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Altra BUTM 2018

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Upcoming Events & News



Salomon TMBT Ultra-Trail® Marathon, 2018

Malaysia's original and premier Ultra-Trail® Marathon will return for its 8th edition on 1st and 2nd September, 2018. We are happy to have teamed up with Salomon as name sponsor. Registrations for 2018 are closing very soon, so secure your spot to avoid disappointment. A brief update is included in this newsletter. Refer to <http://www.borneoultra.com/tmbt1/> for registration.



Super Kerbau Going Forward

On popular request, the roaming Super Kerbau, 1-day trail runs (or a similar format) is planned to be reinstated. We have tentatively set December 2018 for the next race, so stay tuned for updates.

Refer to <http://www.borneoultra.com/super/> for future updates.



Borneo Ultra-Trail® Marathon (BUTM), 2019

The 5th edition of the BUTM is tentatively planned for 9-10 March, 2019. The race has grown rapidly since its start and rivals the TMBT as Borneo's largest Ultra-Trail® Marathon. Although the elevation gain and altitude is a bit less than for the TMBT, the terrain and weather can make it an equal challenge. The BUTM was rated as one of the top 12 exotic races in the world by "Trail The World". Refer to <http://www.borneoultra.com/butm> for future updates.

Longer Course?

We received positive feedback on the interest for a longer course. This is on the drawing board, and we hope to be able to make an announcement in the near future.

Refer to www.borneoultra.com for further information



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Tips from a Legend

What does the world's record holder for number of completed ultras recommend for energy during the race?

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Item	100km	120km	150km	200km
Registration Fee	✓	✓	✓	✓
Start Fee	✓	✓	✓	✓
Transportation	✓	✓	✓	✓
Accommodation	✓	✓	✓	✓
Food & Beverage	✓	✓	✓	✓
Medical Support	✓	✓	✓	✓
Weather Forecast	✓	✓	✓	✓
Trail Map	✓	✓	✓	✓
Trail Guide	✓	✓	✓	✓
Trail Signage	✓	✓	✓	✓
Trail Safety	✓	✓	✓	✓
Trail Maintenance	✓	✓	✓	✓
Trail Closure	✓	✓	✓	✓
Trail Reopening	✓	✓	✓	✓

Race Safety

A few tips on safety and avoiding disqualification or time penalties.

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Super Kerbau #4

Race report for the fourth and final in the 2016-2017 series.

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Salomon TMBT Ultra-Trail® Marathon 2018 - Updates

RUN WILD, RUN FREE
Run in Borneo, in the Land Below the Wind
1st & 2nd September 2018
www.borneoultra.com

salomon 
TMBT 2018
Ultra Trail® Marathon
Beautifully Brutal, Brutally Beautiful

DISCOVERY RACE UTWT
ASIA TRAIL MASTER
UTMB QUALIFYING RACE 2018
WESTERN STATES 100 MILE ENDURANCE RACE 2018 QUALIFYING RACE
TMBT ULTRA TRAIL MARATHON

Slots for the Salomon TMBT Ultra-Trail® Marathon are filling up and registrations are closing soon.

Close of Registration

Normal registrations will close on 30th June. Slots are rapidly filling up, and race slots will be allocated on a first come, first serve basis.

Race Routes

The race courses are still being checked and finalised. At this stage, the race courses are expected to be largely similar to the race courses of 2017. This includes the now iconic pineapple ridge on the 50k and 100k routes, and the (in)famous steep climb at "Bukit Dallas" to the finish line for the 30k and 50k. An additional 7.5 km course with a generous cut-off time has been added to allow families with children and others to experience the ambiance at the 100k finish line – see below.

Sunday 7.5 km Family Run

The new 7.5 km race will take part on **Sunday 2nd September** with start and finish at "Perkasa", the finish line for the 100 km race. The 7.5 km route will follow part of the 100 km route, and is intended for beginners, families as well as those who would like to be part of the ambiance at the finish line for the 100 km on the Sunday. It also offers the opportunity for participants of the 12k, 30k and 50k races to do a weekend double and also join the 7.5k race (as an **add-on** race at a discounted rate) – please refer to the web site for more information.

Qualifications and Championships

Apart from the "standard" ITRA qualifying points, the TMBT is a qualifying event for the Western States 100 mile Endurance Race (one of the great classical races). We are also pleased to announce that the TMBT has re-joined the Asia Trail Master series as well as the Malaysia Ultra League Championship. So there is plenty to compete for.

