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Borneo Ultra Trails

Newsletter



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Upcoming Events & News



Super Kerbau Revived

Based on popular request, the Super Kerbau races will be revived with the 5th race taking part on 16th June, 2019, in Tambunan. The race format will stay true to the original format as a 1-day roaming race with the intent to test new trails and provide a good training venue for both new and experienced runners. Registration for the June event are closed – stay tuned for future updates. Refer to <http://www.borneoultra.com/super/> for future updates.



SCOTT - TMBT Ultra-Trail® Marathon, 2019

The 9th edition of Malaysia's original and premier Ultra-Trail® Marathon will take part on 14th and 15th September, 2019. There will be some optimisation of courses and timing, but the "classical" trail sections will be maintained. "Standard" registrations close on 15th June, with an additional late entry fee imposed until close of registrations on 15th July. Some course updates, including the possible introduction of a new **50k Night Challenge** are included in the present newsletter.

Refer to <http://www.borneoultra.com/tmbt1/> for future updates.



Borneo Ultra-Trail® Marathon (BUTM), 2020

The 6th edition of the BUTM will be on **14-16 March, 2019**. The intent is to expand the race with a **100-mile course** starting in parallel with the other courses but with the final cutoff time extending into Monday 16th March, see updates in this newsletter. **Reserve the dates if you want to be part of Borneo's first non-stop 100-mile trail run.** Latest updates are included on Page 2-4. Refer to <http://www.borneoultra.com/butm> for future updates.



TMBT 2019 Update
Latest news on course updates and other preparations for TMBT 2019

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BUTM 2020 Breaking News
The Borneo 100 Miler is coming your way, so reserve the dates if you are up for the challenge.

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BUTM 2019 Report
A picture report of the 2019 edition of the Borneo Ultra-Trail® Marathon

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Super Kerbau Revived
Finally, after a year of absence from the calendar and based on popular demand, the Super Kerbau has been revived and the next race is imminent.

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Refer to www.borneoultra.com for further information

Scott TMBT Ultra-Trail® Marathon 2019 - Updates

joins us for a run around the most beautiful thing



The Most Beautiful Thing TMBT 2019 Ultra-Trail® Marathon

14th & 15th September 2019

Malaysia's Oldest & Premier Ultra-Trail® Marathon

www.borneoultra.com



Register Now

Registration at normal
rates ends on 15th June

The Borneo Ultra-Trail® Marathon is open for registration until 15th July, 2019, with an additional late entry fee after June 15th.

Close of Registration - PLEASE TAKE NOTE!

Normal registrations will close on 15th June, with late entry possible until 15th July with an additional late entry fee. If you intend to take part, we strongly recommend you sign up before 15th June to avoid the additional fees and also secure a spot. If you are targeting one of the limited slots in the "standard" 30k and 50k, please take note that your registration only counts once payment has been received.

Teaming Up With SCOTT

We are excited and pleased to announce SCOTT as name sponsor for TMBT in 2019. We will be introducing SCOTT products, including their Kinabalu range, and there will be SCOTT products for podium finishers.



NO SHORTCUTS

**TRACTION
MATTERS**

TMBT 50k Night Challenge??

To compensate for the restriction of participants in the standard 30k and 50k courses and to give repeat runners in the middle distances a chance to try something different, an additional 50k night course is being considered for addition to the TMBT course portfolio.

The TMBT 50k Night Challenge would start at "Perkasa" hotel and follow the second half of the 100k course, making a loop up to Mesilau and returning to Perkasa. The race will start Saturday night, tentatively at 10 pm, and thus run through the night till the next morning for the majority of participants, with only the fastest runners completing before dawn.

