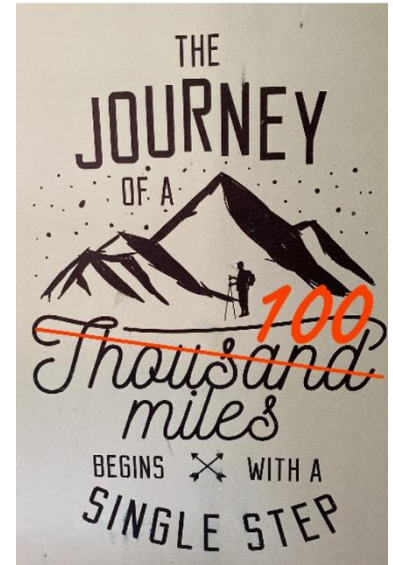


Borneo Ultra Trail News - April 2023

We wish all our Muslim friends and runners Selamat Hari Raya Aidilfitri. Like most festive seasons, there may be a tendency to take on board a few more calories than what the body can immediately burn during this time of open houses and sweet treats. Exercising will help, and we have a couple of options lined up for everyone looking for a challenge ☺.

The **Borneo 100 Miler** is rapidly approaching, and you have just another weeks to sign up to be part of this adventure. Although a 100 Miler will always be a major undertaking, we have designed a scenic course to take your mind of the pain and with a generous cut-off time that gives you the best possible chance to get a 100 Miler under your belt if this is an aspiration. For those not ready for the full 100 Miler, the event also includes a 25 km course. Please register before 1st May.

In 2022 we celebrated the 10th anniversary of Malaysia's oldest and original 100-km Ultra-Trail Marathon, the TMBT, with a record number of participants. The legacy continues with the 11th edition in 2023 with 6 race categories on offer, so there is an option to suit every runner. Registrations will open early May.



Borneo 100 Miler 2023 Updates

Venue: Kadamaian Square, Taginambur, Kota Belud

Categories: 100 miles and 25 km.

Dates: 100 Miler: 3-5 June, 25km: 4th June

Info: <https://borneoultra.com/B100miler/>

Registration: **Before 1st May 2023** – refer to web site

We are happy to welcome our long-standing partners from Sportlicious Malaysia with SCOTT as the main brand on board for the Borneo 100 Miler. #Borneo 100 Miler, No Shortcuts.



We have worked hard on the detailed planning of the Borneo 100 Miler on a brand-new course. We are well into the detailed planning, permits are in place, and we look forward to welcoming runners on the new course. We have received a lot of questions and will cover a few of these and giving a first impression of what to expect below.

Course Characteristics: The course is mostly on gravel and dirt roads interspersed with a few sealed road sections and some more technical trail sections. Overall, we have aimed at a relatively runnable course with a limited proportion of very technical trails. It is a very scenic course with a good mixture of views from the ridges and peaks over the surrounding ridges and river valleys.



Sample views along the Borneo 100 Miler course – see also subsequent pages.

All major river crossings are on bridges with only a few stream crossings which under normal weather conditions can be crossed without getting wet shoes.

Logistics: Logistics should be a breeze from a runner's perspective. Race pack collection will be in Kota Kinabalu on Friday 2nd June. We provide optional bus transfer (book & pay at registration) from Kota Kinabalu to the start and back from the finish.