Shirt Design

We are pleased to introduce the event shirt design for TMBT 2018.



Event Shirt for the 2018 Salomon TMBT Ultra-Trail® Marathon

ALTRA Borneo Ultra-Trail® Marathon, Kiulu 10-11 March 2018

The 4th edition of the Borneo Ultra-Trail® Marathon saw 1,400 competitors representing 39 nations congregating on the small town of Kiulu on 10th and 11th March, 2018. Borneo Ultra Trails would like to thank all participants, officials, volunteers and not least our local hosts and communities for the contributions to another successful event.

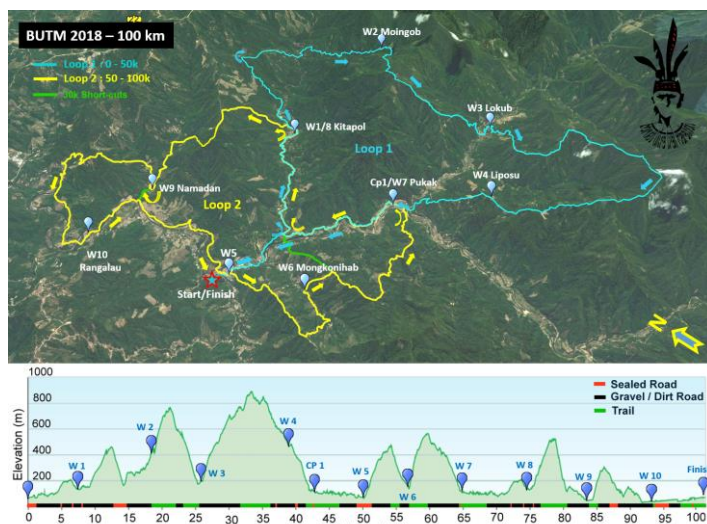


The start has gone at first dawn for the 50 km category in the 4th edition of the Borneo Ultra-Trail® Marathon (BUTM)

We have drawn up a race report and a few observations from the race organisers' perspective.

Race Report

Four distance categories, ranging from 12 to 100 km with elevation gains from 800 to close to 5000m, allowed runners of all levels to pit themselves against a course that suited their abilities. The 100 km course consisted of two loops each of 50 km. The 100 started with the eastern loop with the largest hills (blue in figure below), while the 50 km did the more western loop (in yellow). The 30 km did a reduced version of the yellow course (short-cuts shown in green).



Outline of Course with elevation profile for 100 km below. The 100k started with the blue loop followed by the yellow loop, while the 50k did the yellow loop.

From the riverside base camp in Kiulu, competitors in the 50 km category started at first dawn with a short parade run through town, then straight onto the first serious climb of the day lasting for about 4 km. Any early morning chills quickly vanished.



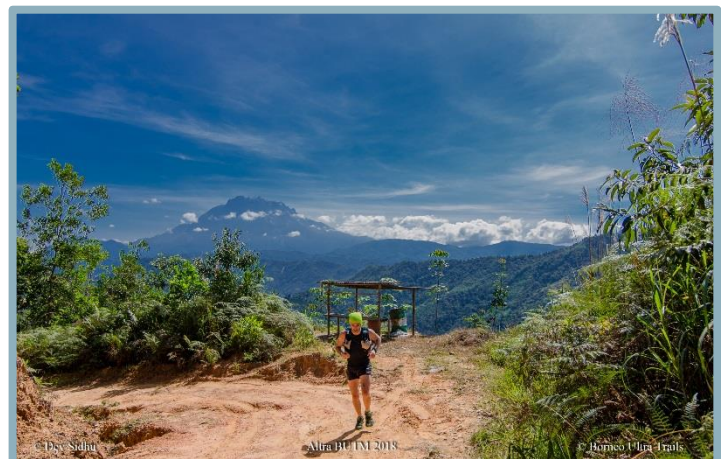
Cindy Fan of Hong Kong, winner of the 50 km women's category, making her way towards the second aid station while the morning mist and clouds gradually lift to give way to an unrelenting sun and rapidly rising temperatures.

The 100 km started immediately after the 50k, but with about 9 km of undulating terrain before the first serious hill was encountered after the first aid station. Later the 30 km category followed the 50 km category up the ridgeline. By this time, the early morning mist and low-lying clouds were already giving way to clear skies.



