

Borneo Ultra Trail News - January 2023

We wish all runners a belated **Happy New Year 2023** and hope to see you on the trails in the new year. 2022 saw a gradual return to normal for trail running, and we have lined up a few events to continue this development in 2023.

Borneo Ultra Trails will continue our long-running signature events and add some new races to give runners ample opportunity to experience the raw and natural beauty as well as the challenges of rural Sabah.

Below a brief overview and some updates for the events currently scheduled for 2023. Sign up now as an added incentive to fulfill that New Year resolution of a healthier lifestyle ☺.



Borneo Ultra Trail Marathon (BUTM)

Venue: Kiulu Valley – known for more than 300 hanging bridges

Dates: 11th – 12th March 2023

Categories: 9 km, 32 km, 55 km and 106 km categories.

Info & Registration: <https://borneoultra.com/butm/>

<https://www.facebook.com/Borneo-Ultra-Trail-Marathon-BUTM-915375448554890/>



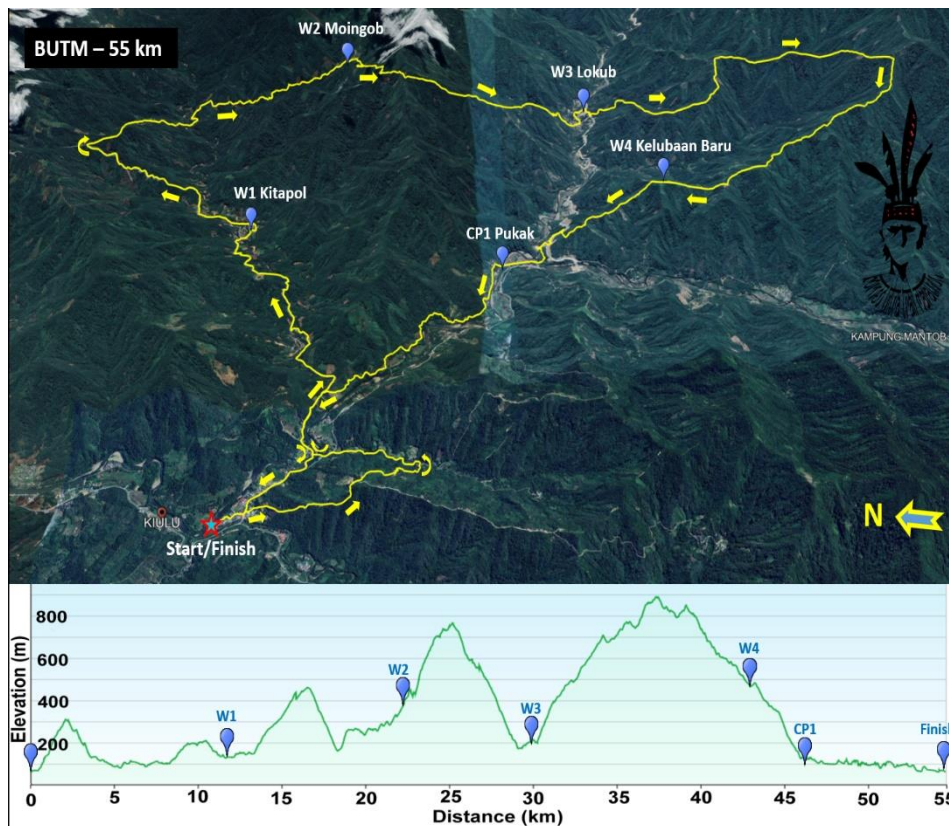
Don't Miss Out: REGISTER BEFORE 1ST FEBRUARY 2023

The Borneo Ultra Trail Marathon (BUTM) has been set within the Kiulu Valley – popularly known as the Adventure Centre of Sabah – for 7 years. The race is a “sister” event to the TMBT with its own distinct flavor. It is held during what is statistically the driest period of the year, but as the 2022 event demonstrated, the weather patterns are not predictable, and rain can add to the challenge of the event (see muddy trail on Chinese New Year greeting above). You may find pictures from previous events at:

The courses traverse the river valleys and surrounding ridges, passing through a mix of jungle and farmland on jungle trails and tracks with aid stations located in remote, quaint villages. The Start & Finish is located centrally at the Kiulu river side with easy access and optional bus transfer from Kota Kinabalu.



The iconic trails from previous events are maintained, but with some changes to give new trail experiences.



The main change is that the “50 km” category will be shifted to the first loop of the 100 km course, which means 75% new trails for repeat 50 km runners.

This includes a chance to experience the technical single trail section from W2 to W3 with several stream crossings and tackling the Talantang loop, dreaded by some 100 km runners for the long and at times exposed climb to the highest point of the course, but also rewarding with spectacular views over the surrounding ridges and valleys.

Given the slightly longer course at 55 km with additional elevation gain, the final cutoff time has been extended by 1 hour to ensure that the recreational runners also have all chances of completing the course within the stipulated time.

The 9 km course with a nice variation of landscape will remain an attractive option for families with kids and newcomers to trail running who would like to get a first taste of it.

The popular 30 km course is expected to present a significant challenge to the intermediate runners with a good balance between some steep hills, single trail and easier road and track sections.

The 106 km course with a combined elevation gain and loss of more than 5000 m is a challenge for the seasoned runners with a course record of 13 hours and 16 minutes set by top Sabah ultra-runner Milton Amat.



