

# PERAK AQUATHLON 2026

## Description

Marina Island in Pangkor, Malaysia, is a hidden gem that captivates travelers with its stunning landscapes and tranquil atmosphere. This picturesque island offers a perfect blend of relaxation and adventure, making it an ideal destination for families, couples, and solo travelers alike. With its pristine beaches, lush greenery, and crystal-clear waters, Marina Island is a paradise waiting to be discovered.

The island's charm lies not only in its natural beauty but also in its vibrant culture and warm hospitality. Visitors can immerse themselves in the local way of life, explore traditional markets, and savor delicious Malaysian cuisine. The friendly locals are always eager to share their stories and traditions, adding a unique touch to your travel experience. Whether you're lounging on the beach, exploring hidden coves, or indulging in fresh seafood, Marina Island promises a memorable getaway.

As you plan your visit, you'll find a variety of attractions and activities to suit every taste. From thrilling water sports to leisurely nature walks, there's something for everyone. The island's strategic location also makes it a perfect base for exploring nearby attractions, such as the famous Pangkor Island and the breathtaking Teluk Batik beach. Marina Island is established on the coast of Teluk Muroh in Perak, Malaysia. A gateway to popular holiday retreat of Pangkor Island and Pangkor Laut, it is a reclaimed land of 316.9 acres, connected to mainland by a 400-meter causeway bridge.

Perak Aquathlon 2026 is the first edition of aquathlon race to be held in Marina Island Pangkor, Lumut, Perak organized by XS Elite Performance.

## Race Details

Perak Aquathlon 2026

Date: 6<sup>th</sup> June 2026

Venue: Marina Island Pangkor, Lumut, Perak

Time: 7.00am

Race Distance: Sprint Aquathlon (16yrs & above) : Swim 750m, Run 5km

Olympic Aquathlon (18yrs & above) : Swim 1.5km, Run 10km

Ultra-Aquathlon (18yrs & above) : Swim 2km, Run 21km

## **Age Group Categories:**

### **Sprint Distance Aquathlon**

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 Aquathlon**

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

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

### **Ultra-Distance Aquathlon**

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

Women 16 - 29 years, Women 30 – 44 years, Women 45 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	Super Early Bird (31 <sup>st</sup> Jan)	Early Bird (31 <sup>st</sup> March)	Normal (15 <sup>th</sup> May)	Late (31 <sup>st</sup> May)
Ultra-Distance* (50slot)	Individual	RM350	RM400	RM450	RM500
Olympic* (50slot)	Individual	RM300	RM350	RM400	RM450
Sprint* (50slot)	Individual	RM250	RM300	RM350	RM400

Limited to total 150 slots or registration closed on 31<sup>st</sup> May 2026. (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, Bib Tattoo Sticker
- Multisport Timing Ankle band
- Swim cap
- Triathlon Transition Bag

- Welcome Dinner
- Event T-shirt
- Finisher's Medal
- Finisher's Photo + Photo frame (5R)
- Finisher's Meal Refreshment
- PA Insurance & Medical Insurance
- Road Permit & On-course Nutrition
- E-Certificate
- Lucky Draw
- Discount Voucher & Product Sampling

## Prizes

Cash prize and trophy will be awarded to winners of each individual category for Ultra-distance.

Trophy will be awarded to winners of each category Olympic & Sprint.

Event Type	Champion	2 <sup>nd</sup> place	3 <sup>rd</sup> place	4 <sup>th</sup> place	5 <sup>th</sup> place
Ultra-Distance	RM500	RM400	RM300	RM200	RM100
Olympic Distance	Trophy	Trophy	Trophy	Trophy	Trophy
Sprint Distance	Trophy	Trophy	Trophy	Trophy	Trophy

## Race Pack Collection & Sponsor Booth



**PERAK**  
**MULTISPORT**  
**FESTIVAL**  
DUATHLON & TRIATHLON

**RACE PACK COLLECTION**

**REPC** : 5<sup>th</sup> June 2026 (Triathlon, Aquathlon)  
: 6<sup>th</sup> June 2026 (Duathlon)

**Time** : 1.00pm – 7.00pm  
: Race Briefing @5.30pm

**Venue** : Belaling Hall (D’Ocean – Blue Building),  
Marina Island Resort Hotel, Lumut, Perak.

**Remarks** : Please bring your IC/Passport and print Indemnity  
form to collect your Racepack.  
**“NO RACEPACK COLLECTION ON BEHALF”**