30k competitors Earny Justin and Rozziefah Hisa documenting tans before the race – perhaps little knowing the roasting by the sun they would have to endure.

The climbs up on the steep ridges provided superb views of the surrounding river valleys and majestic Mount Kinabalu in the distance.



Alessandro Rizzetto Chini of Italy on the exposed climb between W3 and W4 with good views over surrounding ridges and valleys and Mt. Kinabalu in the distance.

The course, already demanding due to the steep terrain and technical sections, was made extra challenging by the weather on race weekend. Competitors were sizzling on the ridge lines under a clear sky and high temperatures during the day, and later struggled with their footing as late afternoon and early night rain turned the technical jungle trails and steep downhill sections muddy and slippery.



Michael Mclean of Canada taking full advantage of an opportunity to cool down in a natural stream.

As the day heated up, the pace generally slowed, and dehydration and heat exhaustion became a threat for competitors who did not carry sufficient water or take advantage of opportunities to cool down. Between the hills, the course negotiated jungle trails along the river valleys that provided shade and stream crossings with welcome opportunities for a refreshing dip.



Maik Miki of Miki Survival Camp took extreme measures to protect against the searing sun and completed the full 30 km course carrying an umbrella.

Although the rain didn't last for too long and gave way to clear skies, the trails remained soggy, and many competitors came to the finish line looking like they had joined the local water buffalos for a mud bath. In particular part of the downhill section between W8 and W9 became challenging for tired legs, and many came out with clear signs that the bum-brake had been handsomely applied on downhill sections.

The heat during the day and slippery conditions at night slowed the back of the pack down, with some struggling with the cut-off times. The vast majority of competitors kept spirits high despite the challenging conditions, and the proportion who pulled out of the race was less than 10% except in the 100 km which was close to 25%, demonstrating the tough conditions on the large hills in the middle of the day or early afternoon when the heat was at its worst.



Veteran runner Alan Tai on the climb between W3 and W4 – well protected by his signature reflective hat.

It was not everyone who seemed to understand the benefits (and necessity) of spending a few minutes cooling down to avoid overheating, and a few suffered mild to moderate heat exhaustion. It is in this respect noted that whereas the organisers do NOT recommend to drink untreated water from the streams, and the risk of water borne diseases cannot be ruled out, we consider that the risks associated with overheating are far greater and recommend to use the available streams with running water to cool off.



Lacking an umbrella or a reflective hat, more natural means can also provide relief.



Andre Zimmerman of Germany, 2nd in the men's 100km veteran still showing the fighting spirit in the rain at night at W7.

In the night and the rain, hot drinks, soups and food was in high demand at the aid station, with some also electing to take a rest at the stations out of the weather. We thank our treasured volunteers in their tireless efforts to keep everything running smoothly through the night.



Volunteers and race crew kept the stations operating with supplies of hot drinks, soups and snacks through the night

The Competition

Whereas the majority of participants were more than happy to complete the course within the cut-off times, a battle for the top places was as usual played out in all categories.



Chris Goodwin of the UK, runner-up in the men's 100 km

A trio consisting of Italian Alessandro Rizzetto Chini, Briton Chris Goodwin and local Sabahan runner Milton Amat pulled away from the start on the 100 km course and were close together for the first 25 km before Milton, who seemed to cope with the heat slightly better, made a decisive push on the largest hill on the course to gain 20 minutes on the others.

Milton kept the lead to the finish although Chris pulled within just 2 minutes on the very last leg to take second place, with Alessandro, nursing an old injury, finishing the podium in third place.



Milton (4th from right) and Alessandro (fourth from left) on the podium of the men's 100 km together with Tony Chiffings (third right) and Aileen Yong (third left). Second place Chris Goodwin had to leave early.

In the female category it was also a trio consisting of Lucy Scott of UK, local Sabahan runner Adelina Lintang and Singaporean Poh Suan Puah who pulled away early and battled it out with Lucy eventually taking the top spot followed by Adelina and Poh.



Lucy Scott (third from right) and Adelinah Lintanga (centre), 1st and 2nd in the women's 100 km, on the podium with Borneo Ultra Trails director Aileen Yong and members of the cultural dance troop.

The 50k race saw Petr Novotny of the Czech Republic blazing through the course despite the hot conditions to take a convincing win in the men's category ahead of local runner Safrey Sumping in 2nd and Chris Timms of the UK in third.



Safrey Sumping leading Petr Novotny early in the 50 km race.

