PERAK DUATHLON 2027

Description

Get ready for a brand-new Duathlon experience as 4th edition of Perak Duathlon 2027 makes its exciting move to the beautiful shores of Teluk Batik Beach, located in Manjung, Perak, Malaysia.

Famous for its beautiful sandy beach, tropical greenery and stunning coastal scenery overlooking the direction of Pangkor Island, Teluk Batik offers a refreshing setting for athletes, families and sports enthusiasts. Imagine running and cycling through scenic coastal surroundings with the sea breeze accompanying you along the way.

Beyond the race, this is your opportunity to discover Manjung, explore Lumut, enjoy the local seafood, experience Perak's hospitality and make it a weekend getaway with family and friends.

Race Details

Perak Duathlon

Date: 20th June 2027

Venue: Teluk Batik Beach, Lumut, Perak

Time: 7.15am

Race Distance: Sprint Duathlon : Run 5km – Cycle 20km – Run 2.5km

Age Group Categories:

Sprint Distance Duathlon

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 5 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 (30th Nov)	Early Bird (31st Jan)	Normal (30th April)	Late (31st May)
Sprint* (200slot)	Individual	RM220	RM250	RM280	RM300

Limited to 200 slots of total participants or registration closed on 31st May 2027. (Whichever comes first)

Registration will close when maximum participants is achieved.

*Registration fees are subjected to admin fees.

*2026 Past participants are entitled to a 10% discount when you key in your IC/Passport number in the discount code column.

The entry fee includes:

- Personalised Race Bib, Bike & Helmet Sticker
- Multisport Timing Ankle band
- Transition Bag
- Event T-shirt
- Finisher's Medal
- Finisher's Meal Refreshment
- PA Insurance & Medical Insurance
- Road Permit & On-course Nutrition
- E-Certificate
- Lucky Draw
- Discount Voucher & Product Sampling

Awards

Trophy will be awarded to winners of each individual category for Sprint Distance.

ALL WINNERS are required to be present to collect the prizes personally.

Event Type	Champion	2nd place	3rd place	4th place	5th place
Sprint Distance	Trophy	Trophy	Trophy	Trophy	Trophy

Race Pack Collection

Date : 19th June 2027 (Saturday)

Time : 12.00pm – 7.00pm

Venue : Dataran Teluk Batik, Lumut, Perak.

Google/Waze: Teluk Batik Beach / Pantai Teluk Batik, Lumut, Perak

*Please bring your IC/Passport & Confirmation Slip to collect your racekit. *NO RACEPACK COLLECTION ON BEHALF

EVENT SCHEDULE

DUATHLON EVENT SCHEDULE – 19TH JUNE 2027 (SATURDAY)

TIME	ACTIVITIES	VENUE
12.00PM – 7.00PM	RACE PACK COLLECTION / BOOTH SALES	DATARAN TELUK BATIK
5.00PM	AGE GROUP RACE BRIEFING	DATARAN TELUK BATIK / BIKE TRANSITION AREA

DUATHLON EVENT SCHEDULE – 20TH JUNE 2027 (SUNDAY)

TIME	ACTIVITIES	VENUE
5.00AM 6.50AM	RACE SITE & TRANSITION OPEN TRANSITION CLOSED	TELUK BATIK BIKE TRANSITION
6.45AM-7.10AM 7.15AM 7.18AM	**AGE GROUP CATEGORIES FLAG-OFF** WARM-UP (All Categories) SPRINT ALL MEN SPRINT ALL WOMEN	DATARAN TELUK BATIK
10.30AM 12.00PM	**DUATHLON AWARDS CEREMONY** END OF EVENT	TELUK BATIK GRAND STAGE