The BUTM is part of a the newly established National League Championship under the International Trail Running Association (ITRA) as well as the re-established Malaysia Ultra League Championship. The race is also a qualifier for the UTMB world series races and for the famed Western States Endurance Run for the 2024 season

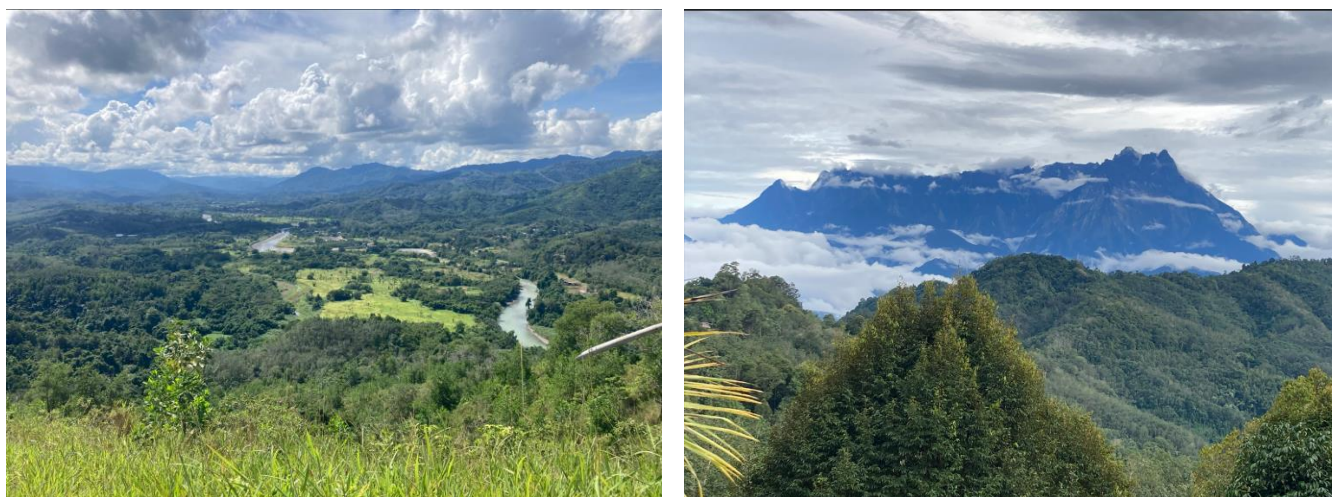
Borneo100

The 100-Miler through rural Sabah - Reserve the date!

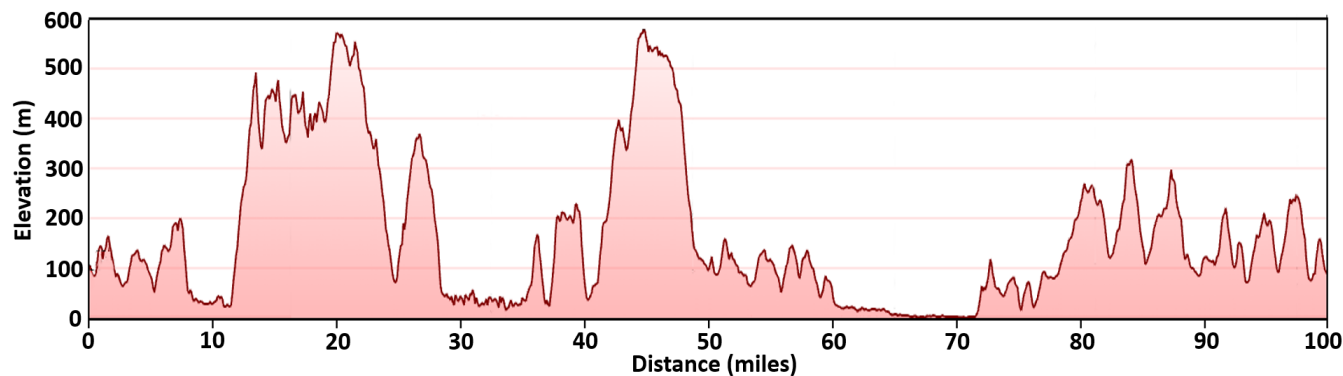
Venue: Sabah – tentatively Kota Belud area
Dates: **3rd to 5th June, 2023**
Categories (tentative): 100 miles and one additional shorter category yet to be determined.
Info: <https://borneoultra.com/>

The first Borneo100 was held in conjunction with the BUTM in 2020. To revive the race after the Covid “break”, the race will be split out as a separate event, allowing keen runners to use the BUTM 100 km as “training” for the 100 miler.

Planning for the Borneo 100-Miler is progressing well. An indicative course profile is provided below, ranging from almost sea level with several sections along padi fields and wetlands un very runnable dirt roads and extending over some hills and ridges up to 600 m elevation with spectacular views over the surrounding hills and river valleys as well as to the sea and Mt. Kinabalu. The course is mostly on runnable dirt tracks and gravel roads with some sections on smaller trails.



Sample views from the **Borneo100** course currently planned.



We are happy to announce that Asia Trail Master (www.asiatrailmaster.com) have confirmed that the Borneo 100-Miler will be an ATM points race on the 2023 calendar.



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, 35 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/>

The TMBT - Malaysia's oldest and "original" 100 km trail run remains one of the largest and most international of events in the trail running calendar in Malaysia with more than 2000 participants aged 4.5 to 85 years for the 10th anniversary run in 2022.

The challenges and scenic beauty of the TMBT trails are legendary, but there is always room for improvement, and we are working on amendments to cut out bottlenecks and road sections as well as the potential for a new finish venue for the 100 km with better accessibility.

