



## Race Info

The idea for The Majestic Lenggong Ultra (TMLU) comes from King of Lenggong Trail Virtual Run during the MCO in 2021. The movement has been receiving support from **MPC, TOURISM PRODUCTIVITY NEXUS** in order to bring up its local tourism and exposing Lenggong in virtual format. We received approximately 800 participations from all over the world at that time.

Thus, we rebrand the game this year as part of support for eco-tourism in Perak and Lenggong as a whole objective. Currently we are in 2<sup>nd</sup> edition this year.

Not many knows that Lenggong is part of world history. The one and only in this region:

1. UNESCO World Heritage Site from 2012 with 1<sup>st</sup> known human settlement area in Southeast Asia (some say in the world).
2. World Geopark Site where we have the granite stone age more than 220 million years in Lenggong Valley.
3. There is also meteor impact in Bukit Bunuh which runner will run on this are.
4. There is also countless of cave and hills around Lenggong to be explore.
5. Beside plenty of nice food and places to be explore in Lenggong.

Due to this, we bring you to Lenggong Valley in this event and you will see Lenggong yourself by foot. The route currently will go through all majestic areas in Lenggong.

We are happy to inform:

1. We are giving away 20% discount to return runner from 2022 edition till registration close.
2. We are also giving 15% discount for 1<sup>st</sup> enrollment during the early bird.
3. We are giving 20% also for runner who enroll King of Kemensah Trail 2023.
4. Not stopping it there, we also giving additional 5% discount for those coming in group of 10 onwards for registration (valid for Normal Rate period).

Grab and enjoy the discount rate!

Enroll now and let's support our local tourism.

**WE COME; WE CONQUER.**

### **Event Details**

Date: 2<sup>nd</sup> and 3<sup>rd</sup> September 2023 (Saturday and Sunday)

Time: Flag-off will go in interval basis base on your category. Exact timing will be released couple of weeks from the event day.

Venue: Padang Awam Lenggong, Lenggong, Perak

Distance: 5KM, 10KM, 18KM, 30KM, 50KM and 100KM

Route type: 80% trail/gravel, the rest is road.

Venue type: Village Road, orchard, jungle, deer farm. Runnable track.

## Categories

Code	Categories	Age Limit	Reporting Time	Start Time	Total Hours Cut off	Cut of Time	Prize Giving time
A	100KM Men Open	18yo - 44yo	Saturday 06.30am	Saturday 06.45am	30h	Sunday 12.45pm	Saturday 09.00pm
B	100KM Women Open	18yo - 44yo	Saturday 06.30am	Saturday 06.45am	30h	Sunday 12.45pm	Saturday 09.00pm
C	100KM Men Veteran	45yo and above	Saturday 06.30am	Saturday 06.45am	30h	Sunday 12.45pm	Saturday 09.00pm
D	100KM Women Veteran	45yo and above	Saturday 06.30am	Saturday 06.45am	30h	Sunday 12.45pm	Saturday 09.00pm
E	50KM Men Open	18yo - 44yo	Saturday 06.45am	Saturday 07.00am	12h	Saturday 08.00pm	Saturday 09.00pm
F	50KM Women Open	18yo - 44yo	Saturday 06.45am	Saturday 07.00am	12h	Saturday 08.00pm	Saturday 09.00pm
G	50KM Men Veteran	45yo and above	Saturday 06.45am	Saturday 07.00am	12h	Saturday 08.00pm	Saturday 09.00pm
H	50KM Women Veteran	45yo and above	Saturday 06.45am	Saturday 07.00am	12h	Saturday 08.00pm	Saturday 09.00pm
I	30KM Men Open	18yo - 44yo	Saturday 07.00am	Saturday 07.15am	8h	Saturday 3.15pm	Saturday 02.00pm
J	30KM Women Open	18yo - 44yo	Saturday 07.00am	Saturday 07.15am	8h	Saturday 3.15pm	Saturday 02.00pm
K	30KM Men Veteran	45yo and above	Saturday 07.00am	Saturday 07.15am	8h	Saturday 3.15pm	Saturday 02.00pm
L	30KM Women Veteran	45yo and above	Saturday 07.00am	Saturday 07.15am	8h	Saturday 3.15pm	Saturday 02.00pm
M	18KM Men Open	18yo - 44yo	Saturday 07.15am	Saturday 7.30am	5h	Saturday 12.30pm	Saturday 12.00pm
N	18KM Women Open	18yo - 44yo	Saturday 07.15am	Saturday 7.30am	5h	Saturday 12.30pm	Saturday 12.00pm
O	18KM Men Veteran	45yo and above	Saturday 07.15am	Saturday 7.30am	5h	Saturday 12.30pm	Saturday 12.00pm
P	18KM Women Veteran	45yo and above	Saturday 07.15am	Saturday 7.30am	5h	Saturday 12.30pm	Saturday 12.00pm
Q	10KM Men Open	18yo - 44yo	Saturday 7.30am	Saturday 7.45am	3h	Saturday 10.45am	Saturday 12.00pm
R	10KM Women Open	18yo - 44yo	Saturday 7.30am	Saturday 7.45am	3h	Saturday 10.45am	Saturday 12.00pm

