

Dear Runners,

The trail running scene has gradually been moving out of the Covid era with the Super Kerbau on December 21 being the first race under strict SOPs, followed by the BUTM on March 22 with participants restricted to about half the pre-covid norm and finally the TMBT 10th Anniversary on September 22 attracting more than 2000 runners. We are excited to announce a continuation of the normalization with the following races currently lined up for 2022 / 2023. We hope to see you on the trails.

Super Kerbau #7 - Come and enjoy a final and fun run with us in 2022

Venue: Sabah Tea Garden Ranau
Date: 18th December 2022
Categories: "Short" (12-15 km) and "Long" (25 – 30 km) courses
Info & Registration: <https://borneoultra.com/super/>

Don't miss the last race of the year – Registrations Close 12th November

On popular request, we return to the Sabah Tea Garden for another ascent of the jungle clad Kamunsu Hill and a run through the scenic tea gardens. Perfect for a nice weekend outing with a relaxed Saturday before the race on Sunday.

After tackling the Kamunsu Hill with chances to encounter gibbons and hornbills, the updated courses will take runners down to the Moroli River for a chance of a refreshing dip before a scenic run through the tea plantation to the finish line for the short course. The long course runners will head back down to the river before taking on another two hills and the "bamboo track" to finish back at the resort area.

Although by no means to be underestimated, the courses are, apart from Kamunsu hill, mostly runnable on relatively open tracks.



Moroli River will offer a cooling and refreshing respite after the climb of Kamunsu Hill. Note: River need not be crossed



Kamunsu Hill is again "on the menu" at the start of the race for both the short and long course participants

Borneo Ultra Trail Marathon (BUTM)

Venue: Kiulu Valley – the adventure playground of Sabah known for > 300 hanging bridges

Dates: 11th – 12th March, 2023

Categories (tentative): 9 km, 30 km, 50 km and 100 km categories.

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

We will soon open the Borneo Ultra Trail Marathon (BUTM) for registrations. The start/finish venue will remain at the beautiful riverside in Kiulu, but we are looking at some course amendments to give repeat runners new trail experiences. The exact distance categories are therefore tentative at this time but will remain close to those stated above.



The “50 km” category may be shifted to the first loop of the 100 km course, which would mean 75% new trails for repeat 50 km runners and 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. If it can be fitted in, the 100 km and 50 km trails may include a visit to the summit of Dakapo Hill with spectacular views over much of the racecourse.

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.



A good portion of the racecourse can be viewed from Dakapo Hill.



One of several cooling rivers along trail from W2 to W3



Technical single trail from W2 to W3

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 with finish lines in the southern foothills at Kundasang
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/>

The TMBT is Malaysia's oldest and "original" 100 km trail run and remains one of the largest and most international of events in the trail running calendar in Malaysia. We are thankful for the tremendous support for the 10th Anniversary run held in September 2022 after a 2-year delay due to Covid.

More than 2000 participants aged 4.5 to 85 years proved that age is no hindrance. We applaud and congratulate all participants of all ages and in all categories. For those who did not manage to complete, we hope to see you back in 2023 to complete the job!



Participants in the TMBT once again proved that age is no hindrance with ages ranging from 4.5 years to 85 years!

Several amendments were made to the trails to avoid landslides and improve safety. One course amendment was a change from mainly a road section for the 100 km course between stations 4 and 5 to a nice run along a river followed by a newly cut, steep trail. This took even seasoned 100 km runners by surprise, and most will remember this section like the 30k and 50k runners remember the Bukit Dallas hills up to the finish line.

There is always room for improvement, and we will keep striving to further improve the course and race support without making the race too costly for participants (it is easy to improve if budgets are bigger!). A few of the ideas we are working on are briefly outline below.

1. We are looking at further extending the new trail section on the 100 km route up to W5 to hopefully cut out the 3 km section along the main road immediately after W5 at Paka View.
2. Congestion at the hanging bridge between W1 and W2 was again a nuisance to runners as the high river levels did not allow a safe crossing of the river outside the bridge. This will be resolved for future versions.
3. Parking and congestion is a challenge at the 100 km finish line which is also the start and finish line for the 7 km and 37 km night run. We are looking into alternative options to improve logistical access and participation of the public.

We look forward to making further announcements as we progress with the plans and testing.



Even the 100 km men's champion, Milton Amat, was feeling the strain on the new steep trail from river below up to W5.



Bamboo bridge constructed to cross river before steep climb 500 m up to W5.

Going the X-tra Mile

Borneo 100-Miler - Reserve the date!

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

The inaugural Borneo 100-Miler was held together with the BUTM in 2020. An epic battle between two of Sabah's top runners over a grueling course with close to 8,000 m elevation gain eventually saw Daved Simpat and Milton Amat finishing together for a joint win. Adelinah Lintanga took the win in the women's category. The subsequent years it was not held due to Covid. We intend to re-introduce the Borneo 100 Miler in 2023 but separately from the BUTM. The intent is to establish a new course with varied terrain and a relatively runnable course – i.e. sections that are less technical and with gentler gradients than encountered on for instance the TMBT and BUTM.

We are happy to announce that Asia Trail Master (www.asiatrailmaster.com) are supporting the concept and have confirmed that the Borneo 100-Miler will be an ATM points race on the 2023 calendar. We will keep you updated on the progress via news updates on the web site and social media as the route and details are firmed up.



Congratulations!

We have many runners from Sabah performing to very high standards, not only in our local races with strong competition but also at races overseas. We congratulate all these runners doing Sabah proud!

One runner, though originating from Australia but settled in Sabah, has grown to become a very accomplished long distance trail runner with top 10 finishes in both the TMBT and BUTM and placing 4th overall in the inaugural Borneo 100-miler is Andrew Farmers. Already on the Borneo 100-miler Andrew was feeling that if the race had been longer, he might have been able to get on the podium. To further test his ultra-long-distance skills, Andrew looked for longer challenges and he recently took part in the Moab 240 – that's right, a 240-mile race. He did not only finish the race but managed to place 13th overall – an incredible feat for a first timer on such a long distance. We congratulate Andrew. Below is a short message from Andrew for inspiration.



"Moab 240 is a 240 mile single stage run which takes place around the desert and mountains of Utah, USA. The majority of the run is on slick rock, jeep trail and single track with the landscape being dominated by red rock formations such as canyons and arches.

It was my first time taking on such a distance, with the run taking me just over 82 hours to complete the 380 km loop. Although there was only 9,000 meters of elevation gain and loss, the challenges of a run like this differ from the 100 km or 100 miles that are presented during events such as the BUTM or TMBT.

For a run of this length, sleep management is vital. I managed 4 hours of sleep over the 3 1/2 days, which led to some whacked out hallucinations during the third night.

As most aid stations were spaced 22-35 km apart, the other challenge was carrying a pack that weighed close to 9 kg, comprising of 3 liters of fluid, sufficient nutrition and range of apparel for both the hot desert climate as well as potential cold weather. Fortunately, this extra weight was justified as the temperature ranged from 42°C in the desert and -2°C in the mountainous areas.

Overall, it was a challenging but mentally rewarding experience. I would encourage all trail runners to attempt a distance that is beyond what they believe that they can achieve."