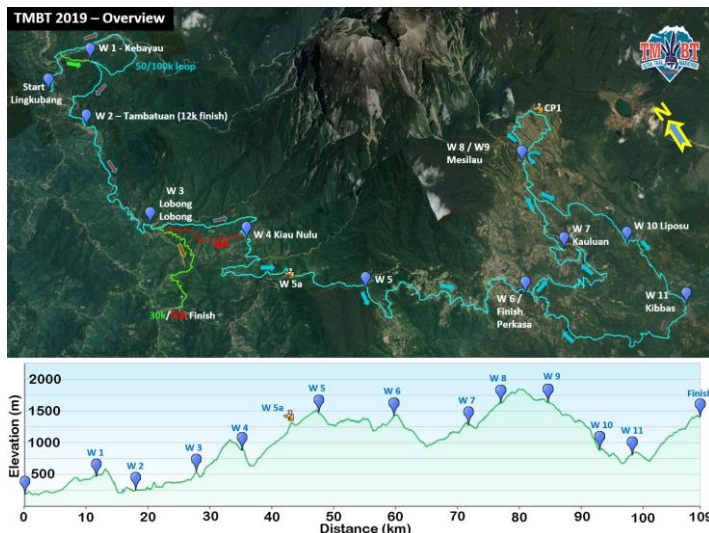
The course is mostly on dirt and gravel road, with shorter sections on smaller trails down ridges and through forest. Although the route should be easy to follow (with a good headlamp), racing through the night is a different experience. Whereas the heat is no issue during the night, sleep deprivation and darkness, which may let your imagination run wild, is another beast to tackle for those who are not used to it 😊.

A final decision on the possible Night Challenge will be made over the coming days depending on slots in the "normal" 30k and 50k courses. **IF the race is introduced, we will give participants already signed up for the "normal" 50k and 30k courses a chance to swap if desired, so please do not hesitate to sign up to the "normal" courses.**

The "100k" Course Just Got a Little Tougher!

The "old" course had the 50k and 100k split up 3 km after the start with the 50k taking a longer route to W1. With the larger number of competitors in 2018, this led to the top 50k runners being caught behind slower 100k runners on the small trails after W1. To avoid this, we will in 2019 let the 100k follow the same route as the 50k to get a better sorting of runners according to speed before entering the small trails.

Due to a land slide that took out part of the 100k race course in 2017, we have over the past 2 years for safety reasons had to include a short shuttle transfer along the main road for the 100k runners. Whereas a large proportion of the runners are happy with the 10 minute break, some find that it interrupts their rhythm. After testing numerous options in the steep terrain, we finally think we have an option that will work, and we intend to do away with the shuttle transfer in 2019.



Map over slightly amended 100 km course, extended from previously about 102 km to now 109 km, with about 200 m additional elevation gain.

The above changes leads to a small increase in distance and altitude gain to about 109 km and +5,600 m elevation gain. The cut-off time will be extended to account for the longer course.

It is at this stage expected that the 30k and 7.5k courses will remain the same, while there may be a slight amendment to the 50 km course. The **ICONIC trail sections** such as the **Kilambun River Crossing**, the **Pineapple Ridge**, **Bukit Dallas** and the **Vegetable Patch** at Mesilau that have become synonymous with the TMBT will again feature as central parts of the courses.

Qualifications and Championships

The ITRA have revised their points system. The amended 100 km course will remain on 5 points. The 50 km course is just on the borderline between 2 and 3 points, and we will only know when the course has been finalised and evaluated by ITRA. The 30 km remains a 2 points course.

In addition to the ITRA ratings, the TMBT 100 km is part of the Ultra-Trail® World Tour Discovery Race series, Asia Trail Masters, Malaysia Ultra League Championship and a qualifier for the Western States 100 mile Endurance Race. Courses will be submitted to UTMB as soon as finalised and rated by ITRA.



Borneo Ultra-Trail® Marathon 2020 14-16 September, 2020

Breaking News

Runners always looking to go the extra mile and seeking the ultimate challenge will be thrilled with the announcement of the birth of:

The Borneo 100 Miler

After a couple of years of contemplating and planning, we have finally decided to launch the Borneo 100 Miler, a 100 mile, non-stop Ultra-Trail® course, as part of the BUTM for 2020.

Final details are still being worked out, but as it stands, the Borneo 100 Miler will start together with the BUTM 100k and 50k courses in Kiulu on Saturday, 14th of March, 2020. It will follow the 100 km course and then continue on a new course for the additional 55-60 km for a total distance of around 161 to 165 km and a total elevation gain presently estimated to be close to 8,000 m!

Given the high elevation gain, the plan is to be generous with the cut-off time so non-elite runners can also have a shot at completing an epic 100 miler. The elite runners are expected to complete during Sunday, 15th March, while the cut-off time will be extended into Monday morning and expected to be in the order of 54 hours.