S	10KM Men Veteran	45yo and above	Saturday 7.30am	Saturday 7.45am	3h	Saturday 10.45am	Saturday 12.00pm
T	10KM Women Veteran	45yo and above	Saturday 7.30am	Saturday 7.45am	3h	Saturday 10.45am	Saturday 12.00pm
U	5KM Fun Run	1 year and above	Saturday 7.45am	Saturday 8.00am	2h	10.00am	

\*For 100km category, completion of at least one 50KM event is needed as qualification. Proof may require. There are 2 cutoffs for 100KM approximately at 50KM mark, 14 hours from starting time and at 75KM, 23 hours from starting time.

\*For 50km category, completion of at least one full marathon is needed as qualification. Proof may require. There is 1 cutoff for 50KM approximately at 25KM mark, 6 hours from starting time.

\*\*5km Fun Run, the route is on tarmac only

#### **Winners' prizes (voucher + trophy):**

Code	Categories	Age Limit	1st	2nd	3rd
A	100KM Men Open	18yo - 44yo	400	350	300
B	100KM Women Open	18yo - 44yo	400	350	300
C	100KM Men Veteran	45yo and above	400	350	300
D	100KM Women Veteran	45yo and above	400	350	300
E	50KM Men Open	18yo - 44yo	300	250	200
F	50KM Women Open	18yo - 44yo	300	250	200
G	50KM Men Veteran	45yo and above	300	250	200
H	50KM Women Veteran	45yo and above	300	250	200
I	30KM Men Open	18yo - 44yo	200	180	160
J	30KM Women Open	18yo - 44yo	200	180	160
K	30KM Men Veteran	45yo and above	200	180	160
L	30KM Women Veteran	45yo and above	200	180	160
M	18KM Men Open	18yo - 44yo	180	140	120
N	18KM Women Open	18yo - 44yo	180	140	120
O	18KM Men Veteran	45yo and above	180	140	120
P	18KM Women Veteran	45yo and above	180	140	120
Q	10KM Men Open	18yo - 44yo	150	130	110
R	10KM Women Open	18yo - 44yo	150	130	110
S	10KM Men Veteran	45yo and above	150	130	110
T	10KM Women Veteran	45yo and above	150	130	110

\*No cash prize for all winners, it will be a product value.

\* There will be trophy from no 1-10 for each category.

## Runner's Entitlement

Entitlement	100KM	50KM	30KM	18KM	10KM	5KM
e-Certificate with timing	Yes	Yes	Yes	Yes	Yes	Yes
Personalized Bib	Yes	Yes	Yes	Yes	Yes	Yes
Timing Chip	Yes	Yes	Yes	Yes	Yes	No
Event t-shirt	Yes	Yes	Yes	Yes	Yes	Yes
Finisher Medal	Yes	Yes	Yes	Yes	Yes	Yes
Finisher t-shirt	Yes	Yes	Yes	Yes	No	No
Post-race refreshment	Yes	Yes	Yes	Yes	Yes	Yes
20% discount for 2022 participants	Yes	Yes	Yes	Yes	Yes	Yes
Trophy	First 10 finishers for Men Open, Women Open, Men Veteran and Women Veteran category.	First 10 finishers for Men Open, Women Open, Men Veteran and Women Veteran category.	First 10 finishers for Men Open, Women Open, Men Veteran and Women Veteran category.	First 10 finishers for Men Open, Women Open, Men Veteran and Women Veteran category.	First 10 finishers for Men Open, Women Open, Men Veteran and Women Veteran category.	No

## Entry Fee

Distance (KM)	Loyalty Rate (20% off)	Early Bird (15% off)	Regular
	7 April 2023 till close	07 Apr 2023 till 10 Jun 2023	11 Jun 2023 till 9 Aug 2023
100	360	382.5	450
50	232	246.5	290
30	176	187	220
18	112	119	140
10	80	85	100
5	48	51	60

\* Fee excluded forest permit and data admin fee. Organizer of the TMLU reserves the right to deny entry to any participants. All entry fees are non-refundable and non-transferable. You have agreed to this policy when you chose to proceed with the registration for the event. All race entries are non-transferable and failure to adhere to this will result in disqualification.

\* 20% discount for 2022 Perak Ultra – The Majestic Lenggong Ultra participants until the slot full.

\* 20% discount for 2023 King of Kemensah Trail 2023 participants until the slot full.