## EVENT SCHEDULE

### EVENT SCHEDULE – 5<sup>TH</sup> JUNE 2026 (FRIDAY)

TIME	ACTIVITIES	VENUE
1.00PM – 7.00PM	RACE PACK COLLECTION / BOOTH SALES	BELALING HALL, D'OCEAN MARINA ISLAND
5.00PM	AGE GROUP RACE BRIEFING (TRIATHLON CATEGORIES)	BOLOS HALL, D'OCEAN MARINA ISLAND
6.00PM-7.30PM	WELCOME DINNER (FIRST SESSION)	BAKO BAKO RESTO, MARINA ISLAND
7.30PM-9.00PM	WELCOME DINNER (SECOND SESSION)	BAKO BAKO RESTO, MARINA ISLAND

### EVENT SCHEDULE – 6<sup>TH</sup> JUNE 2026 (SATURDAY)

TIME	ACTIVITIES	VENUE
5.00AM 6.50AM	RACE SITE & TRANSITION OPEN TRANSITION CLOSED	MARINA ISLAND CONVENTION HALL
6.45AM-7.55AM 7.00AM 7.03AM	AGE GROUP TRIATHLON CATEGORIES FLAG-OFF SWIM WARM-UP 113KM / ULTRA AQUATHLON ALL MEN – FLAG OFF 113KM / ULTRA AQUATHLON ALL WOMEN & RELAY TEAM – FLAG OFF	
7.10AM 7.13AM 7.16AM	OLYMPIC MEN 18-29, 30-39 OLYMPIC MEN 40-49, 50-59, 60 & ABOVE OLYMPIC WOMEN ALL CATEGORIES	MARINA ISLAND LAGOON
7.30AM	SPRINT ALL MEN	
7.33AM	SPRINT ALL WOMEN	
8.00AM 8.15AM 8.20AM	JUNIOR TRIATHLON – BOYS & GIRLS KIDS TRIATHLON – BOYS & GIRLS MINI TRIATHLON – BOYS & GIRLS	

## EVENT SCHEDULE – 6<sup>TH</sup> JUNE 2026 (SATURDAY)

TIME	ACTIVITIES	VENUE
10.30AM	OLYMPIC / SPRINT AGE GROUP TRIATHLON AWARDS CEREMONY	
11.30AM 12.00PM 3.00PM	VIP LUNCH SERVED SPRINT & OLYMPIC ALL CATEGORIES CUT-OFF 113KM TRIATHLON & ULTRA AQUATHLON AWARDS CEREMONY	MARINA ISLAND GARAGE
4.00PM	113KM ALL CATEGORIES CUT-OFF	
1.00PM – 7.00PM	RACE PACK COLLECTION / BOOTH SALES	BELALING HALL, D'OCEAN MARINA ISLAND
5.00PM	AGE GROUP RACE BRIEFING (DUATHLON CATEGORIES)	BOLOS HALL, D'OCEAN MARINA ISLAND
6.00PM	FUN RUN CATEGORIES FLAG OFF OPEN 7YRS & ABOVE	MARINA ISLAND GARAGE
6.30PM – 8.30PM	WELCOME DINNER	BAKO-BAKO RESTO @MARINA ISLAND

## EVENT SCHEDULE – 7<sup>TH</sup> JUNE 2025 (SUNDAY)

TIME	ACTIVITIES	VENUE
6.00AM 6.50AM 6.50AM-7.00AM	RACE SITE & TRANSITION OPEN TRANSITION CLOSED WARM-UP	MARINA ISLAND CONVENTION HALL
7.00AM 7.05AM 7.10AM	AGE GROUP DUATHLON CATEGORIES FLAG OFF OLYMPIC MEN 18-29, 30-39 OLYMPIC MEN 40-49, 50-59, 60 & ABOVE OLYMPIC WOMEN ALL CATEGORY   MIXED RELAY	
7.30AM	SPRINT MEN & WOMEN ALL CATEGORIES	MARINA ISLAND GARAGE
8.00AM 8.15AM 8.20AM	JUNIOR DUATHLON – BOYS & GIRLS KIDS DUATHLON – BOYS & GIRLS MINI DUATHLON – BOYS & GIRLS	
10.30AM 11.30AM 12.00PM	AGE GROUP DUATHLON AWARDS CEREMONY VIP LUNCH SERVED END OF EVENT	MARINA ISLAND GARAGE

## Event Venue



Marina Island, a 316.9 acres man-made reclaimed land which is connected to mainland by a 400-meter causeway bridge.