Borneo Ultra-Trail® Marathon Kiulu, 9-10 March, 2019

The 5th edition of the Borneo Ultra-Trail® Marathon saw a new record of more than 1,600 competitors representing 36 nations, gathering at the Kiulu Riverside Park in the Valley of Hanging Bridges. Borneo Ultra Trails would like to thank all competitors, sponsors, volunteers, officials and not least our local hosts and communities for making this another great event.



Competitors gathering at the start line at the Kiulu River Side for the first start wave for BUTM 2019 at the break of dawn on 9th March.

Race Report

The 2019 version again featured 4 distance categories, giving competitors of all levels a chance to race in a category that suits them. The "100k" category, extended to about 106 km with an accumulated elevation gain in excess of 5,200 m, consisted of a crooked figure 8 as shown in figure below. The "blue" loop with the largest hills was negotiated first, followed by the yellow loop. The 50 km followed the yellow loop, and the 30k did a reduced version of the yellow course.



Outline of Course with elevation profile for 106 km below. The 106k started with the blue loop followed by the yellow loop, while the 50k did the yellow loop.

At the crack of dawn at 6 am, the 106 km and 50 km competitors started from the riverside base camp in Kiulu and after a short parade run through town headed straight onto the first serious climb of the day.



50k runner Sukri Salim on top of the world after having negotiated the first two climbs of the day to emerge onto the BUTM equivalent of the famous "Pineapple Ridge" of the TMBT course. Mt. Kinabalu is looming in the distance.

Dehydration and heat exhaustion / heat stroke is always a prime risk factor in our races. For BUTM 2019, this was exacerbated by a long dry spell and particularly hot weather associated with the El Nino effect.



Head Volunteer at W10, Nannette Steel-Anderson, making sure that competitors take water for the last leg. Here 50k runner Soo Wenn Ru is the beneficiary.

Most, but far from all, competitors heeded the strong warnings and recommendations by the organisers to carry extra water and cool down when the chance is given.



Not entirely sure about the umbrella tactics to shade against the sun, though it has been practiced by guide and avid trail runner Mike Miki for long time. Rosely Gubal (in picture above) with umbrella in hand managed to finish 9th in the women's 50 km category – so perhaps carrying your own shade does work?

Limited cloud cover in the morning offered some respite from the hot sun, but these gradually disappeared and gave way to the full force of the sun and high temperatures.



A wet towel is one way of helping to stay cool and avoid heat exhaustion ☺!

A combination of additional sponge stations and the assistance of entrepreneurial locals, who set up stall with drinks and sponging, helped manage the heat associated risks. After a sweltering day in the sun, nightfall brought temporary respite for those still on the course.



The race continued well into the night for many runners, and for the majority of the 100 km runners, into the next day. Here 50k runners being scanned at W10.

A glorious sun rise next morning greeted racers still on the 100 km course as well as race officials and volunteers, but also proclaimed the return of the hot conditions.



Competitors and volunteers still on the race course Sunday morning were greeted by a spectacular sunrise.



Medal in hand and having kisses blown at you from our attractive cultural dance troop makes the 106 km well worth the effort ☺.

The previous 12k route had been exchanged for a new 9 km route which is better suited for families with kids. The 9k started Sunday morning and completed along the 100k route with the 100k race still ongoing.



Start of the 9k Sunday morning. Eventual Champion, Mohd Hasrol Sinol is first out of the gate together with members of the large contingent of French runners. We had no less than 18 French nationals signed up for the 9k alone, only exceeded by 26 Bruneians as the largest foreign contingent in the 9k.

The 9k route is designed to provide a good variety of trails and landscapes similar to the longer courses on a short course manageable for families. The 9k route was a hit with families and will be repeated in the 2020 race.



Brian Drinkall of the US brought kids Otniel and Naomi, just 5 & 8 years old on the 9km course. All completed in style, good effort and great to see!



Race organiser Aileen Yong "free-styling" on stage with some of the kids from the 9k race after handing out gifts as reward to all the young ones.

Having the 9k route together with the 100k on Sunday leads to a good atmosphere at the finish line, where the river, though unusually low, provided a popular playground for the kids



Leslie Chiang

BU TM 2019

Kids and adults alike loving the riverside location of the finish line with the adults hanging out while the kids can expend any energy they did not leave on the course.



