #1

The Super Kerbau Trail Running Series was kicked off with race no 1 in Kiulu on Sunday, 18<sup>th</sup> September. The race series will consist of 4 races at different locations, with each race having 3 categories of around 5, 15 and 30 km. The races are designed to allow newcomers to trail running an easy introduction, yet provide sufficient challenge to more experienced trail runners to provide a good and fun training ground for longer events. For each race, participants are awarded points for endurance, speed and placing. Points are accumulated over the race series to find the overall champions.



Pre-dawn rain in KK on race day led to anticipations of a mud bath true Kerbau style on the steep and slippery hills included in the first of 4 races in the Super Kerbau Trail Run Series. As it turned out, it stayed dry in the Kiulu Valley where the race course was set, and by race start at 7 a.m. temperatures were rapidly rising with the promise of a scorching day.



Eric Tai Man Hiung, Rehan Ratimin and Wong Kong Yaw made quick progress up the 300m hill on the short 5 km course to take 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in the men's category in times between 35 and 40 minutes. In the women's 5km, Nancy None pipped Shirley Binti Simbi for 1<sup>st</sup> place with less than 30 seconds in a time of 49:19, with Azibah Suni in 3<sup>rd</sup> spot.

Competitors in the 15 km category faced two prominent hills more than 400m high. With the sun beating down on the back of the pack, the less experienced runners faced a daunting task of completing the course, but through sheer determination and mutual support, all the starters in the 15km category completed the race. Justin Lohok took a convincing

win in the men's 15 km in a time of 1:54:12 ahead of Raymond Lim Chan Ming and Jaklin Empol. In the women's open, Michelle Liu, Roziana Ramlee and Dedriana David took the top 3 spots in times between 2:34 and 2:39. Competitors at the back of the pack took more than 6 hours to complete the course.



The 30 km course with the highest number of runners included a third "monster" hill with a technical and slippery downhill section that challenged many participants. Sansari Bin Lintanga took a convincing win in 4:25, followed by Mohd Erwan Kassim and Jee Sal Tak. In the women's category, Rejlen James took line honors ahead of Minikah Ginsos and Rachel Cletus. The last competitors made it to the finish just before sunset.



For full results, please refer to <https://www.racematix.com>

Super Kerbau race #2 is scheduled for mid-December 2016 and open for registration at <http://borneoultra.com/super/>

# Race Report: Borneo Ultra-Trail® Marathon, 4-5 June, 2016

The second edition of the Borneo Ultra Trail Marathon (BUTM) was staged as a memorial run on the 1-year anniversary for the earthquake that took 18 lives on Mountain Kinabalu. We would like to thank all participants and volunteers for making this another successful event.

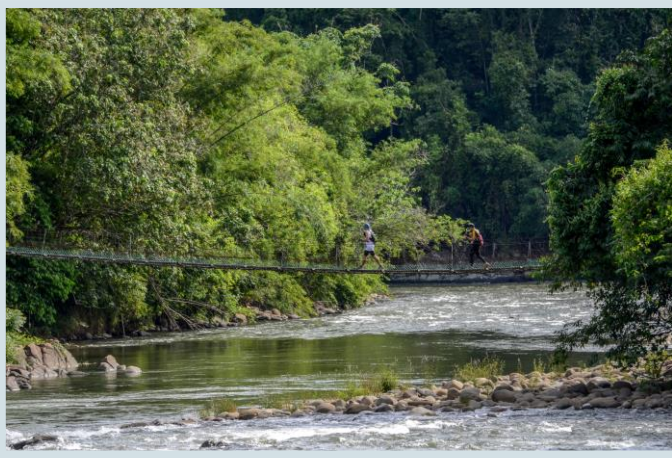
We have drawn up a brief race report and a few observations from the race organisers perspective. We welcome feedback from participants to allow us to continue improve future events.



The 100 km course offered good view to Mt. Kinabalu – to those who got there in daylight ...