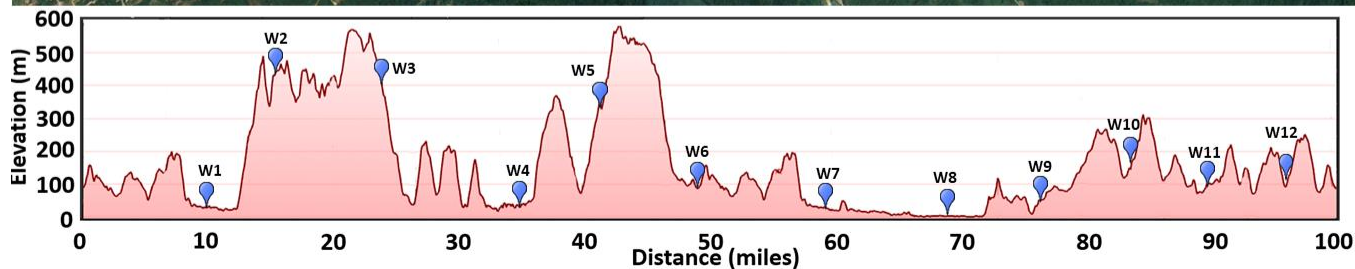
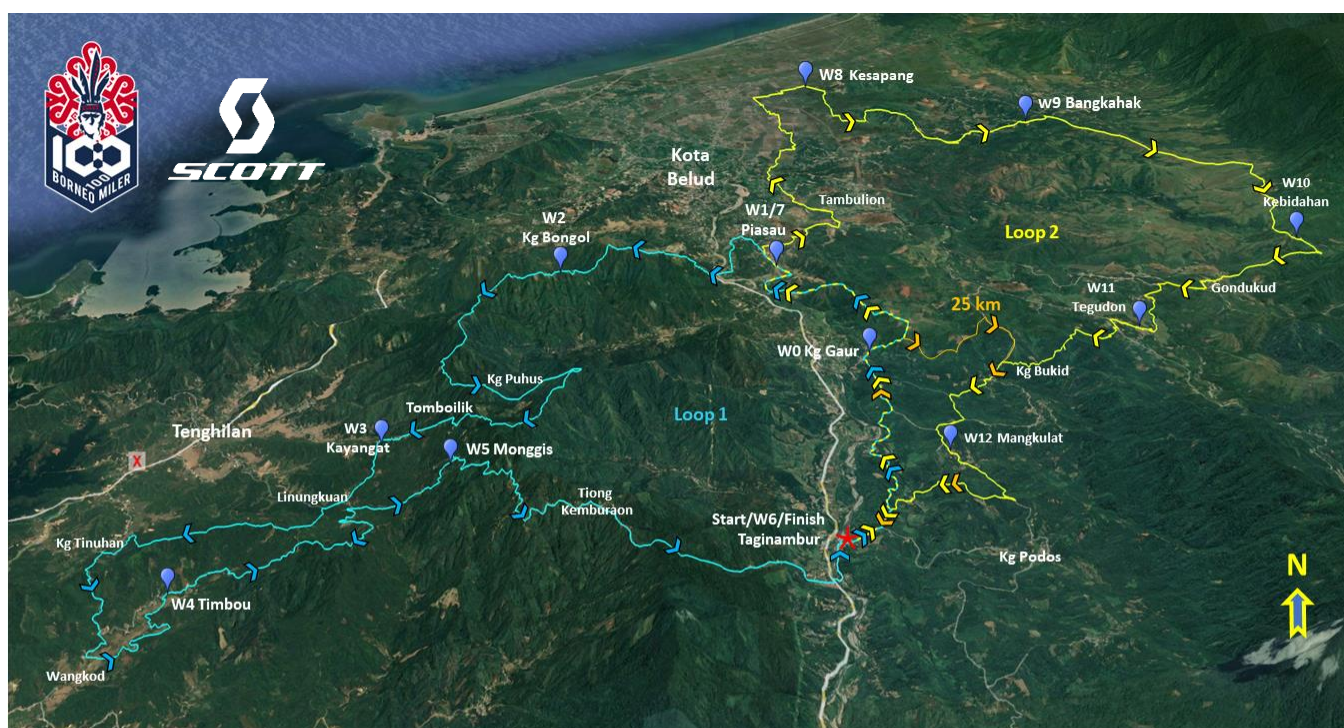
The course is laid out as a Figure 8 with two separate loops extending out from a central start / halfway / finish area at Kadamaian Square. Runners can deposit a half-way / finish bag with the organizers at the start of the race.



Small stream crossing



River crossing to W11



The Borneo 100 Miler course is laid out as a Figure 8 with two separate loops (blue and yellow on map) extending out from a central start / halfway / finish venue at Kadamaian Square. The 25 km (orange on map) follows the 100-miler course for the start and finish. (Please note there are minor optimisations to the course shown above – these are updated on the web site).

There are water / aid stations every 12.5 km on average with the longest distance between aid stations being 17 km. All aid stations will have a selection of water, drinks, fruits and snacks. Stations 3, 6 and 9 (every about 40 km) will offer a more substantial meal for runners. Other stations will offer instant cup noodles and soups for that sudden hunger and craving. Additional course information is available on the web site:

https://borneoultra.com/B100miler/index.php?option=com_content&view=article&id=3&Itemid=125

Cutoff Times: In addition to the competition between the top runners, we want to give as many participants as possible the chance to complete the course.

Cutoff times are therefore generous with a total of 54 hours for the full course, which is equal to an overall average speed of just over 3 km / hour. This corresponds to a relaxed walking pace, so as long as you keep up your stride, there is time to take breaks and still stay within the cut-off time to get that coveted 100-miler distance under your belt.

Below are a few more pictures from the course. Additional pictures have been posted on the TMBT Facebook <https://www.facebook.com/profile.php?id=100064580566505>



Selected photos taken along the Borneo 100 Miler course. The course is mostly on dirt and gravel road through forests and cultivated landscapes, passes through quaint villages and offers stunning views to both Mt. Kinabalu to the east and the ocean to the west.

The Borneo 100 Miler is part of the Asia Trail Master (www.asiatrailmaster.com) circuit for the 2023 calendar. Kris and the ATM team will be present providing on-line coverage during the event.



The Borneo100 will also be part of the ITRA National League Championship and the Malaysia Ultra League Championship as well as a qualifier for the UTMB world series races.



The Most Beautiful Thing (TMBT) Ultra Trail Marathon



Venue: Set around Mt. Kinabalu from the western flanks in Kota Belud till the eastern ridges at Mesilau
Dates: 2nd and 3rd September 2023
Categories (tentative): 7 km, 12 km, 30 km, 37 km Night run, 50 km and 100 km categories.
Info & Registration: <https://borneoultra.com/tmbt1/>
<https://www.facebook.com/Borneo-TMBT-Ultra-Trail-Marathon-197986800284621/>

Registrations for the 11th edition of the TMBT - Malaysia's oldest and "original" 100 km trail run, will **open in early May**. We look forward to continuing the legacy of one of the largest and most international events in the trail running calendar in Malaysia.

We are working on course improvement – mainly to cut out a 3 km road section on the 100 km course and potential venue improvements. We are planning to maintain 6 categories ranging from 7.5 to 106 km, so there will be a course suitable for all levels from beginners to the top runners.