Ang Siang Chie

BU TM 2019

Borneo Ultra Trails

The local traditional cultural music and dance troops did a great job of adding to the ambience at the central start and finish area along the Kiulu Riverside.

The Competition

Having dominated the long trail run courses in Malaysia in 2018, including an emphatic win and smashing of the course record in the TMBT 2018, local hero Daved Simpat, representing The North Face Adventure Team of Hong Kong, was clearly the man to beat in the 100k race. He came full of confidence, with a proclaimed target of beating the existing course record. Defending champion, Milton Amat of Sabah, came in on a very late entry having just recovered from Malaria and being busy on his farm, but regardless of lack of preparation, he is always a force to be reckoned with.



Local runner Bernard Linus (front) was going strong in the first part of the 100k – here neck-to-neck with Daved Simpat on the way to W1. Bernard finished 6th overall.

Daved and Milton took the lead from the start, initially followed closely by a group of both local and international runners. The duo kept a relentless pace, and at W₃ they had distanced themselves by more than half an hour to the pursuers, with Daved having a narrow lead over Milton.

The distance to the pursuers grew with time, and although early in the race, it appeared that the race for the top spot was between the duo. On the subsequent large hill to W₄, Daved opened up a 10 minute gap to Milton, and from there he gradually increased the lead to take the win in a time of 14 hours 22 minutes ahead of Milton in second.



Defending Champion from 2018, Milton Amat, here negotiating a bamboo forest section wearing his traditional hat. Despite improving his time from last year on this years extended course, Milton had to settle for second after Daved Simpat who was in a commanding form of his life.

Justin Lohok came from behind and gradually work his way up to make it an all Sabahan podium ahead of runners from UK, Philippines, Cyprus, US and France in the top 10. This demonstrates strength and depth among the local "mountain" runners from Sabah.



Justin Lohok worked his way up the ranks to take 3rd place in the men's 100 km after a solid performance. Here crossing one of the more solid samples of

In the women's 100 km, the Champion from 2018, Lucy Scott of the UK was back to defend the title. However, Joanna Kruk of Australia was a strong contender, and last year's runner up, local runner Adelina Lintanga was also in for a shot at the title together with runners from Korea, UK and Philippines at the top of the ranks.



Defending champion from 2018, Lucy Scott, negotiating one of the technical trail sections. Despite improving her time by 2 hours on the longer course, Lucy eventually had to settle for 2nd place after Joanna Kruk.

Joanna Kruk set out in a steady high pace which was only matched by Lucy initially. Slowly but securely, Joanna opened up a gap to Lucy to lead by 13 minutes at the halfway station, and eventually take the win and come third overall, only beaten by Daved and Milton, in a time of 16 hours and 2 minutes, a new course record for the ladies despite the extended course. Lucy followed in second with Adelina in third.



Joanna Kruk took the early lead and through a consistent pace slowly pulled away from the rest of the field to take the win in the women's 100 km, placing 3rd overall.



took podium with VIPs – Joanna Kruk had to leave early.

In the men's 50 km, Jisub Kim from Team North Face Korea took an early lead and slowly pulled away from the competition to take the win in 5 hours 40 minutes. Local runner Safrey Sumping representing Team North Face Hong Kong claimed the runner-up position, making it a 1-2 for Team North Face, while Alexander Chung Kwei Ming of Brunei took the last podium position.



Elite runner, Jisub Kim from team North Face Korea set a high pace from the beginning and slowly pulled away from the competition to take the win in the men's 50k. Here still flying after the first two hills have been negotiated.

In the women's 50k race, local top athlete, Jassica Lintang ran a well managed race that saw her pull away from her competitors from the second water station and build on the lead to finish with a comfortable win in a time of 8 hours 19 minutes.



Top-tuned local athlete, Jassica Lintang, on the way to taking the championship that she lost the year before due to a small piece of missing equipment. No such trouble this year, and Jess could celebrate her birthday with a commanding win.

Airince Liam of Brunei held a charging Rosehardiati behind her to finish in 2nd place for a repeat of the two top spots on the podium from the TMBT half a year earlier. Rosehardiati took the last position on the podium ahead of Judy Leslie of Brunei and Xinshuang Wei of China.