## Race Report

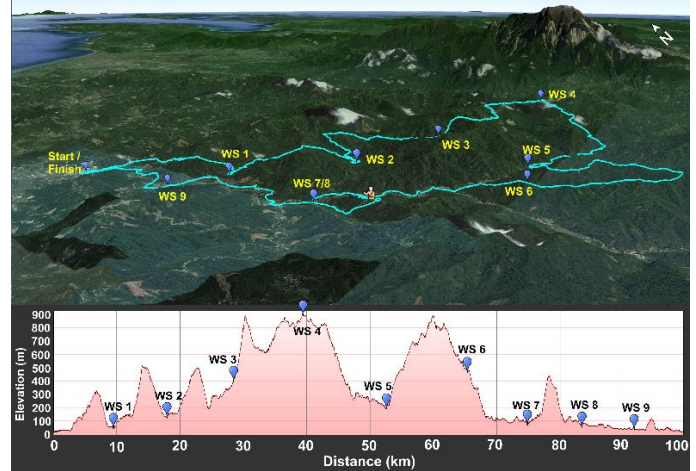
From the race base camp in Tamparulli, where the coastal plains meet the foothills of Mt. Kinabalu, competitors negotiated a mixture of remote village roads, tracks and technical trails, traversing steep ridges and dense jungle to venture deep into the Kiulu Valley on the longer routes.



Crossing one of the many hanging bridges on the BUTM routes that Kiulu Valley is famed for.

Just under 1000 competitors were distributed over 4 categories with distances of 12 km and 30 km designed for the novice and intermediate runners, and 50 and 100 km courses for the seasoned and elite runners.

The 100 km Ultra Trail course had elevation gains/losses of close to 5000 m.



BUTM 100 km course included some big hills with almost 5000m accumulated elevation gain.

A heavy afternoon shower helped cool competitors in the longer courses down, but made the technical trails and steep descents even more challenging as the surfaces turned muddy and extremely slippery. This resulted in slow going for the majority of the long course runners, with even very seasoned runners struggling to complete the course within the time limit of 32 hours for the 100 km course.

At the front of the pack in the 100 km course, Tamas Karlowits-juhász of Hungary and Safrey Sumping of Sabah were racing neck-to-neck for the first half of the course (see picture on front page of newsletter) before Tamas started to pull away and eventually took the line honors with Safrey in the runner up position. A tight duel took place for the third position on the podium where Yim Heng Fatt of Malaysia eventually pipped Ahmad Fathi Junaidi of Brunei by less than a minute after more than 22 hours of racing.



Jassica Lintanga chasing sister Adelinah Pado at the front of the 100km race

In the women's 100 km category, local sisters Adelinah Pado and Jassica Lintanga took first and second place after strong racing that saw them placing 5<sup>th</sup> and 13<sup>th</sup> overall.

After competing for 3<sup>rd</sup> place for half the course, local runners Linda Poong and Evergreen Edward decided to team up through the night and cross the line together to take joint third place.

In the 50 km category, there was a tight battle for first place in the men's category with Lim Wen Shan the eventual winner ahead of Daved Simpat. Haji Saifullah Haji Ramli of Brunei took the last podium place. In the women's 50 km category, Elvina Jimin raced strongly to beat fellow Malaysian Rusinah Soligi Deffna and Melissa Yeung Mei Lun of China to second and third.

For full results, please refer to:

<https://www.racematix.com/site/#results:grp/Borneo-Ultra-Trail-Marathon-2016>

## Race Report: Sabah Adventure Challenge



After 6 years of roaming the interior of Sabah, the 17<sup>th</sup> edition of the annual Sabah Adventure Challenge returned to its cradle in the Kiulu Valley, where it all started in the late 1990's. The organizing team, now formalized under Borneo Ultra Trails Sdn. Bhd. ([www.borneoultra.com](http://www.borneoultra.com)) remains the same, and the race format has been kept true to the origin, offering a 3-day multisport team category with the addition of a parallel, individual trail run. "Back to the roots" also involved camping out at a remote and basic, but beautifully set, base camp at Kitapol Recreation Centre, with access via bamboo raft across the local river.