In the women's 50 km race, Cindy Fan of Hongkong took the top spot ahead of Judy Leslie of Brunei and local top runner Jassica Lintanga Pado who lost 1st place due to a missing compulsory item.



Jassica Lintanga put in a strong performance on her birthday.

In the men's 30 km race, the podium was severely affected by disqualifications and time penalties due to missing compulsory equipment – see also article below.

Eventually, Craig Armstrong of Australia took first place ahead of local runners Denis David and Welson Welku in the men's category, while Katarina Anna Andersen continued her streak of strong performances by taking the win in the women's 30 km ahead of local runner Fariza Sumping in second and Riitta Hanninen of Finland in third.

The 12 km category also got to experience the hot conditions with clear skies returning on Sunday morning.



The cultural dance troop were popular for photography and provided entertainment at the finish line

Team KUDA, which had experienced team members in the 30 km category disqualified or relegated due to missing compulsory equipment, returned strongly in the 12 km category on the Sunday with team members taken the wins in both the mens and womens open category – and all compulsory equipment in order!

In the men's category, Fharian Tino blasted through the course to take the win ahead of Romi Romantis Robi in second and Moo Sat in third. The 30k winner, Craig Armstrong, also joined the race and still had energy to take 4th place.

In the women's category, local runner Milsah Namih took the title ahead of Eleyina Sabtu of Brunei and Joanne Swan of the UK.

Full results can be found at:

<https://www.racematix.com/site/#results:grp/Borneo-Ultra-Trail-Marathon-2018>

Photos from the race can be found at:

<https://www.flickr.com/photos/148519785@No3/albums>

“Food for Thought” - Nutrition Tips from a Legend

The expectations from the “wider” running community in terms of provisions at the aid stations seems to be ever increasing. When we first started organising races 20 years ago, just getting safe drinking water at regular intervals was considered a luxury. Now some runners come with expectations of a full buffet at each aid station, and the expectations are at times getting a little out of hand in our humble opinion, considering that the races are following the semi-autonomous race concept.

Aileen regularly checks with runners what their favourite food/nutrition is during an ultra, and, unknowingly, she recently managed to get some “secret” tips from a Legend in the sport.



Aileen and Rob watching the world cup game with a nail-biting local

While in Charmonix, France, for the Marathon du Mont Blanc, Aileen and I went to a local pub to watch the world cup football match between Denmark and France. Being a Dane of origin, I kept low profile to avoid being shamed by the locals if France should win, or perhaps beaten up if Denmark unexpectedly should take the win. Neither happened as it was a rather blend 0-0 draw, which sent both teams into the next round.

Despite the mediocre match, Aileen and I still had a great time as Aileen approached a tall gentleman with a t-shirt from the Lavaredo Ultra-Trail that had taken place the weekend before. As we spoke, Aileen and I slowly realized that we had the pleasure of talking to a legend in the sport. Neither Aileen nor I are good at following the broader running community to know who is who in the hall of fame, but anyone who can tell you that he has **completed 750 ultras** must obviously have some significant pedigree to his name!

The down-to-earth gentleman was American Rob Apple, the world record holder in completed ultras, who was on a 3-4 week trip to Europe to compete in the Lavaredo Ultra-Trail in Italy, the Mont Blanc 90 km in France and finally the Eiger Ultra Trail in Switzerland! Completing any one of those races is an accomplishment in its own right – competing in all 3 in about 3 weeks would be considered superhuman by most! Rob did state that he was starting to feel the age – and reckoned that he perhaps “only” had about 250 ultras left in him!! You may see a slightly old clip with Rob here:

<http://www.mruns.com/talking-rob-apple-a-legendary-ultra-marathoner/>



Rob showing his “secret” energy boosters – the “heavy” gel and the favourite mint.

Talking to Rob you got the sense that his tremendous feat was driven by a love for the sport and the “experience” of running through stunning landscapes, and obviously a mental toughness and tenacity that goes beyond what most people can even imagine – so really what I consider the original and basic values of trail running.

But back to the “secret tip” in response to Aileen’s question to Rob’s favorite food on the trails. It was a “refreshing” response in this time of over-inflated expectations from a race organisers perspective. Rob’s favorite “food” during an ultra-trail was “mints” – yes! – the small mint-flavored sugary candies that most are familiar with. He may also carry gels, but considered them a bit heavy. According to Rob, mints are perfect for giving that little energy boost when approaching a significant climb.