\* Additional 5% off for running group registration (min of 10 runners). For running group which interested to get this code, please whatsapp us at 0173809891 when you have 10 group members' name and category.

### **Bib transfer, cancellation and categories change**

\* No refund of entry fee once you've registered the race, regardless of any category, in any circumstances.

\* Changes of Bib name is allowed 30 days before the race date and during the REPC with the processing fee of RM50.

\* All participants are strongly advised not to proceed the race without the updated runner information on the Race Bib for your safety reasons.

### **Eligibility**

\* This race is open to all Malaysian/Permanent Resident and oversea runners' age 18 years old and above only. For Fun Run and junior category, parents/guardian concern is required.

\* Participants must complete the race on foot under their own strength.

\* Participants are required to be semi self-sufficient. You must always have your mandatory equipment with you during the race.

\* The Organizer reserves the right to deny entry to any participants.

### **Pacer / External support**

\* Pacers and support crew are strictly prohibited.

\* No external support by friends or family is allowed beyond the limits of the official checkpoints.

### **Medical**

\* There will be medical personnel on standby at the race site.

\* Ambulance service is on standby as well for emergency cases.

\* Participants are responsible to ensure they are fit and healthy before starting the race. Please consult your doctor if there is any doubt.

### **Insurance**

\* Participants are to accept the risk associated with the event as per indemnity clause as per registration form.

- \* The organizer will not be responsible for any claim resulted from this event.
- \* It is recommended that you have personal accident insurance or health insurance.

### **Event Cancellation**

The organizers shall reserve the right to cancel or cut short the event for the following reasons: (but not limited to)

- \* Adverse weather conditions (haze, thunderstorm etc.)
- \* Dangerous trail conditions (Landslides, Flood, Tree fallen/fires blockage along the course etc.)
- \* Riot, endemic, pandemic, government policy change etc.

**\*In such event no refund of the registration fee.**

### **Mandatory Item for 18KM, 30KM, 50KM and 100KM**

- Hydration bag/handheld bottle. (min capacity of 1L)
- Whistle x 1 pc
- Emergency Blanket x 1 pc
- Headlamp x 1 pc.
- Hand phone (for emergency).
- Food/Energy Bar/Gel
- Collapsible Cup

**\* you're required to present the mandatory items:**

- 1. DURING THE RACE, random checks by official at any point during the race.**
- 2. AFTER THE RACE, for result verification.**

**Failed to comply with the mandatory item will cause:**

- 1. \*Disqualification from the race or**
- 2. \*Penalty 30 minutes for each item**

**\*Any penalty given is totally a decision decided by the Race Director. Final decision from the Race Director will be taken as confirm actions towards such case.**

### **Recommended Item for 5KM and 10KM**

- Hydration bag/handheld bottle/cup.
- Food/energy bar/gel.
- Hand phone (for emergency).
- Emergency blanket

### **Water stations**

- 5KM: 1 water stations.
- 10KM: 1 water stations.
- 18KM: 2 water stations.
- 30KM: 6 water stations.
- 50KM: 8 water stations.
- 100KM: 10 water stations.

Toilet is available at the starting point only.

\*The water station count is estimation only. It can be change on the real day.

\*We will implement bring your own bottle/cup concept (BYOB/BYOC) for this race. So please bring your own portable cup or bottle. We will not provide any disposable cup at the starting/finishing line and all water stations.

### **Safety**

- \* Race bib must always be worn & visible (on the front) throughout the event.
- \* Participants must always stay on the marked course all the time. Short cuts/running off the trails are strictly prohibited. GPX data will be primary source of reference.
- \* Participants must always carry all the mandatory items during the event.
- \* If should you have noticed marshal vehicles (motorbike / jeep) approaching during the race, please slow down and give way.
- \* Please be cautious as some parts of trail route might be muddy and slippery in condition.
- \* There will be a few river crossings, caving, so it is advised to always stay alert on the official race marker.
- \* Ensure your own safety and that of others. Be considerate of other trail and road users always.
- \* Take great care when crossing or running on roads. If another runner is injured or in distress, please assist.

### **Disqualified (DQ)**

Cheating (using another people's bib, take shortcut, take vehicle). Create any harm to other participant or organizer or come with disturbing behaviour.

### **Dropping Out From The Race**

If you decide to withdraw from the event, you must inform the event officials immediately and remove your race bib. Once you have dropped out of the race, you are not allowed to re-start.

#### **Dropping out at check point**

- Tell the checkpoint marshals that you've decided to drop out from the race.
- The checkpoint marshals will be able to further guide you on returning to the finishing point or with the race shuttle.
- Do note that not all checkpoints are accessible with race shuttle and even so with a limited time frame.