*Lim Wen Shan (in front) put up a strong performance in the 50km category to beat Daved Simpat (in background)*

### Organiser's Observations

Overall we feel that the race went well, but managing close to a 1000 people on 4 new race courses is challenging, and there is always room for improvement. We had cases of people getting lost on the race course, medals being late at the finish line for a short period, and some feedback that the food provided at the 100km half-way station was difficult to digest when racing.

We apologize for any inconveniences in this respect and are looking to further improve in these areas. Additional marking will be included at key turns and junctions, though we note that competitors will also need to pay attention to marking and not just follow the person in front (who could be from a different category or going the wrong way). Good headlamps at night are a must. We are also looking at easier digestible food options, though we note that the preferences of runners vary widely, and we will never be able to make everyone 100% happy.

Further feedback and suggestions to improvements are welcomed.

### Next BUTM

The next BUTM is just 5 month away on 18<sup>th</sup> & 19<sup>th</sup> February, 2017, with registration open at: <http://borneoultra.com/butm/>

The course will again be set in the Kiulu Valley region, but we are looking at altering the start location to take in more trails for the shorter courses in particular.



*The bamboo raft to the Kitapol Recreation Centre slightly overloaded.*

The adventure race involved trail running, mountain biking, river tubing and team biathlon for a combined distance of 120 km and 5000 m elevation gain over steep ridges, through jungle trails, river valleys and remote villages, while the trail run added up to about 75 km and 4000 m elevation gain over the 3 days.



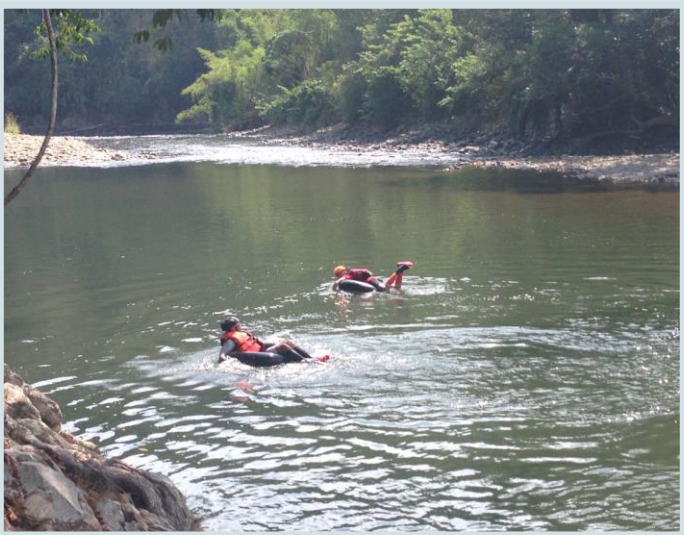
*Good Mt. Biking skills are an advantage for the Adventure Category of the SAC*

Map reading and navigational skills are essential components of the Sabah Adventure Challenge, and a majority of the adventure teams and several trail runners would learn the hard way that rushing navigation can cost dearly. Team Aussie Battlers, leading through the last checkpoint before finish on Day 1, lost more than 1 ½ hours as they had to concede to impenetrable jungle in their attempts to find an alternative route after taking an early turn down from a steep ridgeline.



*Navigational errors can be punished harshly in the Sabah Adventure Challenge. Gregory Britton lost the overall race through a wrong turn that cost 40 minutes.*

The same fate became the lead male trail runner, Gregory Britton of France, who lost more than 40 minutes to a navigational error on Day 1. Gregory fought back with convincing wins on the second and third race days, but in the end had to concede to New Zealander Julian Crawshaw by a mere 27 seconds after more than 11 hours of racing.



