

Borneo Ultra Trail News - January 2024

We wish all runners a belated **Happy New Year 2024** and an early Gong Xi Fa Cai to those who celebrate Chinese New Year. Borneo Ultra Trails look forward to welcoming you to our long-running signature events and we may add some new races to our portfolio for new experiences.

In this edition of the newsletter below, we offer a brief overview and some updates for the events currently scheduled for 2024. Sign up now as an added incentive to fulfil that New Year resolution of a healthier lifestyle ☺ .

Borneo Ultra Trail Marathon (BUTM)

Venue: Kiulu Valley – known for more than 300 hanging bridges

Dates: 2nd & 3rd March 2024

Categories: 9 km, 32 km, 55 km and 106 km categories.

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

<https://www.facebook.com/Borneo-Ultra-Trail-Marathon-BUTM-915375448554890/>

Newly released video: [BUTM - Borneo Ultra Trail Marathon - YouTube](#)



Don't Miss Out: REGISTER BEFORE 28th JANUARY 2023

The Borneo Ultra Trail Marathon (BUTM) has been set within the Kiulu Valley – popularly known as the Adventure Centre of Sabah – for 8 years. The race is a “sister” event to the TMBT with its own distinct flavor. It is held during what is statistically the driest period of the year, and is most known as a “hot” race, but the weather patterns are now less predictable, and rain can add to the challenge of the event. You may find pictures from previous events at: <https://www.flickr.com/photos/148519785@N03/albums/>

The courses traverse the river valleys and surrounding ridges of the Kiulu valley, passing through a mix of jungle and farmland on trails and tracks with aid stations located in quaint remote villages. The Start & Finish is located centrally at the Kiulu River Side with easy access to optional bus transfers from Kota Kinabalu to Kiulu and back.

Feel SABAH North Borneo

MUL

UTMB WORLD SERIES QUALIFIER

REGISTER NOW

Registrations close on 28th January 2024

SCOTT

BORNEO ULTRA TRAIL MARATHON

2nd & 3rd MARCH 2024

<https://www.borneoultra.com/butm/>

100km 50km 30km 9km

Enjoy trail running? Love nature?
Like being in the great outdoors?
Give the BUTM a go! We've 4 great categories from beginner to elite.

Join us for a run in beautiful Kiulu, Sabah's adventure playground.

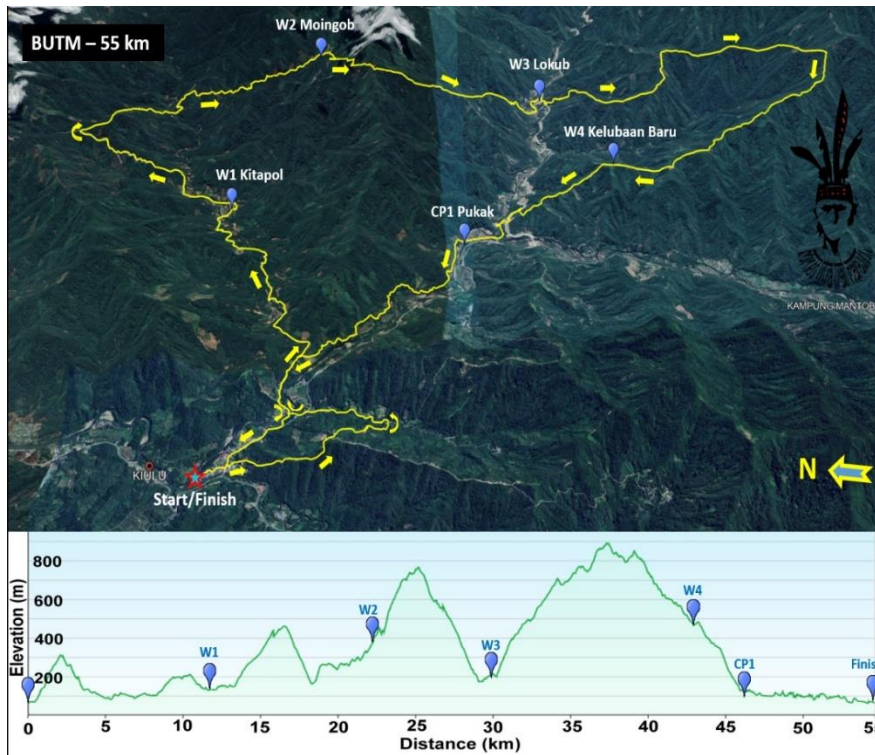
FIXX NUTRITION

GRAMP FIXX

100 PLUS

ASIA TRAIL MASTER

The BUTM courses include ridges with good views over the surrounding jungle and river valleys.



