

AQUATHLON @KUALA LANGAT 2025

Description

Lover's Bridge, Tanjung Sepat is a breathtaking 300-meter-long structure that extends into the Straits of Malacca, providing spectacular views and a peaceful atmosphere ideal for sightseeing and fishing. This picturesque location, known for its serene beauty, transforms into a dynamic venue where the thrill of sport meets the tranquility of nature, especially during the Aquathlon Kuala Langat held on the day of the run. Participants can enjoy in the beauty of a stunning sunrise alongside the bridge after completing their run, adding a memorable touch to their experience.

Aquathlon @Kuala Langat 2025 is the third edition of SWIM + RUN event to be held in Lover's Bridge, Tanjung Sepat, Selangor Co-organized by Majlis Perbandaran Kuala Langat, XS Elite Performance and AMMJB, this event perfectly combines physical challenge with the natural beauty of the coastal setting, making it a must-attend for runners and nature lovers alike.

Race Details

Aquathlon Kuala Langat 2025

Date: 7th December 2025

Venue: Dataran Tanjong Sepat, Kuala Langat, Selangor

Time: 7.00am-12.00pm

Race Distance:

Run (RUN ONLY)

5km, 10km

Aquathlon (SWIM + RUN)

| | |
|-----------|------------------------|
| Aqua-Mini | : Swim 100m, Run 250m |
| Aqua-Kids | : Swim 200m, Run 500m |
| U15 | : Swim 300m, Run 2.5km |
| Sprint | : Swim 750m, Run 5km |
| Olympic | : Swim 1.5km, Run 10km |

Age Group Categories:

Run Categories:

5KM Fun Run (Open to all ages)

10KM Men Open (12yrs & above), 10KM Women Open (12yrs & above)

Aquathlon Categories:

Kids Distance

Aqua-Mini - Boy 7-9 years, Girl 7-9 years

Aqua-Kids - Boy 10-12 years, Girl 10-12 years

U15 - Boy 13-15 years, Girl 13-15 years

Sprint Distance

Men 16 - 29 years, Men 30 - 44 years, Men 45 years & above

Women 16 - 29 years, Women 30 - 44 years, Women 45 years & above

Olympic Distance

Men 18 - 29 years, Men 30 - 39 years, Men 40 - 49 years, Men 50 - 59 years, Men 60 years & above

Women 18 - 29 yrs, Women 30 - 39 yrs, Women 40 - 49 yrs, Women 50 years & above

Mixed Team Relay (Men + Women/All Men/All Women) – Only 1 category (16 years & above)

NOTE: Should there be less than 3 participants in the registered age group, these participants will be moved to the next closer age group.

Race Categories & Fees

| Event Type | Category | Early Bird (until 16/9) | Normal (until 31/10) | Late (until 30/11) |
|-----------------------------------|------------|----------------------------|-------------------------|-----------------------|
| Olympic Distance* (200slot) | Individual | RM300 | RM330 | RM350 |
| | Relay | RM400 | RM500 | RM600 |
| Sprint Distance* (100slot) | Individual | RM250 | RM280 | RM300 |
| Aqua-Mini 7-9 years (50slot) | Individual | RM180 | RM210 | RM230 |
| Aqua-Kids 10-12 years (50slot) | Individual | RM200 | RM230 | RM250 |
| U15, 13-15 years (100slot) | Individual | RM220 | RM250 | RM270 |
| 5KM (500slot) | Individual | RM40 | RM45 | RM50 |

| | | | | |
|----------------|------------|------|------|------|
| 10KM (500slot) | Individual | RM60 | RM65 | RM70 |
|----------------|------------|------|------|------|

Limited to total 1500 slots or registration closed on 30th November 2025. (Whichever comes first)

Registration will close when maximum participants is achieved.

*Registration fees are subjected to admin fees.