#### **Dropping out along the race course**

- Please proceed to your nearest checkpoint and inform the marshals that you've decided to drop out from the race. The checkpoint marshals will be able to further guide you on returning to the finishing point or with the race shuttle.
- Do note that not all checkpoints are accessible with race shuttle and even so with a limited time frame.
- If you're severely unable to move yourself to the nearest checkpoint, please contact the event emergency number.



**Race timing**

There will be a timing chip and manual system for this race.

**Race Kit Collection**

Date/time: 1st Sept 2023 from 10AM to 10PM

Venue: Padang Awam Lenggong, Lenggong, Perak.

- \* Please bring your confirmation slip / IC for verification (softcopy will do)
- \* Do inform us (email/PM page) if you need special arrangement for your kit collection.
- \* Mandatory item will be check before starting the race.

**T-shirt Design**

<Event T>



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**NATIONAL LEAGUE 2023**

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**EVENT TEE**

**THE MAJESTIC LENGGONG ULTRA**

**1-3 September 2023**

\*All Pictures shown are for illustration purpose only. Actual product may vary due to product enhancement.

<Finisher T>



**FINISHER TEE**  
*\*For 18K, 30K, 50K & 100K finishers only.*

**THE MAJESTIC LENGGONG**  
**ULTRA**  
**1-3 September 2023**

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<Medal>



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# THE MAJESTIC LENGGONG ULTRA


1-3 September 2023



## FINISHER MEDAL

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**T-shirt size chart**



**SIZE MEASUREMENT (Unisex)**

SIZE	CHEST	LENGHT	SHORT SLEEVE	LONG SLEEVE
2XS	34"	24"	7"	20.5"
XS	36"	25"	7.5"	21"
S	38"	26"	8"	21.5"
M	40"	27"	8.5"	22"
L	42"	28"	9"	22.5"
XL	44"	29"	9.5"	23"
2XL	46"	30"	10"	23.5"
3XL	48"	31"	10.5"	24"
4XL	50"	32"	11"	24.5"
5XL	52"	33"	11.5"	25"
6XL	54"	34"	12"	25.5"
7XL	56"	35"	12.5"	26"
8XL	58"	36"	13"	26.5"

**Route profile and map**

\*Baseline of the route this edition. There might be small change based on the final recce and marking. Final route will be out few weeks before the event.

Categories	Distance	Elevation Gain	Route Condition
5KM	5KM	70+-	Total road
10KM	10KM	350+-	80% Trail/Gravel – 20% Road
18KM	18KM	550+-	90% Trail/Gravel – 10% Road
30KM	30KM	850+-	60% Trail/Gravel – 40% Road
50KM	50KM	1500+-	80% Trail/Gravel – 20% Road
100KM	100KM	3400+-	80% Trail/Gravel – 20% Road

### **Term and Condition**

- \* The Organizer reserves the right to close entries before the deadline without any notice once the race quota is full. Entry forms will only be processed upon receipt of full payment of the entry fee.
- \* The Organizer reserves the right to limit and refuse entries without reason.
- \* The Organizer reserves the right to contact and to interview any applicants by phone or otherwise for additional information required for matters relating to their applications.
- \* After registration, there will be no fee refund for a Participant who does not eventually take part in the race, for any reason whatsoever or if the game is cancel.
- \* The Organizer reserves the right to cancel, postpone, change the game format (to Virtual Run or any other format) if there is a need and necessary based on latest and current situation (COVID, Disaster, Disease, Government Policy Change, Chaos, War). No refund.
- \* Each Participant must ensure his/her health condition, is fit before participating and during the race. Each Participant shall be responsible for his/her own health/condition. The Organizer shall not be responsible for personal injury or death during or after the race.
- \* Your personal data will be/is being collected will be use for the following purposes:
  - for administrative purposes
  - This personal data is obtained when you register in this run. We will not release your data to any other third parties.
  - Participants must provide true and accurate information to the organizer. Any wilful dishonesty may render a participant's entry invalid, and the organizer reserve the right to amend or cancel such participant's entry without compensation.

### **Others**

Thanks for giving us the chance to celebrate the victory of running the extra mileage in trail ultra with you fella runners. We will put our best efforts to make this run enjoyable.

So, what are you waiting for?

See you at starting line!!!

**Organizer**

**Organized by: Team Pacat**

**In Collaboration with: Majlis Daerah Lenggong**

**Supported by:** Tourism Malaysia, Tourism Perak and Geopark Malaysia  
**Game Sanction:** MURA, ITRA and UTMB

**FB:** <https://www.facebook.com/teampacat>

**Event Page:** <https://www.facebook.com/TheMajesticLenggongUltra>

**Email:** [hello@teampacat.com](mailto:hello@teampacat.com)

**Contact:** 0173809891 / 0173373579 (Whatapps only)