Swim will be in the man-made lagoon in the island and the run will be within the island. For the bike leg, participants will have to cross the 400-meter bridge to the mainland to cover the specific distance.

## ROUTE PROFILE



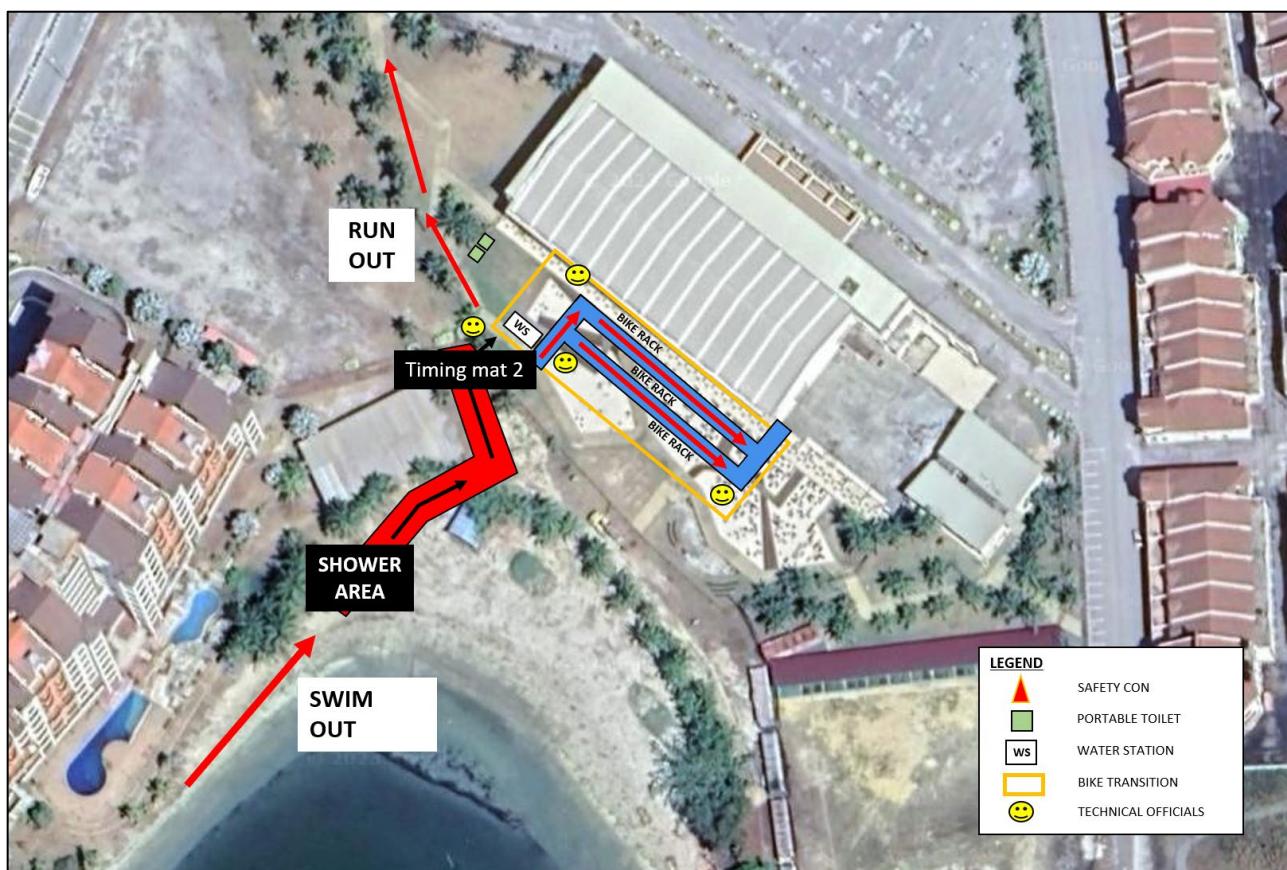
### AQUATHLON SWIM

- Sprint 1 loop (750M)
- Olympic 2 loop (750M)
- Ultra 2 loop (1000M)

Event start with swim in the man-made lagoon in the island on calm sea water.

**Swimmers are compulsory to wear safety buoy during the swim .**

**\*SWIM FLAG OFF – Start with together with 113KM Category and follow by Olympic & Sprint according to age group. 3minutes gap each age group.**



## ULTRA RUN ROUTE



Participants will finish the race with a 5.2KM loop

- **4 loop for Ultra** within Marina Island on the generally flat road.