Event Venue



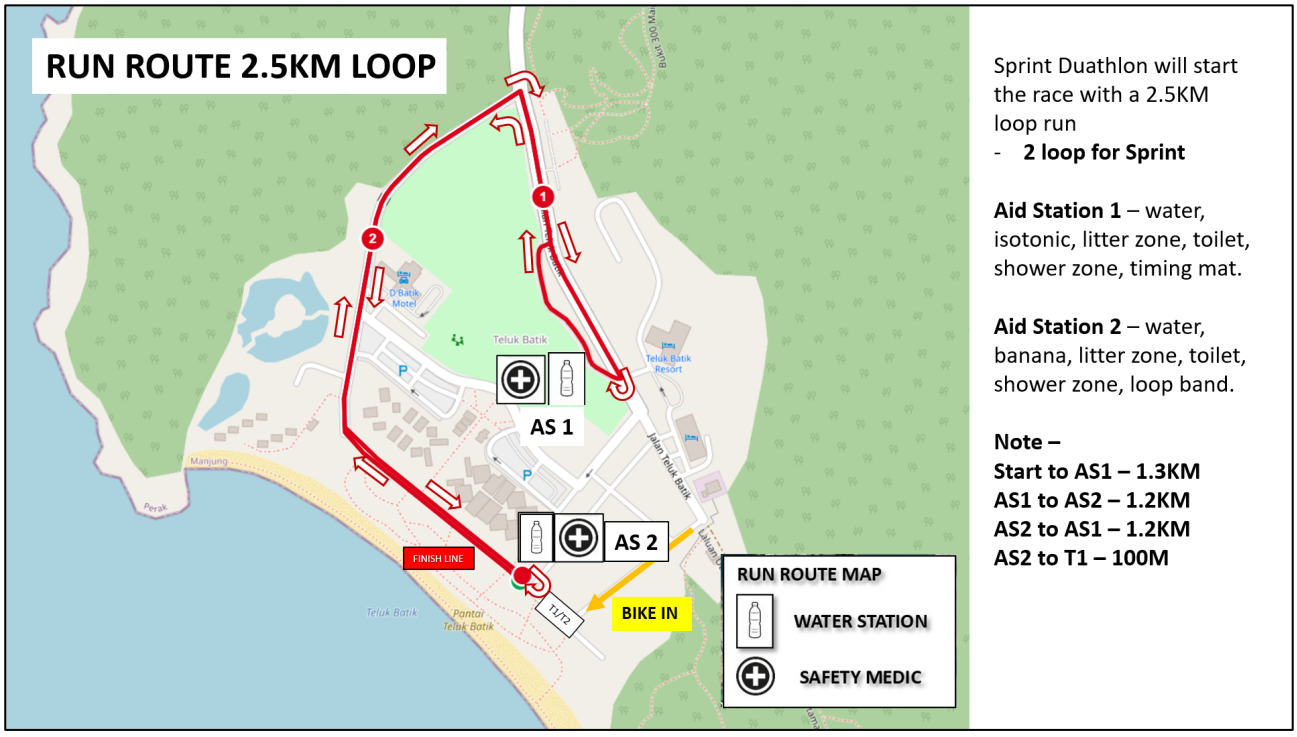


Teluk Batik is a popular public family beach with roughly 2-kilometer sandy beach sits in a sheltered bay facing Pangkor Island. The area features a large car park, a paved plaza with food and souvenir stalls, public showers, toilet, and a lifeguard tower.

Running and cycling through scenic coastal surroundings with the sea breeze accompanying you along the way.