In the 30k race, Kent Wei Luu of the US held on to the lead from start to finish to take the top spot on the podium ahead of Mohd Haikal Lopez, who put in a strong finish to take second ahead of Australian Chris Koelma in third.



A focused Kent Wei Luu, winner of the men's 30k race, at high speed on one of the flatter, runnable sections of the course.

In the women's race, the UK runners dominated, taking 5 out of the top 10 positions. Jenny Abbott put in dominant performance to take the win ahead of Sarah Harrison. Malaysian Fanny Justinus just pipped Laura Whymys to take third and prevent an all UK podium.



Jenny Abbott, Champion of the women's 30k race, was one of 5 ladies from the UK in the top 10 of the women's 30k race.

Although the Sunday 9k run is designed for families, it also attracts fast runners going for the podium. In the men's race, Mohd Hasrol Sinol took the title in a time just under 50 minutes in a very tight race ahead of Gavin Pan in second and Eric Tai Man Hiung in third. These are pretty fast times given the steep hill and technical trails in places.

In the women's 9k run, Dk Yasrinnur Hayatul Aqmar Pg Hj Yaku (hope I got that right? 😊) of Brunei took the win in 1 hour straight, ahead of Katie O'brien of the UK and Rosehardiati Mohd Tajuddin of Sabah, who also took 3rd in the 50k run the day before. Nice recovery strategy – just get out there and do it all again 😊.



Dk Yasrinnur Hayatul Aqmar Pg Hj Yaku of Brunei, winner of the women's 9k race, flying through the terrain with a winning smile.

Full results can be found at:

<https://www.racematix.com/site/#results:grp/Borneo-Ultra-Trail-Marathon-2019>

Photos:

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

A Big Thank You from the Organizers

We would like again to take this opportunity to thank all our sponsors, volunteers, officials and supporters without whom the race would not be possible. We are blessed to work with a very dedicated group of volunteers and officials.

A special thanks to our dedicated team of volunteer photographers who did an excellent job of capturing the race – please see our flickr album referenced above with more than 2,700 photos from BUTM 2019



The dedicated team behind most of the photos in this newsletter and an additional almost 3,000 excellent shots available on our Flickr account. From right to left: Borneo Ultra Trails director and chief photographer, Dr. J.S. Sidhu, Pamela Sidhu, Leslie Chiang, Dr. Ang Siang Chie and Dr. Ted Teh. This photo taken by our emergency responder Phil Smith in a free moment between pulling victims off the course! The camouflage shirts are because we prefer runners to look "natural" rather than giving high fives and V signs to the camera crew – there you have it! 😊

We would also like to thank everyone involved in the emergency response for a runner who collapsed on what is probably the most inaccessible part of the course. Thankfully, responsible runners stopped to assist – we would in this respect like to recognise Dean Deanster, Ali Umar and Irwandy Ak of team KetaKebal of Brunei as well as Dr. Thiruchelvan Balakrishnan of Malaysia.

Thanks to their unselfish and commendable act of interrupting their own races to assist a fellow runner in trouble, combined with a professional effort by the emergency response team led by Phil Smith and Ian Edwards once the seriousness of the case was relayed out, a potentially very serious case was averted. The unfortunate runner was treated at the scene by doctors and recovering well by the time he was evacuated to hospital where he could be discharged the same day.

We will further learn and adapt our emergency response procedures based on the incident.

NEXT BUTM

BUTM 2020 has been set for 14-16th March, 2020. As announced elsewhere in this Newsletter, this is slated to include introduction of the first non-stop 100 mile trail run in Borneo. Registration is tentatively planned to open in August, after the registrations for the TMBT have closed.

Super Kerbau Revived Tambunan, 16 June, 2019



Based on popular request, the Super Kerbau race series is back in 2019. The Super Kerbau races are designed as 1-day races with 3 distance categories (Short/Medium/Long) with distances in the order of 5-10, 15 and 30 km.

The intent is to have a roaming race series that gives the opportunity to test new areas and trails, with the race format and distances suitable for both new runners and the experienced who want a good training challenge.

The Tambunan race is only a few days away at the time of writing, and registrations are long closed.

Keep an eye out for new races on the web site and FB sites:

<http://www.borneoultra.com/super/>

<https://www.facebook.com/SuperKerbau/>

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