So there you have it! – next time you come to an aid station and you consider to DNF because they do not have your favorite item that you crave at that particular time, remember that if Rob can complete 750 ultras on mints – you may also be able to push through one ☺

Rob – thanks for an inspiring chat and the tip - I hope you don’t mind me sharing it as “food for thought” to pampered runners!

But for those of you who do not think that you can get by on mints and mental toughness alone – don’t despair ☺. We are not going “back to basics” at this stage, and we will continue to work on improving the provision at the aid stations for the upcoming TMBT and BUTM. There will be a selection of fruits, snacks, hot drinks, cup noodles, soups and “solid” food at selected stations on the longer courses. As something new there will also be isotonic drinks at a couple of stations. In addition to this, we recommend to bring small change as the villagers set up stalls at numerous locations along the course.

Race Safety and Compulsory Equipment

The safety of all participants is the prime concern of Borneo Ultra Trails. Setting the course for the races is a fine balance between a desire to take participants into the smallest trails and most remote areas for a maximum trail experience, and an assessment of the risks involved. With more than 1500 runners pushing their limits over about 130 km of trail on the TMBT and BUTM, it is impossible for the organisers to “guarantee” the safety of all participants, and some incidents will almost inevitably happen.

It is crucial that all competitors understand that they are ultimately responsible for their own safety. This is in line with the principle of a “semi-autonomous” race that the Borneo Ultra Trails races fall under. With the increasing number of relatively inexperienced runners taking part, we wish to remind runners of these principles. Runners should prepare themselves physically and mentally for the race. This includes ensuring to have a level of fitness required for the selected course, and understanding the basic requirements to take part in the race. Although the race course is marked, it is strongly recommended to familiarize yourself with the maps and course details both to assist in navigation and in planning how much water to bring between each aid station.

There are three items that we would like to briefly touch on at this juncture.

Dehydration & Risk of Heatstroke

In the 2017 version of the TMBT we experienced two cases of heat-stroke of fit runners. Fortunately, both cases happened in proximity to our doctors, and thanks to their quick and resolute responses, both cases were resolved without serious consequences. Had the cases happened on more remote or isolated parts of the course, the consequences could have been dire. We strongly encourage that you familiarize yourself with the symptoms of heat exhaustion and heat stroke, and during the race ensure that you carry and drink sufficient water to stay hydrated, take the time to cool off at stream crossings in hot conditions, and avoid overexerting yourself. Also look out for symptoms in fellow runners and provide support as deemed necessary.

The TMBT will have a fair number of river / stream crossings, in particular on the first part of the course. We DO NOT recommend to drink the water in the streams untreated, but we DO recommend to take advantage of the water to cool down if in risk of overheating.

We note that dehydration and overheating are probably the the most common reason to DNF in the TMBT and the BUTM, and carrying a bit of extra drinking water and taking a short while to cool off in a stream can not only save the race for you, but also make you go much faster overall. The required ability to carry a MINIMUM of 1.5 liters is only considered sufficient for the top part of the field where the runners move quickly through the course. For the slower half of the field, this is unlikely to be sufficient to stay properly hydrated on some of the longer sections between Aid Stations. For the last section up to the finish for both the 30k and the 50k across the (in)famous Bukit Dallas, it is considered that the slower participants should carry up to 3 liters of water.

Compulsory Equipment

The compulsory equipment is for the safety of runners. Some of the equipment may not be required during a normal race, but this is intended for the cases where things **do not** follow the normal patterns. As an example, the cutoff time for the 30 km race is during daylight hours, so why do they have to carry a headlamp? Well there are numerous reasons that you could be held up and get into the dark. In the

TMBT 2017, more than 150 competitors on the 30 km arrived at the finish line in the dark! It would be next to impossible and dangerous to navigate on the route in the dark without a headlamp or other lights.

It is also essential that all competitors carry the minimum compulsory equipment to create an even and fair competition. We have in the past seen too many runners who, despite the compulsory equipment check at racepack collection, sacrificed safety to save a bit of weight to gain a competitive advantage.

These observations led us to change the equipment check at racepack collection to spot checks on the course and checks of all the top finishers at the finish line. Despite this being widely announced prior to the race, we still experienced disqualifications and time penalties that changed the podiums in both the 50 km and the 30 km events of the BUTM 2018. The message got out, and for the 12 km race on the Sunday, we were happy to see all equipment in order. **We hope that we will never have to take the unpleasant steps of disqualifying or giving time penalties to runners because of missing equipment again.**

Compulsory and additional recommended items are listed below.