The entry fee includes:

- Personalised Race Bib
- Goodies Bag
- Event T-shirt
- Finisher's Cow Bell Medal
- Finisher's Snack Refreshment
- PA Insurance & Medical Insurance
- E-Certificate
- Lucky Draw
- Swimming Transition Bag (Aquathlon Only)
- Bib Tattoo Sticker (Aquathlon Only)
- Multisport Timing Chip (Aquathlon Only)
- Swim cap (Aquathlon Only)
- Swim Safety Buoy (Aquathlon Only)
- Finisher's Meal Refreshment (Aquathlon Only)
- Finisher's Photo with exclusive photo frame (Aquathlon Only)

Prizes

Cash prize will be awarded to **TOP 5** in Olympic Distance (Aquathlon Individual Only).

| Category/Rank | Champion | 2nd | 3rd | 4th | 5th |
|--------------------|----------|-------|-------|-------|-------|
| Olympic Individual | RM500 | RM400 | RM300 | RM200 | RM100 |

Trophy will be awarded to **TOP 5** winners of each category for 10KM Run, Olympic, Mixed Team Relay, Sprint, U15 and Kids Distance. ALL WINNERS are required to be present to collect the prizes personally.

Race Pack Collection & Sponsor Booth

Date: 6th December 2025 (Saturday)

Time: 1.00pm - 6.00pm (Saturday)