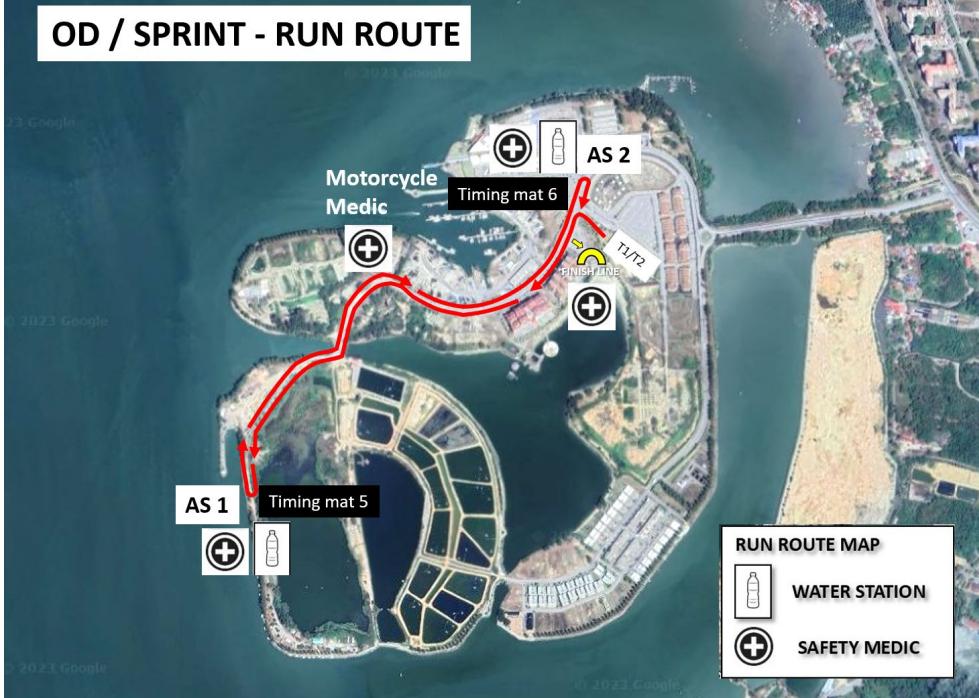
**Aid Station 1** – water, isotonic drinks, litter zone, toilet, shower zone. (Timing Mat)

**Aid Station 2** – water, banana, litter zone. (Loop Band)

**Aid Station 3** – water, isotonic, litter zone, toilet, shower zone.

**Note** –  
T2 to AS1 – 1.65KM  
AS1 to AS2 – 1.55KM  
AS2 to AS3 – 2.0KM  
AS3 to AS1 – 1.6KM  
AS3 to Finish – 250M

## OD / SPRINT - RUN ROUTE



Participants will finish the race with a 2.5KM run

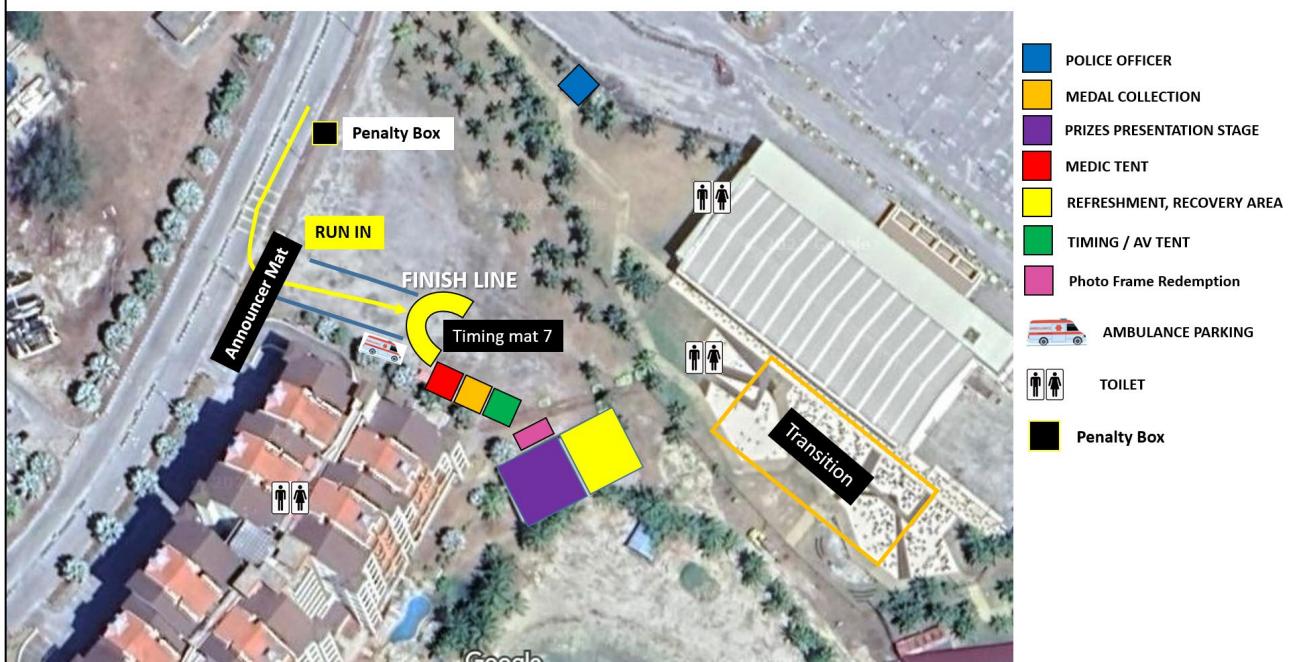
- **4 loop for Olympic**
- **2 loop for Sprint** within Marina Island on the generally flat road.