Race Route





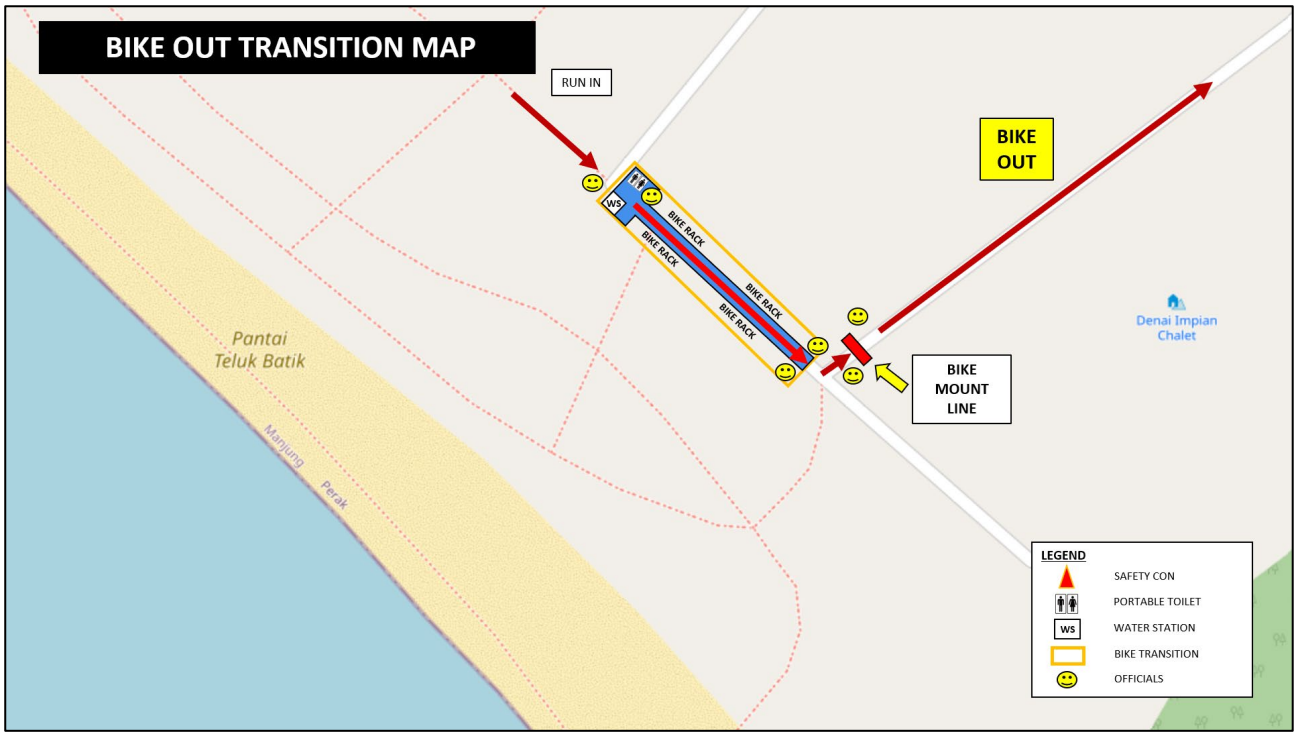
Sprint Duathlon will start the race with a 2.5KM loop run