Similar to 2023, the “50 km” category will follow the “first loop” of the 100 km course, which means 75% new trails for this category compared to the 50km prior to 2023.

This includes 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 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.

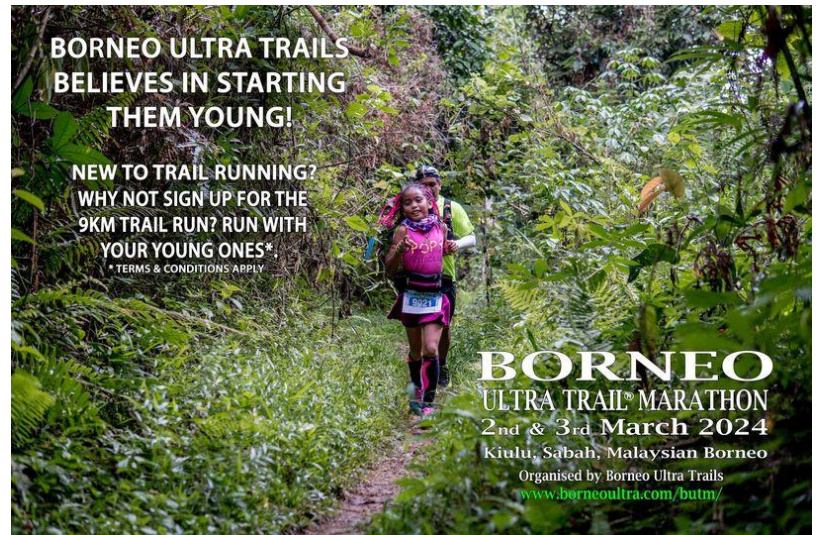
A total cutoff time of 18 hours will apply for the 55 km course. This is extended by one hour compared to the cutoff time for the previous course to ensure that recreational runners have all chances of completing the course within the stipulated time.

We are maintaining the 9 km course with a nice variation of landscape as an attractive option for families with kids and newcomers to trail running who would like to get a first taste of it. The 9 km starts Sunday morning and finishes together with the second half of the 100 km runners. You may think that 9 km sounds too far for kids, but you may be surprised. We see many cases where quite young kids are pushing their parents – and remember there is a very generous cut-off time that will allow you to fully enjoy the journey at a leisurely pace if you are not competitive.

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. In 2024, we are introducing a new trail section between W8 and W9 to replace the previous overgrown and slippery downhill section. This will make the downhill part significantly easier and more pleasant.

The 106 km course with a combined elevation gain and loss of more than 5000 m is a challenge for the seasoned runners with a course record of 13 hours and 16 minutes set by top Sabah ultra-runner Milton Amat. The 100 km runners will also benefit from the new trail section between W8 and W9 with a more pleasant downhill.

Both the BUTM and the TMBT are part of the Asia Trail Master (ATM) Championship. The ATM circuit now operates with national teams for a “Winner Takes It All” final race – see <https://www.asiatrilmaster.com/> The BUTM is also part of a the National League Championship under the International Trail Running Association (ITRA) as well as the Malaysia Ultra League Championship. The race is also a qualifier for the UTMB world series races and for the famed Western States Endurance Run for the 2025 season.



Shirts or No Shirts – That’s the Question 😊

The desire for T-shirts and other race memorabilia varies greatly with our participants. For some runners, the shirt(s) are prized possessions that are worn with pride as a testimony of the accomplishment. For some, the shirts will just add to the pile in the closet that takes up space but are rarely worn, and finally, there are some environmentally conscious runners who consider the shirts an unnecessary addition to the environmental footprint of the race.

Borneo Ultra Trails are keen to reduce the environmental footprint related to our races, but we also recognize the desire from many runners to have memorabilia from the races, and the T-shirts are an important part of this for many.