Venue: Dataran Tanjong Sepat, Kuala Langat, Selangor

Google Map: <https://goo.gl/maps/Dhdd19Wu4RMc8iBSA>

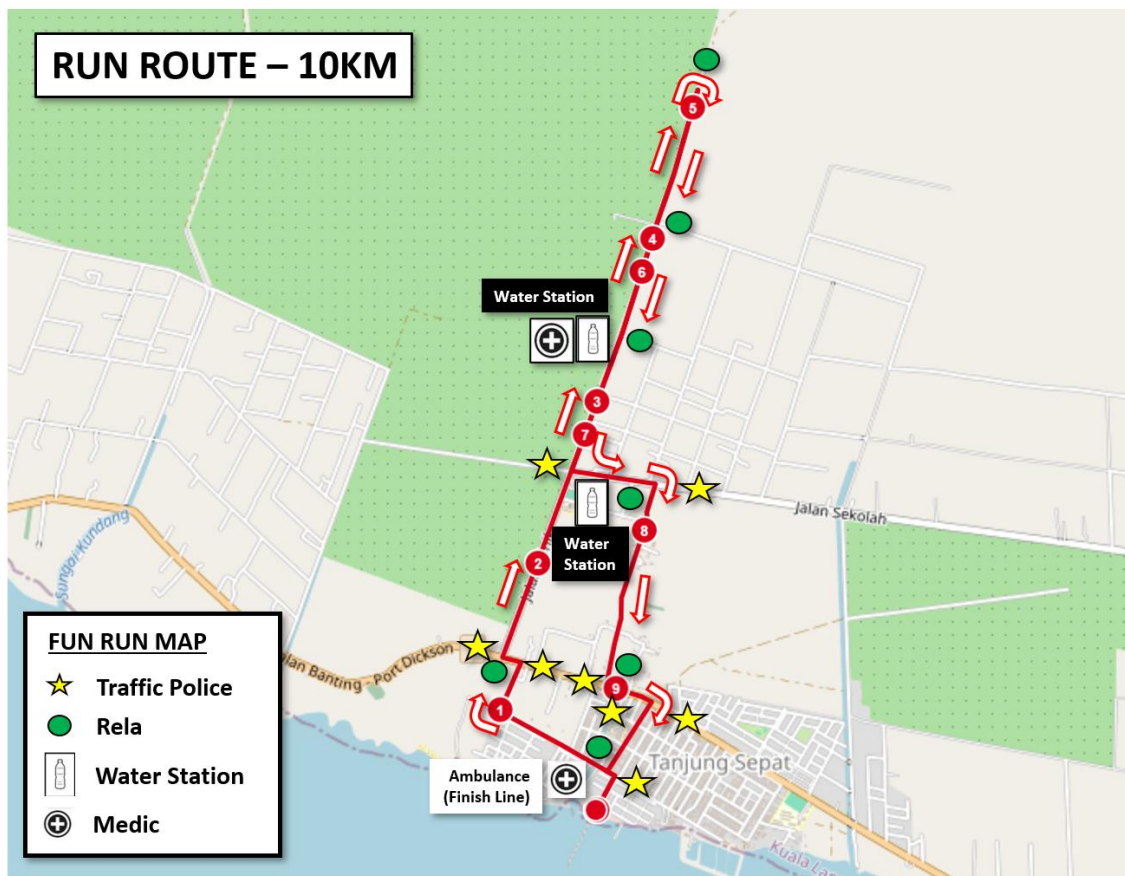
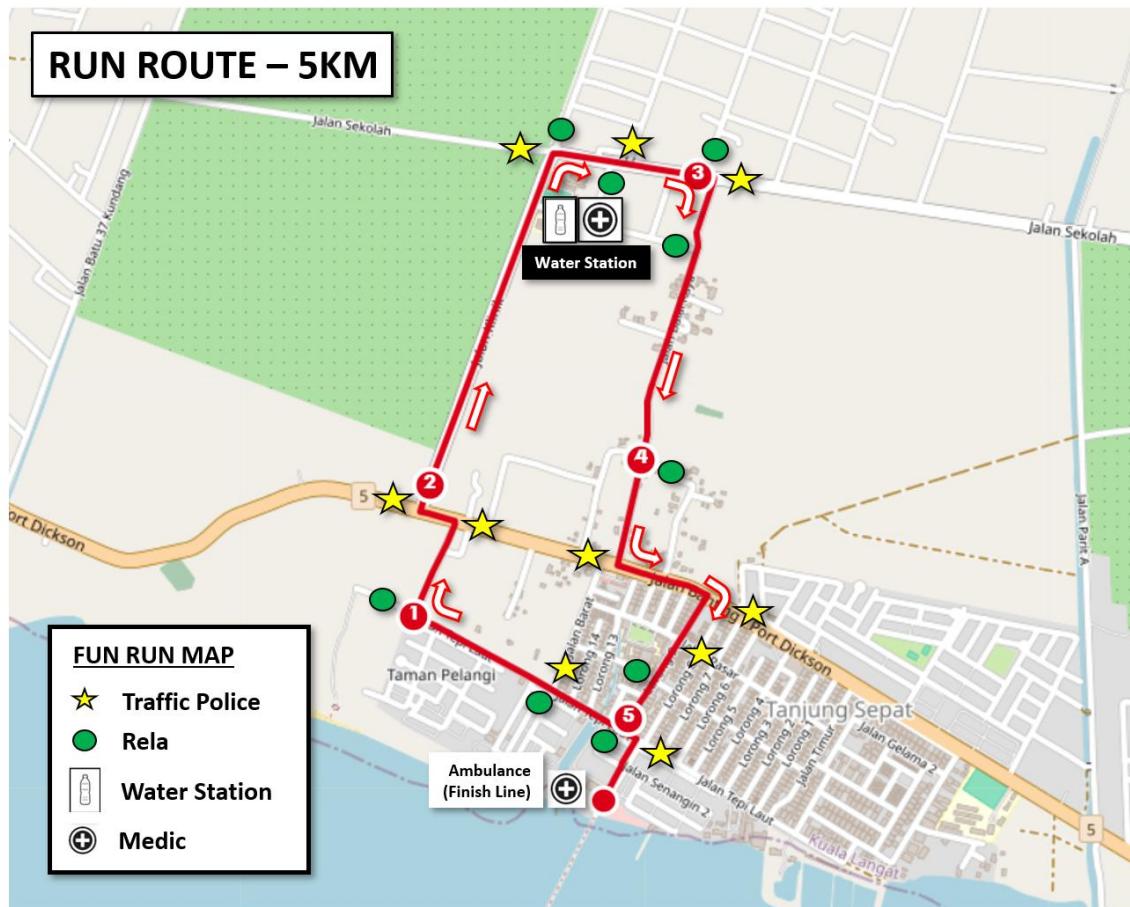
Kindly bring your confirmation slip/IC/Passport to collect your Race Entry Pack. (Indemnity Form for Aquathlon will be send out 1 week before event date)