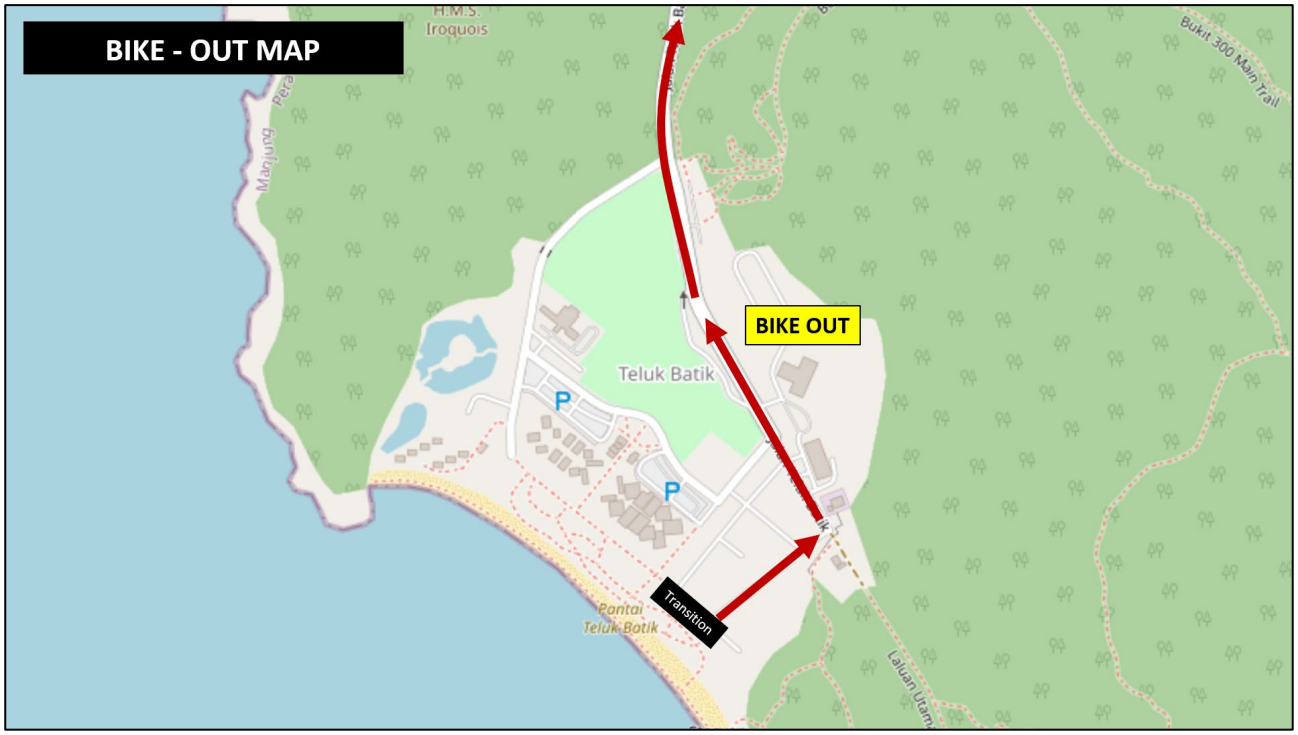
- **2 loop for Sprint**

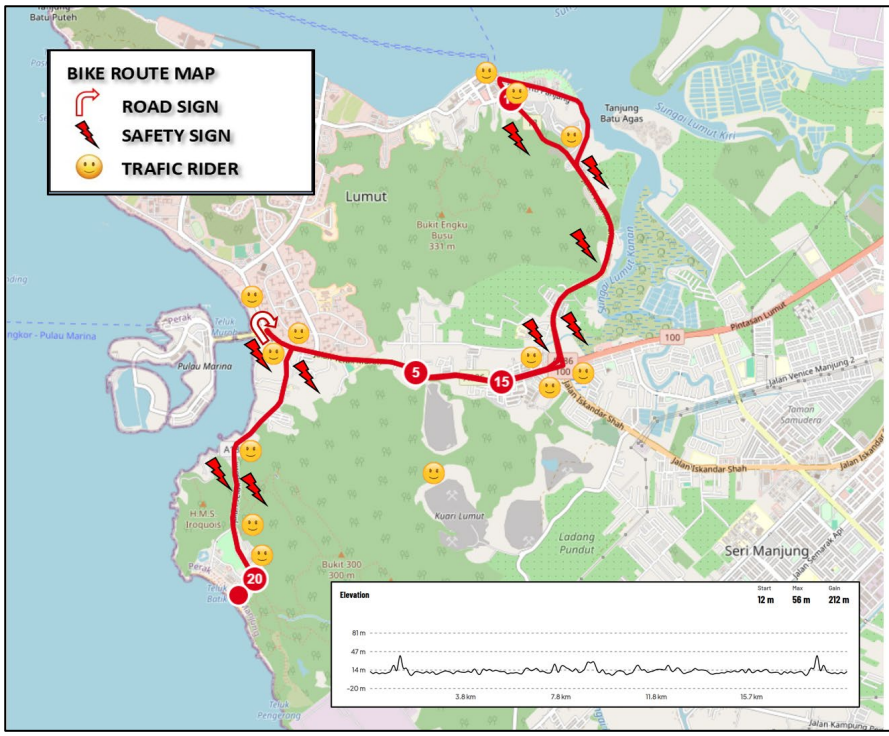
Aid Station 1 – water, isotonic, litter zone, toilet, shower zone, timing mat.

Aid Station 2 – water, banana, litter zone, toilet, shower zone, loop band.