Item	Category				
	100 km	50 km	30 km	12 km	7.5 km
Race pack or bag to carry compulsory equipment	✓	✓	✓	✓	✓
Mobile phone – with contactable number provided to organizers during registration. Must be able to call out	✓	✓	✓	✓	✓
Emergency Blanket	✓	✓	✓	(✓)	(✓)
Emergency Whistle	✓	✓	✓	✓	✓
Hydration bladder/bottles with min. 1.5 litre capacity	✓	✓	✓	✓	✓
Wind/rain jacket	✓	✓	✓	✓	✓
Basic First Aid Kit ¹	✓	✓	✓	(✓)	(✓)
Headlamp with spare batteries	✓	✓	✓		
Backup headlamp/torch lamp	✓	✓			
Reflective vest	✓				
Red/white blinking light to be fixed to pack after dark	✓	✓			
Personal cup for hot drinks: No cup = No hot drinks	(✓)	(✓)	(✓)		

✓: Compulsory to be brought along at all times (✓): Recommended for safety or comfort

¹ **Basic Medical Kit:** For treating minor wounds and injuries and should contain some antiseptic, gauze, some self-adhesive dressings and small elastic bandage (preferably the cohesive type). A blister kit is also recommended.

Additional Optional / Recommended Items.

The needs of competitors vary with fitness and abilities. It is the responsibility of each competitor to assess his/her own abilities and requirements for a safe race. Below is a list of additional items beyond the compulsory equipment for consideration.

Item	Description
Shoes with good grip	Trail running shoes with good grip highly recommended
Hydration Salt / Electrolytes	Recommended: must be taken as prescribed to work
Gels / Energy Foods	Recommended: Sufficient for distance
Vaseline / anti-chafing cream	Recommended to protect against chafing / blistering
Sunscreen	Apply before, potentially reapply during race
Sunglasses	Protection against UV as well as sticks and insects
Hat / scarf	Protection against sun / rain / cold at night
Long-sleeved shirt	Protection against sun / cold at night
Protective tights	Parts of the trails may be overgrown. Protects against sun
Trekking Poles	Can be handy on steep downhill sections in particular
Reflective vest or stripes	For visibility at night
Compass	May aid in checking navigation or if lost
Course Map	To aid in following course and know what to expect
Money	Small change for drinks / snacks along the way

Road Crossings

Please take extreme care when crossing roads with fast traffic. Some road crossings on the 100 km TMBT course make take place during the night. Make sure you do not walk on the road and make a straight crossing after ensuring that there is no traffic. This may sound obvious, but when you are tired and potentially sleep deprived, lack of focus could lead to dangerous situations.

Affixing a blinking light to the back of the pack for improved visibility is compulsory after dark.

Super Kerbau #4, Series Finale Kiulu, 10th December, 2017

The 4th and final Super Kerbau Trail Run in the 2016/2017 series was held in the Kiulu Valley on 10th December, 2017. Per the series standard, it comprised 3 distance categories of about 9 km, 15 km and 30 km to give both beginners and experienced trail blazers a good challenge.



The start has gone for the 4th Super Kerbau race, and participants spanning a wide age and fitness category are off to pit themselves against the hills and mud. Two of the youngest competitors showed no fear at the front of the pack.

We were particularly happy to see an increasing number of parents who bring their kids out to experience trail running (though now and again it may be the kids bringing their parents out as they require a guardian to race with them). It was not always the parents waiting for the kids 😊. Eight year old Caspian Ryder placed an impressive 8th overall in the 9 km run, and fellow 8-yearlings Shannon and Priscilla made good on their fast pace out of the start box to make top 20 as well.



The future of trail running ready to test their skills on the 9 km route.

Although the courses had slightly fewer elevation meters than previous Super Kerbau races, they were as usual hilly with one significant hill to tackle for the 9 km competitors, two for the 15 km and a third larger hill for the 30 km competitors.

A very wet period leading up to the race led to rather muddy and slippery conditions as the trails got churned up, in particular on the 2nd big hill.



Participants making their way up the first of 3 significant hills. Picture courtesy of 30k participant Yvonne Chung

For those who took time to enjoy the views, the race course offered a variety of landscapes including both deciduous and bamboo forest, rubber plantations, padi fields and pineapple fields. There were numerous stream and river crossing, both with and without hanging bridges, and plenty of options to get wet and cool off along the course.