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AQUATHLON @KUALA LANGAT EVENT MAP



EVENT RUN ROUTE

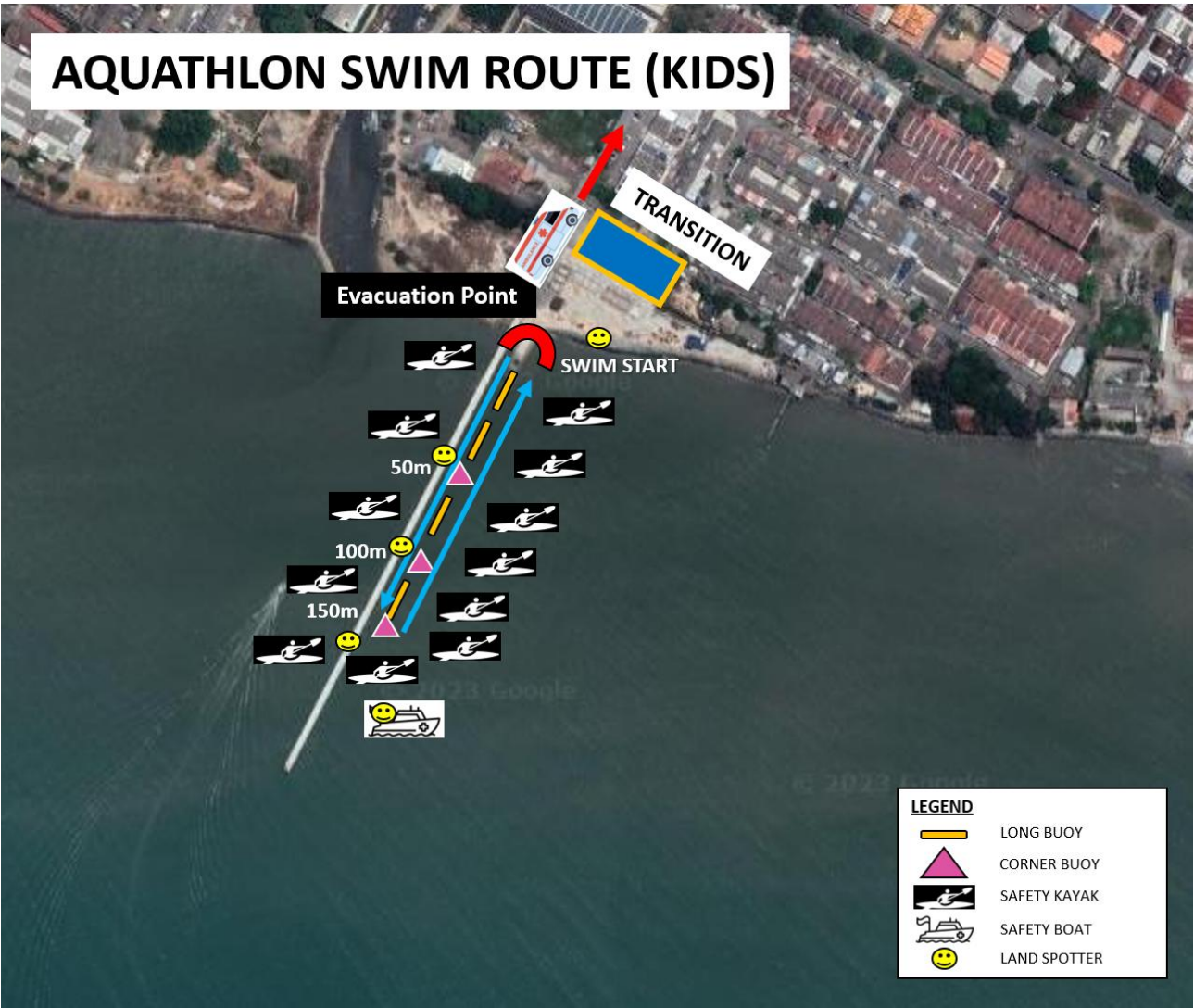


AQUATHLON ROUTE PROFILE

SWIM ROUTE - OLYMPIC - SWIM 1.5KM (750M x 2 loop) / SPRINT – SWIM 750M x 1 loop



SWIM ROUTE – AQUA-MINI – SWIM 100M, AQUA-KIDS –SWIM 200M, U15 – SWIM 300M



Tide Chart Forecast on 7th December 2025

<https://www.seatemperatu.re/southeast-asia/malaysia/tanjung-sepat/tides/month/all/>

Sunday 7 December 2025

| Tide | hour | tidal height |
|-----------|-------|--------------|
| low tide | 01:41 | 0.38m |
| high tide | 07:48 | 3.3m |
| low tide | 14:17 | 0.49m |
| high tide | 20:08 | 3.01m |

2024 WATER SAMPLE TEST REPORT by BP LAB (will test again on November 2025)



| | | | |
|-----------------|-------------------------------------|-----------------|--------------|
| Lab No | : PBR6261852 | Date Of Sample | : 19/11/2024 |
| Company Name | : XS Elite Performance | Date Of Testing | : 20/11/2024 |
| Branch Name | : Aquathlon Kuala Langat, Tg.Sepat, | Date Of Report | : 25/11/2024 |
| Company Address | : Banting, Selangor | Sample No. | : PBR6261852 |
| Reference No. | : | Date Received | : 20/11/2024 |
| Type Of Sample | : Effluent/Waste Water,- | Date Of Request | : 19/11/2024 |