For BUTM 2024, we are having two new options to try to accommodate both camps.



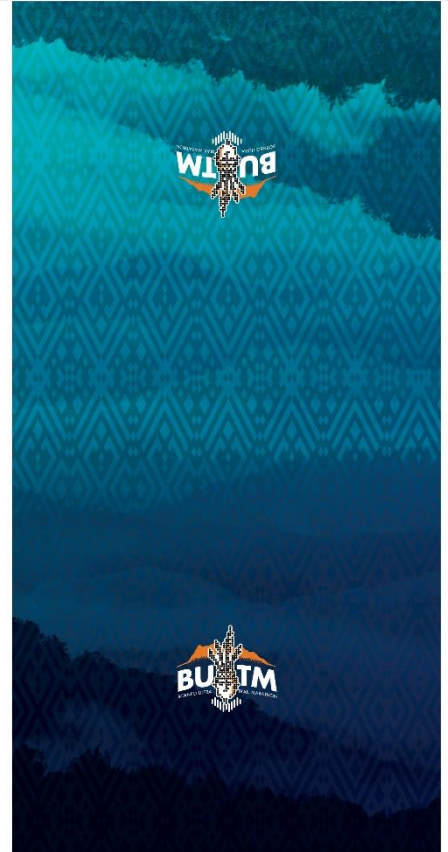
Exchange T-shirt(s) for Donation.

We have plans to try to navigate the labyrinth of sustainability in garments, but at this juncture, we will leave the decision whether to have a T-shirt to the runners. We have introduced an option to say “No Thanks” to T-shirts and instead let the cost of the shirts go towards donations in the local communities for the race.

As part of our Company Social and Environmental Responsibility (CSER) policy and practices, we are already working with a local entity for food aid to the less fortunate in the race area. We will collect all the savings from those who opt out of having a T-shirt and use this for food donations to the needy. Please refer to the "registration" page on the web site for information on the selection of this option.

Souvenir Shirts for Sale

For those who love the memorabilia, we have an additional set of "souvenir" T-shirts and a tubular head-gear up for order - please see designs below. For details of ordering, please refer to the "registration" page on the web site. Please note that orders need to be submitted by close of registrations on 28th January. Shirts will be provided at the Race Pack collection.



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

Dates: 14th and 15th September 2024

Categories (tentative): 7 km, 12 km, 30 km, 35 km Night run, 50 km and 100 km categories.

Info & Registration: <https://borneoultra.com/tmbt1/>
<https://www.facebook.com/Borneo-TMBT-Ultra-Trail-Marathon-197986800284621/>



The TMBT - Malaysia's oldest and "original" 100 km trail run remains one of the largest and most international of events in the trail running calendar in Malaysia. The challenges and scenic beauty of the TMBT trails are legendary, and to many this is key race on the bucket list.

The 12th edition will be held on 14 & 15 September 2024. Registrations are planned to open in March. Whereas there may be course amendments, the race is expected to have 5 to 6 categories ranging from a "short" family run to the 110 km signature event. There will again be a night run which has gained popularity and sees the highest percentage of finishers – likely associated with cooler weather and a tendency to a more controlled pace in the dark.



Borneo100

The 100-Miler through rural Sabah - Year-end Goal?!

Venue: Sabah – Kota Belud area
Dates: **Tentatively November/December, 2024**
Categories (tentative): 100 miles and ~25 km.
Info: <https://borneoultra.com/B100miler/>
Photos: <https://www.flickr.com/photos/148519785@N03/albums/72177720309412180>



The first Borneo 100 was held in conjunction with the BUTM in 2020. The race was revived as a post-Covid standalone race in 2023 over a course set between the western flanks of Mt. Kinabalu and the sea, with spectacular views to both. We are tentatively planning for the third edition of the race in late 2024 – November or December.

The course will be similar to the 2024 edition and will include a variety of landscapes such as paddy fields and wetlands very runnable dirt roads and trails extending over some hills and ridges up to 600 m elevation with spectacular views over the surrounding hills and river valleys as well as to the sea and Mt. Kinabalu. With the race in November/December, the heat is expected to be less intense than experienced during the 2023 race (but we cannot control the weather and you never know 😊).