Bannecy Sinium, 4th in the Women's 30k, and Norolfahmie bin Md Affendy negotiating one of many stream crossings along the course.

A couple of other competitors who had not brought sufficient water for the last big hill on the 30 km route were suffering dehydration and on the verge of heat exhaustion towards the top of the hill, but were saved by fellow competitors, who generously shared their water with them.



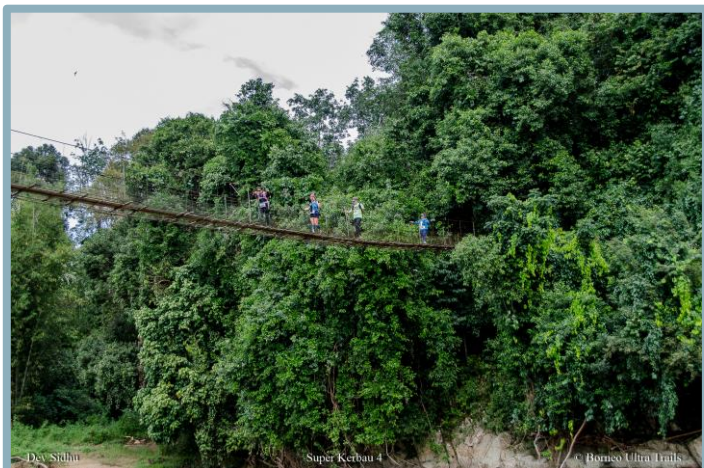
Rimothy Lau passing one of the scenic padi field sections.

Good weather with overcast conditions combined with numerous stream and river crossing to cool off in, led to only a single DNF on the 30 km course.



The hills offered views over the surrounding jungle and towards Mt. Kinabalu, here on the way down from the first hill (Photo courtesy Melissa Mathews).

A member of the Sabah Amateur Radio Society taking part got too comfortable at an observation point manned by her fellow radio operators. She was last seen having a foot massage and eating chicken wings at the station. (in her defense she did have a leg injury) 😊



Small dots re-emerging from the depths of the jungle. The long, slanting bridge just after W1 was a challenge to some with fears of heights and unstable footing, and led to a bit of queue forming towards the back of the pack.



Two of our valued sweepers, leaving nothing but footprints behind on the course in line with our environmental policy.

Race 4 Competition

A fierce battle was played out amongst the top runners, both for the podium places and the overall race series championships.

In the men's 30 km race, Justin Lohok set a fierce pace, gunning not only for the win of the day, but also trying to put some time and points between himself and Tommy Mathew, whom he was trailing slightly in the overall series before the last race.

Justin secured the win on the day in a time of 3 hours 21 minutes, enough to move ahead of Tommy, who was not having his top day, in the championship. Huzain Harto and Marcel Dane Bin Jipius followed in 2nd and 3rd in times of 3:47 and 3:58.



Justin Lohok, winner of the 30k and the overall race series, was a man on a mission, setting a high pace early on in the race.

In the women's 30 km category, Rejlen James impressively took her 4th consecutive win in the 30 km category of the series. She won on the day in a time of 4:20, followed by Rosehardiati Binti Mohd Tajuddin in 4:40. Third place went to Rosa Goodman of USA in 5:08.



A focussed Rosehardiati, runner-up in the women's 30k race for race 4 and overall in the race series, chasing Rejlen James through the course.

In the 15 km category, the pace was high at the front and a few runners missed junctions as they focused on the trail and forgot to keep an eye out for the course markers.

Julian Umpol took the line honors in the men's category in a time of 1:59, followed by Eric Tai in 2 hours and Ahmad Tanjong in 2:02. Frederic Guevel of France and Peter Weinig of Germany battled it out for 4th and 5th to the finish line, arriving in 2:06.



Eric Tai leading Marcel Dane Bin Jipius at the bottom of the second hill.

The race was also tight at the top of the women's 15 km with Emmie Juriah Daulip completing the course in a time of 2:27 to beat Magali Gouy of France in 2:39 and Melody Mura Sibi @ Sibeh in 2:40.



Emmie Juriah Daulip on the way to her win in the 15 km category

In the 9 km category, Mohd Zul Azuan Bin Suhaili completed the hilly course in an impressive time of 54 minutes, ahead of Rovvin Bin Maah in 1:11 and Mohd Hasrol Sinol in 1:14.