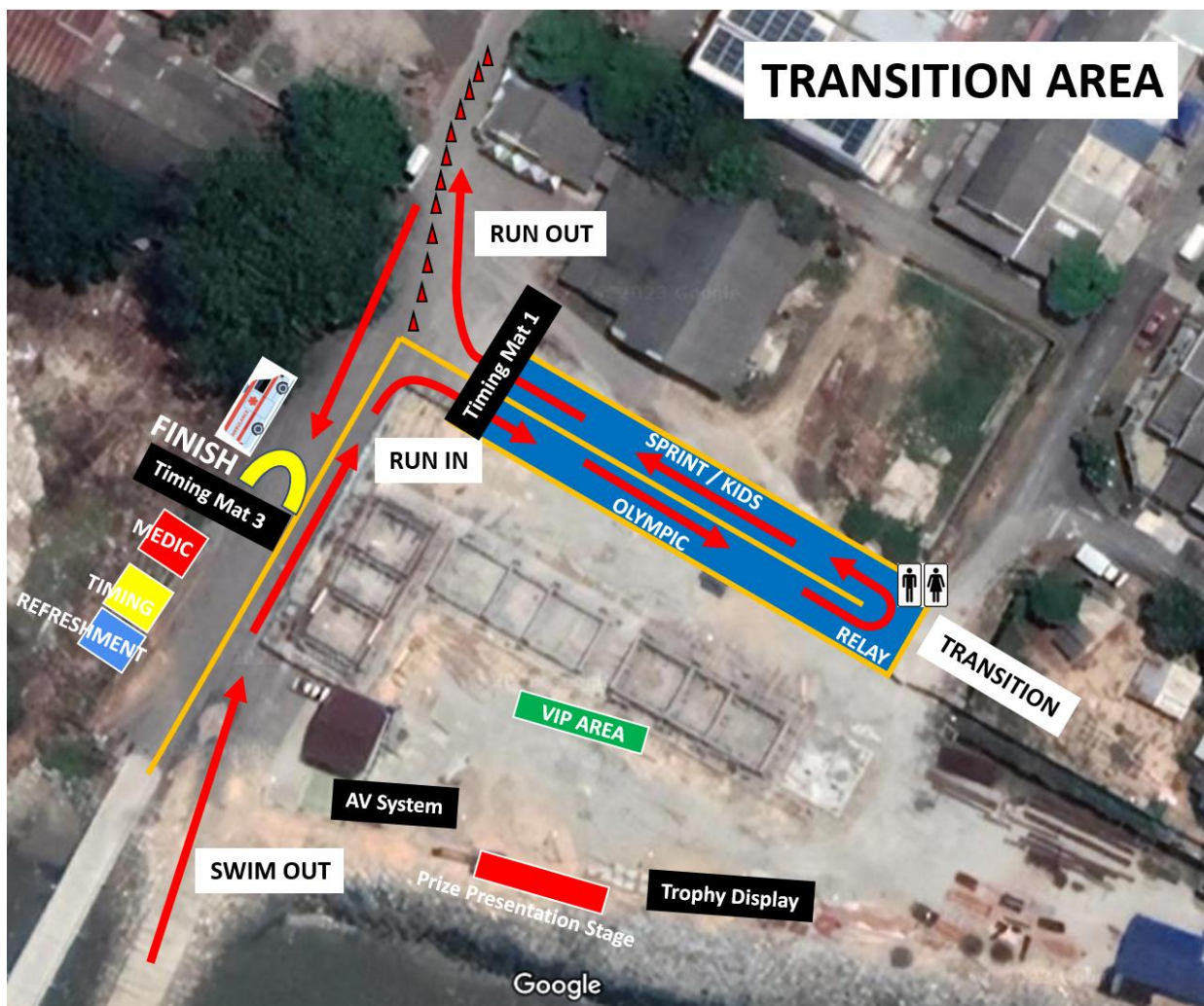
CERTIFICATE OF ANALYSIS

Sample Description :

| Test Parameter | Unit | SEA WATER | Limit | Test Method |
|---|-----------|------------|-----------|----------------|
| | | PBR6261852 | | |
| pH | - | 7.4 | 6.5 - 8.5 | APHA 4500 H+ B |
| Algae | cell/mL | Absent | - | APHA 8111 G* |
| Phenol | mg/L | < 0.001 | 0.002 | APHA 5530 C* |
| Oil & Grease | mg/L | 8 | 10 | APHA 5520 B |
| Turbidity | NTU | 1.2 | 2 | APHA 2130 B |
| Biochemical Oxygen Demand, BOD5 at 20°C | mg/L | 10 | 50 | APHA 5210 B |
| Chemical Oxygen Demand, COD | mg/L | 78 | 200 | APHA 5220 D |
| Total Suspended Solids, TSS | mg/L | 49 | 100 | APHA 2540 D |
| Enterococci | CFU/100mL | < 1 (ND) | Absent | APHA 9230 C |
| Escherichia coli | CFU/100mL | < 1 (ND) | Nil | USEPA 1604 |



ChM. ONG CHIANG HOCK
Advisor/Chemist
B.Sc.(Hons), MIMLS, MMIC, MJMM
MJMM0577, IKM M1664/352198



RUN ROUTE - OLYMPIC - Run 10KM (4loop) / SPRINT – Run 5KM (2loop) / U15 – 2.5KM (1loop)





EVENT SCHEDULE – 6th December 2025, Saturday

| TIME | ACTIVITIES | VENUE |
|-------------------|--|-----------------------|
| 1.00 PM -06.00 PM | RACE PACK COLLECTION SPONSOR BOOTH EXHIBITION | Dataran Tanjung Sepat |
| 05.00 PM | RACE BRIEFING TRANSITION TOUR (For Aquathlon Participants only) | Dataran Tanjung Sepat |