Note –
Start to AS1 – 1.3KM
AS1 to AS2 – 1.2KM
AS2 to AS1 – 1.2KM
AS2 to T1 – 100M


BIKE OUT TRANSITION MAP
RUN IN
BIKE OUT
WS
BIKE RACK
BIKE RACK
BIKE RACK
BIKE RACK
BIKE MOUNT LINE
Pantai Teluk Batik
Manjung
Perak
Denai Impian Chalet
LEGEND
SAFETY CON
PORTABLE TOILET
WS
WATER STATION
BIKE TRANSITION
OFFICIALS


BIKE - OUT MAP
H.M.S Iroquois
Bukit 300 Main Trail
Manjung
Perak
BIKE OUT
Teluk Batik
P
P
Transition
Pantai Teluk Batik

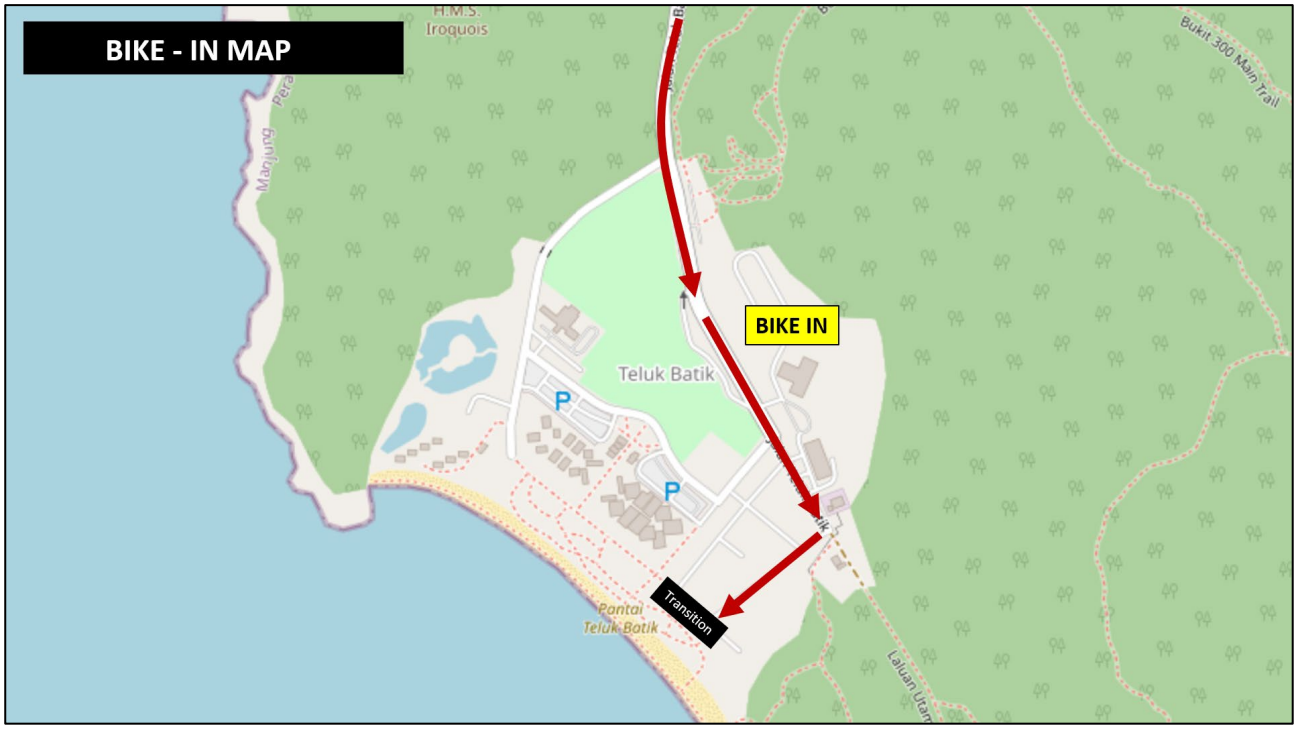


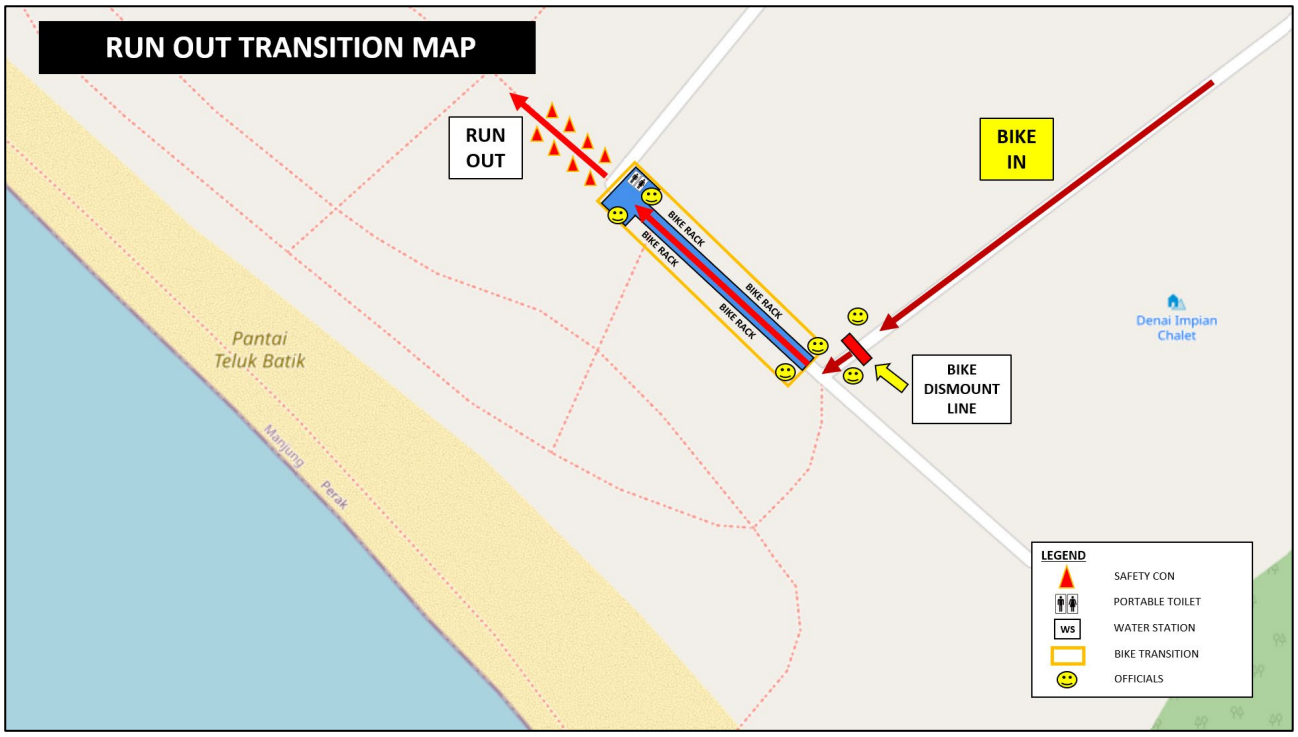