Mohd Hasrol Sinol leading Mohd Zul Azuan Bin Suhaili half way through the 9km.

Joanne Swann of the UK took the line honors in the women's 9k in 1:26, followed by Tracelynn Peter Jupili in 1:40 and Emeliana Poh in 1:42.



Joanne Swann of the UK took the win in the women's 9 km category.

Championship

The top 10 in the women's and men's championship series are shown in table below. Full results can be downloaded from the racebox on the web site: <http://www.borneoultra.com/super/>

RANK	NAME	Country	Points Race 1	Points Race 2	Points Race 3	Points Race 4	TOTAL POINTS
Ladies Category							
1	Rejlen James	Malaysia	95.11	92.79	95.22	89.92	373.04
2	Rosehardiati Binti Mohd Tajuddin	Malaysia	67.51	77.76	66.72	82.54	294.53
3	Raynee Kumilau	Malaysia	58.89	57.54	64.55	60.63	241.61
4	Sherly Lonios	Malaysia	58.22	55.63	62.46	58.52	234.83
5	Mary Stephen	Malaysia	58.02	56.14	57.59	53.08	224.83
6	Rainnie Chow Pui Lee	Malaysia	58.16	52.02	55.44	52.15	217.78
7	Rosimah Mohamed	Brunei	70.21	65.17	59.06		194.44
8	Suguna Subramaniam	Malaysia	74.64	60.88	57.83		193.35
9	Louise Lu Ah Tsing	Malaysia	28.98	53.57	55.92	51.55	190.02
10	Amy Foh Choon Mee	Malaysia	65.43	52.02	55.44		172.90
Mens Category							
1	Justin Lohok	Malaysia	73.14	89.29	82.74	95.48	340.64
2	Tommy Mathew	Malaysia	79.06	80.66	89.58	58.89	308.19
3	Jee Sal Tak	Malaysia	83.92	69.54	62.67	66.56	282.69
4	Lai Chea Fook (Jimmy)	Malaysia	59.43	71.60	62.26	60.22	253.51
5	Steven Ling Fui Hung	Malaysia	65.63	64.82	61.03	57.73	249.20
6	Eric Tai Man Hiung	Malaysia	55.90	70.64	50.06	62.50	239.11
7	Alan Tai	Malaysia	63.22	59.09	59.27	56.55	238.13
8	Franke Chung Fui Chiung	Malaysia	61.70	59.30	59.50	55.99	236.49
9	Choy Mun Hee	Malaysia	59.19	57.13	60.82	57.29	234.44
10	Dyce Dos	Malaysia	58.88	56.82	58.63	56.47	230.80

After consecutive wins in the 30 km category in the 3 first races, the petite power house of Rejlen James just needed to complete the race to be secured the overall Championship. She did, however, not content herself with that and completed the quadruple in style with her 4th convincing win of the series – amazing consistency from Rejlen. Rosehardiati Binti Mohd Tajuddin had a reasonable lead on the chasers in 2nd place in the championship before the last race. She also completed in style with a second place in the last race to secure the runner-up position. In the absence of a couple of the other top contenders for the championship podium, Raynee Kumilau secured the last podium place fairly comfortably through persistent performance throughout the series.

In the men's category, there was a much tighter race for the overall Championship between Tommy Mathew and Justin Lohok, with Tommy leading slightly going into the last race. Despite winning the 15 km in the first race, he was trailing overall due to the loss of endurance points. In the second race Justin took second place in the 30 km, followed by Tommy in third in the men's category. In the third race in the series, the roles changed with Tommy taking second place and Justin third in the

men's 30 km category. A strong run with a win by Justin in the last race finally secured him the Championship ahead of Tommy in the runner-up position. Jee Sal Tak took the final Championship podium place.

Photos

Additional photos courtesy of our volunteer photographers Dr. J.S. Sidhu and Pamela Sidhu can be found on our flickr profile at:

Next Race

The 4th race was the last in the 2016/2017 Super Kerbau race series. Based on popular request, we are planning to restart a similar 1-day roaming race format. We had originally planned the first race for May 2018, but with the uncertainties around the date of the national elections, this was postponed. Location and exact format for the next race is under planning, but the intent is to seek out new areas and trails for all to experience, and with a similar format with 2-3 distance categories to cater for both beginners and experienced runners in a social and informal atmosphere.