EVENT SCHEDULE –7th December 2025, Sunday

| TIME | ACTIVITIES | VENUE |
|-----------------|---|---------------------------------|
| 06.00 AM | RACE SITE & TRANSITION OPEN (for Aquathlon only) | DATARAN TG. SEPAT |
| 07.00 AM | TRANSITION CLOSED | |
| 07.00 – 07.10AM | WARM-UP | |
| 07.15 AM | FLAG OFF for Aquathlon (Swim & Run) ALL MEN (OLYMPIC) | SWIM COURSE @LOVER'S BRIDGE |
| 07.18 AM | TEAM RELAY & WOMEN (OLYMPIC) | |
| 07.30 AM | MEN & WOMEN ALL CATEGORY (SPRINT) | |
| 08.30 AM | KIDS CATEGORY (MINI, KIDS, U15) | |
| 07.45 AM | FLAG OFF for 10KM (Run) | LOVER'S BRIDGE |
| 08.00 AM | FLAG OFF for 5KM (Run) | |
| 09.30 AM | AWARDS CEREMONY by VIP 10KM & 5KM AWARDS CEREMONY | DATARAN TANJONG (FOOD COURT) |
| 10.00 AM | CULTURAL PERFORMACE SHOW | |
| 10.30 AM | AQUATHLON AWARDS CEREMONY | |
| 11.00 AM | VIP LUNCH SERVED | |
| 12.00 PM | END OF EVENT | |

Event Tee





T-Shirt Size Chart

T-SHIRT SIZE CHART

| UNISEX | | | | | | | | | |
|----------------------|-----|-----|----|----|----|----|----|-----|-----|
| Sizes | 3XS | 2XS | XS | S | M | L | XL | 2XL | 3XL |
| Chest (inch) | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Length (inch) | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |

Size Chart & Measurement Guide Malaysia (Inches) - Unisex

1. All measurement above subject to +/-0.5 tolerance.
2. Tapered curve bottom at the back specially designed for athletic movements, enhancing flexibility and performance.
3. Half chest to be measured from left to right seam, 1" down from the armpit joint.
4. Half waist to be measured from left to right seam on the waist line.
5. Shirt length to be measured from the highest tip of the shoulder to the bottom hem.

Finishers Medal



Rules & Regulations

General

- Participants who completed the Online Registration agreed to abide by the rules and regulations of the event (**AQKL2025**) that has been signed up.
- The Organiser reserves the right to limit, accept or reject any entries without assigning any reasons thereof.
- All participants are required to complete the Online Registration entry form with accurate and correct information.
- Once the registration is being processed, there will be **NO REFUND** for those who fail to show up for the race and/or withdraw from it.
- The race registration will only confirm when full payment of the race entry fee has been made.
- Race category or race entry is not transferable.
- Strictly **NO CHANGES** of name and race category after registration is completed. Please check and ensure all details are correct before submitting.
- On-the-spot entries will **NOT** be entertained.
- Whilst every reasonable precaution will be taken by the Organiser to ensure the participants' safety, participants partake in this event at their own risk and the Organiser shall not be liable for any bodily injuries, loss and/or damage to property, whether personal or otherwise, and howsoever arising.
- The Organiser reserves the right to use any photographs or recordings of the participants for any commercial or advertising purposes for any commercial advertising including legitimate purpose.
- The Race Director/Organising Committee decision is final.
- All participants should pick up their Race Packs and Goodie Bag on the On-Site Race Registration Day which has been designated.
- Participants can appoint a friend to collect their Race Packs should they are not able to be present personally.
- Participants who do not collect their Race Pack during the scheduled date and time will be forfeited.
- There will be a Race Briefing conducted by the Organiser. First timer is encouraged to attend. However, all participants are required to download the E-Briefing (available soon) notes that contains important information, route map and guides for the event.
- A participant may be disqualified for the following reason(s):
 - (a) Refusing to follow the rules and regulations and /or instructions given by the Organiser and/or Race Officials.
 - (b) Consumption of alcohol, stimulants or any kind of prohibited drugs 24 hours before the race.
 - (c) Running on behalf of others Race Bib/Timing Chip will be disqualified immediately.
- Any participants decided to withdraw from the race should report to the Race Officials.
- The details on the reverse side of your RACE BIB must be filled in to enable us to contact your next-of-kin in case of emergency.