BIKE ROUTE 20KM LOOP

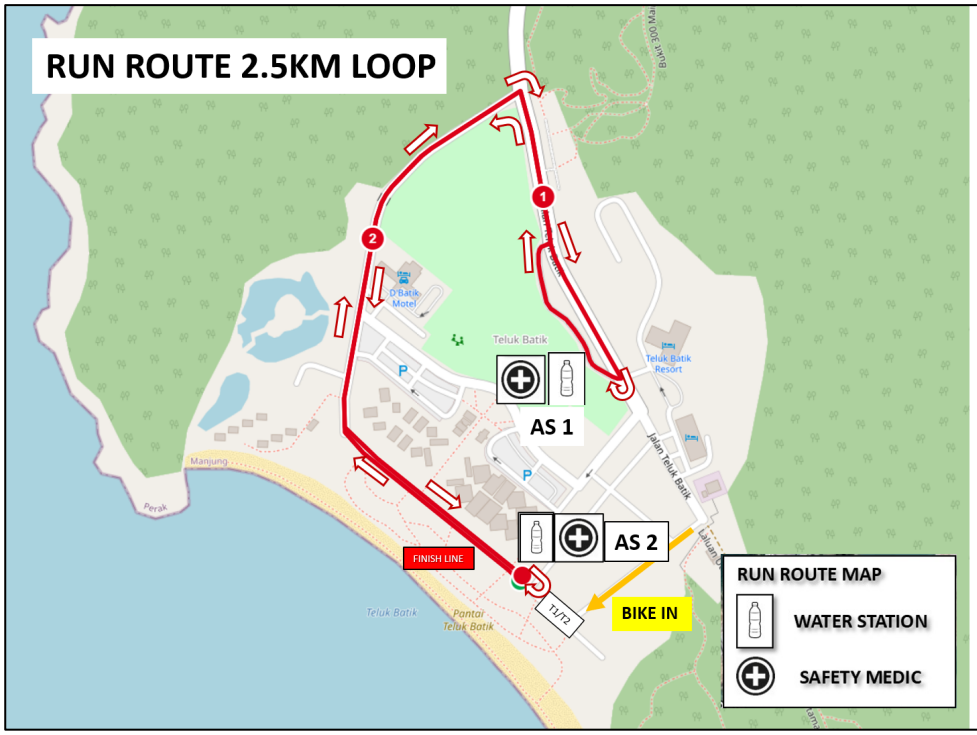
- **Sprint x 1 loop 20KM**

Elevation Gain

Sprint – 20KM = 212m EG







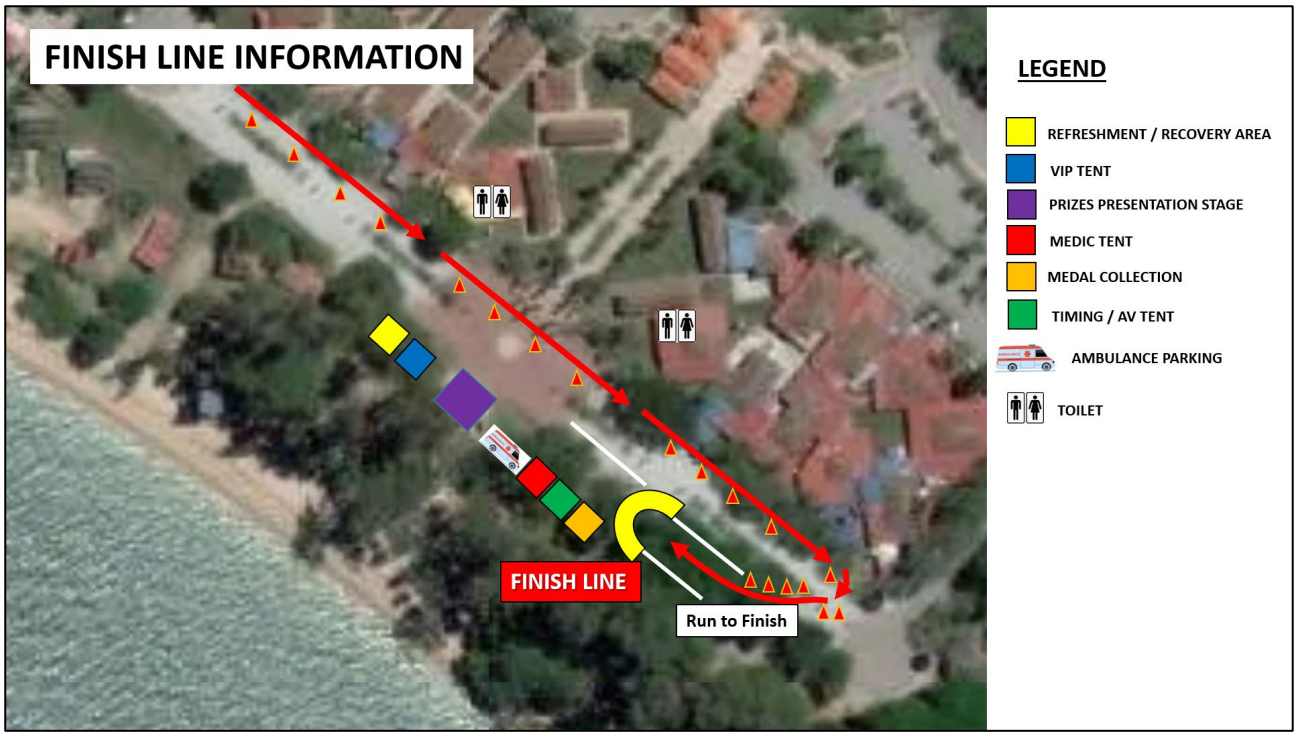
Sprint Duathlon will finish the race with a 2.5KM loop run