*Low river levels after a prolonged drought led to slow paddling and rocky rides on the tubing sections, but competitors welcomed the chance to cool off*

In the women's trail running category, local power house Adelinah Pado took the overall honors achieved through a convincing win on the longer second day.



*A focussed Adelinah Pado with map and the local version of a trekking pole at hand (or is it to fend off creatures and competitors in the jungle?)*

For complete results, please refer to:

<https://www.racematix.com/site/#results:ser/Sabah-Adv-Challenge-Adv-2016>

View Video by PinnacleAvera:

<https://www.youtube.com/watch?v=ovkGvc81Vwo&app=desktop>

We thank all our trusted and valued volunteers, the supportive villagers whose backyards and trails we pass through, and racers for their good spirits in coping with what we throw at them. Special thanks to Encik Dusin and family at Kitapol Recreation Centre for hosting us, and the Adventure Centre at Rangalau Lama with Zip Borneo and Riverbug for hosting the finish on day 3.



Sabah Adventure Challenge will be back in 2017 – keep an eye on [www.borneoultra.com](http://www.borneoultra.com) for one of Asia's longest running adventure races and trail runs.

## Going Greener

Borneo Ultra Trails have always had the aspiration that our races should be in harmony with nature with minimal impacts, and we wish to leave nothing behind on the trails except for footprints that will disappear and lasting good memories with the local population.

### New Water System

To aid in reducing the environmental footprint of our races, we have gone away from using bottled water and have introduced a system based on filtered water. The water is sourced locally and run through a 3-stage filtration + UV system before stored in tanks at the Water Stations. During the race, competitors use hoses with dispensers to easily and effectively fill bottles and bladders.



*Refilling bottles with filtered water at a water station during the Borneo Ultra-Trail® Marathon – more than 10,000 plastic was saved.*

The system was first tested on a couple of smaller races, then fully implemented during the Borneo Ultra-Trail® Marathon, which saved more than 10,000 bottles for water. It has been well received with the majority of racers saying that it is not only easier and more effective to refill, but the taste is also far better than bottled water.

There will be no more bottled water on the race courses at our events, and competitors have to bring bladders and/or drinking bottles to carry all water with them (the ability to carry a minimum of 1.5 litres of water is compulsory for any of the longer races).

### Working with the Local Communities

We depend on the goodwill and assistance of the local communities we pass through on the race course, not only to allow us to pass private land and villages, but also to give the local flavour and good experience to all our competitors, not least foreigners, who take part in our races.

We take pride in working with the local communities, both to get their advice and support, and also give a little back to the communities by for instance assisting in repairing hanging bridges, buying local fruits for the aid stations, employing locals to assist during the race, etc.

### How Can I Assist??

We hope that all our participants will join us in our efforts to go greener and being socially responsible. Specifically we ask that:

- You adhere to our strict NO LITTERING policy. Please bring the gel wrappers and other waste to the next water station where it can be disposed off appropriately.
- Please do be very careful not to damage crops – we often pass through or along padi fields, vegetable farms etc. Make sure you follow the trail and avoid all crops – what looks like weeds may in fact be the livelihood of someone.
- Please do take care not to damage any infrastructure. Do not run, but walk carefully across hanging bridges with only a few on the bridge at any time.
- Make sure not to damage any gates, and close all gates after you. We have had instances where gates have been left open and livestock has escaped and damaged crops.
- Please try as far as possible to use established toilets when you are in need. If not available at the time, please be sensible about how you take care of business and keep it off trails and water ways.
- Please also show sensitivity to local customs and culture – be courteous and you will find that the locals are some of the friendliest people you can come across.

We also encourage that you bring some small change cash and buy for instance drinks, biscuits etc at small stalls and shops along the way to contribute a bit more to the local communities (but remember to leave the associated cans and wrappers at the shop or water stations ☺). We have had entrepreneurial villagers carry drinks far and setting up shop for the day high up on the ridges – we think that deserves to be rewarded.... ☺.