- The Multisport Timing Chip is the sole means of race timing measurement.
NO CHIP = NO TIMING
- All participants in both the Individual and/or Relay category must ensure that their Timing Chips are securely strapped to their left or right ankle before beginning on any leg of the race.
- The Organiser will not be responsible for any inaccuracy in participant's race timings due to improper wearing of Timing Chip.
- Minimum age for Olympic Distance Race is 18 years of age on 31 Dec 2025 to compete in the race.
- Minimum age for Sprint Distance Race is 16 years of age on 31 Dec 2025 to compete in the race.
- Cut off time for Olympic Distance Race is 4 hours 30 mins. Sprint & Kids Distance is 3 hours.
- Cut off time for 10KM run is 2hours. No Cut Off time for 5km run.

Swimming

- **Safety buoy is compulsory for all participants. This is a Safety Requirement.** No Safety Buoy will be disqualified immediately however organiser is providing swim buoy to all registered participants.
- All swimmers must wear the swim caps provided by the Organiser.
- All swimmers are required to wear proper swimming attire during the entire swimming course.
- Fins, paddles, pool buoys, snorkels or any swimming aids are not allowed.
- Wetsuits are not allowed.
- Support crews are not allowed. Any assistance received during the swim will result in immediate disqualification (with the exception of medical aid).
- No one is permitted in the swim course other than the participants and officials.
- Swimmers in difficulty shall signal the safety boat/kayak for assistance.

Running

- All runner must ensure that their race numbers are clearly visible both in front of their running attires at all times.
- Bare torso is not allowed at all times.
- Support vehicles or pacers are not allowed.

Relay Team

- Each Relay team must consist of 2 members only.
- Relay disciplines are non-transferable among the team members and is not replaceable by another person.

- It is only one categories for the Relay Team, either your team have all men, all women or mix men and women team.
- All participants in relay teams are responsible for passing their Timing Chip to their teammates at designated areas after completing their respective legs. Passing of Timing Chip outside of the designated area would result in immediate disqualification. In other words, the swimmer will have to hand over the Timing Chip to the runner at the designated area.

Transition Area

- A basket is provided by the Organizer to each participant to place their belongings tidily.
- All basket are numbered according to the race numbers of every participants.
- All participants are required to place their items at the designated basket with their race numbers.
- Participants must not interfere with another participants belongings.

Inclement Weather

- In the event of inclement weather, the Organizer reserves the right to delay the commencement of the race.
- Should the inclement weather persist after the delay, the Organizer reserve the right to further delay or postpone the race without any refund of registration fees.

Medical Advisory

- Aquathlon is a physically demanding sport. Therefore, if you are unsure of your physical health condition, please seek medical advice from a medical professional before your register for the race.
- Participants are advised against the consumption of alcohol, stimulants or any kind of prohibited drugs 24-hours before the race.
- Participants are to ensure that they are physically prepared, well-rested and well-hydrated on the race day.
- Should a participant feels unwell in the course of the race, he/she should stop and seek immediate medical attention from the on-course ambulance or at the finishing area.
- If a participant is deemed to be physically incapable of continuing the race eg. Severe dehydration, dizziness, fainting; the Race Officials and/or Medical Practitioner has the rights to remove him/her from continuing the race. The Organizer's decision is final in determining the removal/disqualification of the participant(s).