- **1 loop for Sprint**

Aid Station 1 – water, isotonic, litter zone, toilet, shower zone, timing mat.

Aid Station 2 – water, banana, litter zone, toilet, shower zone, loop band.

Note –
T2 to AS1 – 1.3KM
AS1 to AS2 – 1.2KM
AS2 to AS1 – 1.3KM
AS2 to Finish – 100M



Event Tee & Medal Design

T-shirt Size Chart

XS elite PERFORMANCE

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.

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 to customise your travel plan from airport & bike bag transfer to accommodation arrangement.**

Rules & Regulations

General

- Participants who completed the Online Registration agreed to abide by the rules and regulations of the event (**PD2027**) 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.
- 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 Sprint Distance Race is 16 years of age on 31 Dec 2027 to compete in the race.
- Cut off time for Sprint Distance Race is 3 hours.

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.
- No headphone / ear phone is allowed during running.

Cycling

- All participants are required to use their own bicycles, helmet and all attires for the race. Organiser will NOT provide any of these items to the participants if they did not bring.
- This is a draft-legal race and for safety reason only road bike is allowed to participate the race. Below are Draft-legal following rules:

a. Frame: The frame of the bike shall be of a traditional pattern, i.e., built around a closed frame of straight or tapered tubular elements (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section). Bikes built around a diamond shape (no saddle down tube) or with a rear triangle which does not connect at the top of the down tube/top tube section are considered acceptable.

b. Non-traditional or unusual bikes: Non-traditional or unusual bikes or equipment shall be illegal unless details have been submitted to the Malaysia Triathlon Technical Committee for approval at least 30 days before the Event.

c. Wheels:

i. No wheel may contain any mechanisms, which are capable of accelerating it;

ii. There must be a brake on each wheel;

iii. Wheels shall have at least 12 spokes;

iv. Disc wheels are not allowed.

d. Handlebars:

i. Only traditional drop handlebars are permitted. The handlebars must be plugged

ii. Clip-ons are not allowed.

e. Time Trial Bike / TT Bike:

i. Time Trial / TT bike are allowed to race but will not be allowed to draft due to safety reasons and will be disqualified if found drafting.

- All cyclists must wear a helmet during the entire cycling course. Any cyclist seen riding without a helmet will result in immediate disqualification.
- All cyclists must ensure that their helmets are securely fastened before leaving the transition area.
- All cyclist must ensure that their race numbers are clearly visible at the back of their cycling attires at all times.
- Bare torso is not allowed at all times.
- Participant may walk or run with their bicycles.
- Support vehicles and crews are not permitted. Any assistance received during cycling will result in immediate disqualification (with exception of medical aid).
- All cyclist is to keep to the left side of the road and are reminded to observe traffic rules at all times.
- All participants will have to perform their own repairs if their bicycles should breakdown.
- All participants are required to place their bicycles at the designated bicycle rack with their race numbers on race day morning.
- All participants are encouraged to have their bicycles checked before the race starts.

Transition Area

- All bicycles' racks are numbered according to the race numbers of every participant.
- All participants are required to place their bicycles at the designated bicycle rack with their race numbers.
- A basket is provided by the Organizer to each participant to place their belongings tidily.
- Participants must not interfere with other participants belongings.
- Cycling is not permitted in the Transition Area.

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

- Duathlon 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 feel 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).