**Aid Station 1** – water, isotonic drinks, litter zone, toilet, shower zone. (Timing Mat)

**Aid Station 2** – water, banana, litter zone. (Loop Band)

**Note** –  
T2 to AS1 – 1.25KM  
AS1 to AS2 – 1.25KM  
AS2 to AS3 – 2KM  
AS1 to Finish Line – 1.25KM

## FINISH LINE INFORMATION



## Event Tee & Medal Design



## T-Shirt Size Chart

**XS Elite PERFORMANCE**

**T-SHIRT SIZE CHART**

<b>SIZES</b>	<b>3XS</b>	<b>2XS</b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>2XL</b>	<b>3XL</b>
<b>Chest (inch)</b>	16	17	18	19	20	21	22	23	24
<b>Length (inch)</b>	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.

## Travel & Hotels

### Travel Information

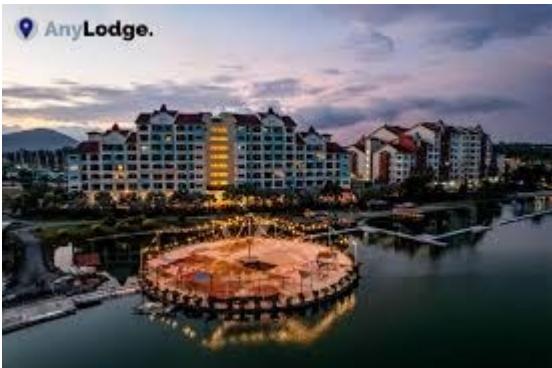
There are two federal highways linking Lumut with Ipoh and Lumut to Teluk Intan and Kuala Lumpur. Driving from Ipoh the journey takes about one hour while the journey from Kuala Lumpur takes about three hours via the federal highway from Kuala Lumpur to Teluk Intan and further on to Lumut. From Butterworth, which is situated to the north, one can use the road to Pantai Remis or Beruas and the journey will take about 2½ hours.

Most express buses are based in Terminal Aman Jaya (Ipoh), Terminal Bersepadu Selatan (Kuala Lumpur) and Pengkalan Sultan Abdul Halim (Butterworth). The taxi journey from Ipoh to Lumut takes about an hour. Air Asia offer direct flight from Ipoh-Singapore-Ipoh four times weekly.

**\*For International participants, kindly contact [xselitebooking@gmail.com](mailto:xselitebooking@gmail.com) to customise your travel plan from airport transfer to accommodation arrangement.**

## Hotels

### Official Hotel



Anylodge Marina Island Pangkor Hotel  
Jalan Utama Marina Island,  
Jalan Telok Muroh,  
32200 Lumut, Perak.  
Official website: - <https://anylodgemarinaisland.com>

**\*For official hotel room booking please email your request to [xselitebooking@gmail.com](mailto:xselitebooking@gmail.com)**

## Rules & Regulations

### General

- Participants who completed the Online Registration agreed to abide by the rules and regulations of the event (**PAQ2026**) 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 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 Ultra & Olympic Distance Race is 18 years of age on 31 Dec 2026 to compete in the race.
- Minimum age for Sprint Distance Race is 16 years of age on 31 Dec 2026 to compete in the race.
- Cut off time for Ultra-Distance is 6 hours. Olympic Distance Race is 4 hours. Sprint 2 hours.

## 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.

## **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).